



Health-preserving Class

Training Content:

1. Taiji three-part training method (Wudang basic postures, Daojiao Huogu Qigong, Taiji basic steps)
2. Taiji Zhuang Gong(Stance): Dantian Tiaoxi Juqi Zhuang, Taiji Lingjing Zhuang
3. Wudang Sanfeng 13-form Taiji (Original Form) —This item is optional. We suggest the beginners studying the original form of Taiji first, but every one can choose one other form that they are interested in.

The Taiji three-part training method is an effective and beneficial training system set by Master Chen. With the traditional Daoist health-preserving concept, He combines traditional Qigong with his long-term self-cultivation and experience of teaching. You can get different parts of body well trained and refined; the wonderful effects will be on your legs for lower part, waist for the middle part and shoulder and arms for upper part. Here is some further explanation:

Wudang basic postures and steps are the foundation of Wudang Kungfu. Just as studying the basic strokes is important for the study of calligraphy, so is studying the basic postures for martial arts. No postures, no forms.

Wudang Daojiao Huogu Qigong (Daoist Bone-invigorating Qigong) is the essence of the system. The purpose of this Qigong is to expel negative Qi from the body and get pure and fresh energy. It is good for our minds which is helpful to attain a positive attitude toward life, relax the muscles and strengthen the bones and the joint ligament elasticity and vigor, which make us relieve fatigue and restore physical ability. It is also effective in improving our resistant ability of inflammations and arthritis. At last, this Qigong is a great way of losing weight if you keep practicing.

Wudang basic postures, Daojiao Huogu Qigong and Taiji basic steps are recognized as a complete system of the three-part training method. They are the fundamentals of Sanfeng 13-form Taiji.

Zhuanggong (stance training) - Dantian Tiaoxi Juqi Zhuang (The stance of adjusting breath to gather energy in Dan Tian) and Taiji Lingjing Zhuang (Taiji switching strength Stance) - are excellent exercises for firming the body and stance.

San Feng 13-form Taiji Quan including 5 steps and 8 positions in all. It is the original Taiji Quan created by Master Zhang Sanfeng. So it is also called Taiji Mother Form. Wudang Taiji Quan applies the soft to overcome the hard, stillness to lead movements which is a good way of body strengthening and self-defense. By practicing it, people can convert strength into inner energy, then into spirit, so that it makes up for weakness. It can achieve the purpose of gaining a longer life, becoming more intelligent, stronger. The main practicing methods are inhaling and exhaling to regulate breathing, assisting external force to make up for internal force; standing on poles with mixed strength. To practice it well, you need to maintain a tranquil mood, bend the chest whilst keeping the back straight, and relax shoulders and lower elbows. It combines movements with stillness and the internal strength and external work complement each other.

Learning from the lower to the upper, from outside to inside, will help you understand the cultivation of the interior and exterior, and unity of form and spirit. This is also the character and essence of Wudang Neijia (internal) Kungfu. This combination of forms has been created by Master Chen. By studying these techniques, you can improve your health in a short time.



All forms of Taiji come from Wudang

CHINA WUDANG KUNG FU ACADEMY

Tai Ji Qi Gong Ba Gua Xing Yi Wushu Sword Staff Spear



[Home](#)

[How to register at our academy](#) [About Us](#) / [Spanish](#) / [Deutsch](#) / [中文](#)

News

Wudang Traditional Forms

News **NEW!**

There are more kinds of Wudang Internal Kung Fu forms which are yet to be listed on our website and some of which cannot be imparted to the outside casually, due to the disciplines and rules of our Wudang Sanfeng Sect. We think, however, that the forms listed below are a good representation of Wudang Kungfu. Almost every priest and master is an expert of more than one kind of kungfu, take Master Chen for example, the director and head coach of our academy, is well known for his techniques of qinggong, or light-bodied kungfu.

