



## Xingyiquan seminar, Prague

### Introduction of the lineage



Wang Jiwu



Zhang Baoyang



Du Fukun



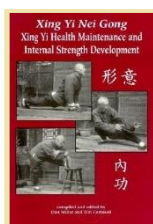
Czech disciples

Du Fukun shifu, living and teaching in Czech Republic since 1993. Few of his disciples and long-term students are studying Xingyiquan under his guidance continuously since then, over 25 years.

- 22<sup>nd</sup> and 23<sup>rd</sup> of June 2019 (Sat, Sun), 6 + 6 hours
- Price: 65 € (low-cost accommodation in the gym possible)
- Seminar led by Mr. Michal Zezulik and Mr. Daniel Brauckmann

### Content of the seminar:

- History of the style
- Basic principles
- Mechanics and power generation
- Basic pair exercises
- Detailed instruction of 16 forms for building solid foundation and health (known from the book Xingyi Neigong by Tim Cartmell and Dan Miller published in 1998)



Book Xingyi Neigong

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