



2019

TAIJI

QIGONG

WORKSHOP IN FRANCE

SIFU LIANG

18-19 MAY 2019 @ NANTES

INFO : WWW.COORS-QIGONG.FR RESA : CONTACT@COORS-QIGONG.FR

2 DAYS WORKSHOP PROGRAM WITH SIFU LIANG DE HUA

This is not a martial art oriented workshop but focused on the health aspects of Tai Ji Quan. It will benefit anybody of course including martial artists. There are other events in Europe for this purpose please check Sifu's page on [Facebook](#).

Practise

- **Zhang Zhuang** or standing practice with internal description
- **Song Gong** and Nei Gong exercises (6 movements)
- **Lian Gong Ba Fa** or 8 internal exercises for master *Chi Qingsheng* lineage
- **Partners exercises** to feel Qi and application of Qi in Tai Ji Quan.
- Learn to **feel Qi** and send it to the partners

Theory

- Concept about Qi in Tai Ji Quan and differential with Qi Gong.

Goals

- Improve relaxation
- Improve stability
- Improve Qi cultivation
- Learn to sink the Qi to Dan Tian
- Stretch the tendon, muscles, facias
- Improve martial abilities

Bio

Sifu Liang was born in Hong kong and later migrated along with his family to Thailand. Starting his Taiji career by learning Wu-style Taiji

Quan from his father in his childhood. After having a brawl during his high school day, his martial art class with his father has stopped. Later, Sifu Liang has studied with so many teachers including two Yang style Taiji masters. One of his teacher is master *Chi Qing Sheng*, the last disciple of Grand master Gu Li Sheng; Gu Li Sheng was a student of both Yang Shao Hou and Yang Cheng Fu. He has nick name as one of "*three Gu of southwest*" with famous Shaolin master Gu Ruzhang and Gu Jinzhang. Sifu Liang also trained in several other Chinese heritage art including Qi Gong, Bajiquan, Xingyi Quan etc.

Sifu Liang way of teaching Taiji is quite unique and very focus on the old tradition of Yang family Taiji Quan. His lessons contain variety of Nei Gong (internal exercise), Nei Jing (internal power), as well as a lot of application and knowledge on the martial size of Taiji Quan. Sifu Liang is most known from his appearance on The Martial Man as well as a lot of very informative Youtube videos.

Registration details

- Organizer: Atelier QiEtude
- Contact: Mohammed Saiah
- Price: 160 euros (only by money transfert)
- Location: Maison de quartier Bottière - Nantes 44000 France
- Language: French/English
- No refunds unless the workshop is cancelled.
- No refunds for no-shows.
- **Limited number of participants!**

Please contact us for for the money transfert infos & practical details on this email: [**contact@cours-qigong.fr**](mailto:contact@cours-qigong.fr)