Our Academy

[Academy Overview](#)

[Forms](#)

[Classes](#)

[Teachers](#)

[Students](#)

[Photos](#)

[FAQ](#)

[Contact Us](#)

- [Sanfeng 13-form Taiji](#)
- [Sanfeng 28-form Taiji](#)
- [Fuchen](#)
- [Baxian Jian](#)
- [Taiyi Wuxing Quan](#)
- [Xingyi Quan](#)
- [Longhua Quan](#)
- [Xuanwu Quan](#)
- [Xuangong Dao](#)

- [Sanfeng 108-form Taiji](#)
- [Baxian Gun](#)
- [Fangbian Chan](#)
- [Taiyi Xuanmen Jian](#)
- [Bagua Zhang](#)
- [Baji Quan](#)
- [Fuhu Quan](#)
- [Xuanzhen Quan](#)

Master Chen Shixing

[Master Chen](#)

[Videos](#) **LOCK!**

[Photos](#)

Wudang Mountain

[History](#)

[Kungfu](#)

[Tourism](#)

[Music](#)

[Photos](#)

Wudang Sanfeng 13-form Taiji



The Wudang Sanfeng Sect 13-form Taiji is made up of 13 groups of movements with a total of 60 postures in all. It contains 5 basic steps and 8 basic movements. This form is considered as the mother of all Taiji forms and was created by Taoist Master Zhang Sanfeng.

Wudang Taiji Quan uses softness to overcome the hard and the inactive to combat the active. It is both good for strengthening body and self-defense. By practicing it, people can convert strength into inner energy, and finally turn that inner energy into a deeper spiritual energy. This ancient practice combines martial arts with inner alchemy, helping the practicers to achieve longevity, clarity and physical strength.

The study and practice of Taiji can be broken down into 3 stages, namely, jing(strength), qi(breath) and shen (spirit). Regulating one's breath is an important skill developed by Taiji practice. The main movements are pushing, pressing, jostling, picking, elbowing, also known as Peng Lu Ji An, Cai Lie Zhou Kao in Chinese. When practiced properly and diligently, both the movements and one's energy flow smoothly and naturally. Wudang Taijii incorporates motion with inner stillness, through which the internal and external aspects of the form combine to create an overall feeling of well-being, while at the same time improving the practitioner's health. >>

Master Chen Shi Xing



☯ The group from the Netherlands to our academy for Taichi study

➔ [BACK](#)

At the end of April, which is known as one of the most beautiful months, the mountains around the school are covered by green trees and colorful flowers. China Wudang Kungfu academy welcomed one group from the beautiful tulip country – The Netherlands. Our working team prepared a warm welcome picking-up at the airport. Our academy always warmly welcomes all friends who are interested in studying the authentic Wudang Kungfu. They are The Taichi Team from Rotterdam, made up by Fred, Michel, Jojo, Corina, Sarah, and Loes.



Group photo with Master Chen

During this short month, they studied Wudang Taichi mother form--Taichi 13 form, Wudang Traditional Three-parts of body training, and two stance Qigong. They studied each form with high attention. During this period of time, it is so hot that people sweat even when they are not training. However, the weather didn't stop them training. They still trained very hard despite the weather. On the other hand, we were impressed by their attitude. They are eager to learn every new thing. From the complicated Chinese language, to Daoist culture, to difficult Chinese Chess, they learned everything with an open mind and heart. Their spirit inspires everyone in the academy. Through this month of study, they also got some lessons in life from "Dao".



Wudang Daoist Meditation



Studying Wudang Taichi



Master Chen commentating Daoist Culture

At the end of their stay, when they were asked the thoughts of their month of study, their attitudes were still so modest. They said, they would continue to practice after going back to the Netherlands and strive to improve themselves. They hope to come back one day in future. The leader of the group, Fred who also teaches other Holland people different styles of Tai chi, expressed his wish to increase his teaching content after his return to include Wudang Tai chi.



Communication after the class

We give our best wishes to this group. We hope their future life is full of fun and they will bring the good luck from Mt. Wudang back home and to their future, and also bring Wudang Kungfu to more people in Holland.

China Wudang Kungfu Academy
2011-05-21

- [中文网](#)
- [English](#)
- [Deutsch](#)

© 2007- 2011
China Wudang Kungfu Academy
Email: wudangkungfuacademy@hotmail.com Mobile: (0086)158-7272-9302
Address: Yuanhe Temple, Wudang Mountain, Shiyan City, Hubei Province, China

chinawudangacademy.com
daoistkungfu.com