



## Summer Class with Grand Master Chu King Hung

**Cagliari 29<sup>th</sup> May – 2<sup>nd</sup> June  
2024**

### Program:

The stage starts on 29.05.2024 at 16.30  
and ends on 02.06.2024 at 11.30.

Morning class: 08.30-11.30  
Afternoon class: 16.30-19.30

### Courses:

- ✚ **Yi Kung:** Ling Hung Fa Jing, the Yang family's Empty Power Technique. The Chi follows the Yi, the body follows the Chi
- ✚ **Correction of the Form** with the help of the 5 vitamins A, B, C, D, E
- ✚ **Fighting Form:**  
The first 37 movements and applications
- ✚ **Correction of the Sword Form** with the help of the vitamin A
- ✚ **Hand Head Chi Yin Yang Form:** The Bow and arrow principle in the form.
- ✚ **Tui Shou:** Double Push Hand with applications from the Hand Form  
**2 groups:** beginners and advance

**Fee: 400**



### Location

The stage will take place under the trees in the city park "colle di S. Michele", one of the largest parks of the city of Cagliari with its breathtaking 360° view all over the city, the sea and the mountains behind. The park is 7 km away from the city airport and 5 km from the main station situated in the "Piazza Matteotti". In the Via Roma nearby Via Maddalena, just in front of the main train station's building, you will find one of the bus stops of the CTM lines 5 and 5/11, that brings you to the location. You have to get off at the last station in the "Via Cinquini" and walk the way up to the second park entrance, in front of the parking place. Tickets cannot be purchased on the bus, they are only available at the vending machines inside the bus stations and at the various cafés and news stands along the streets.

You can have a look at the public transport network  
visiting the website

[www.ctmcagliari.it](http://www.ctmcagliari.it)



### Grand Master Chu King Hung

Master Chu King Hung was born in 1945 in China and first came in contact with T'ai Chi Ch'uan early in his life. When his family moved to Hong Kong, as a 12-year-old boy, he began an apprenticeship with Master Yang Shou-Chung which would last for 26 years. He learned the complete tradition of the Yang family and was then authorised by his master to teach the Yang style in its original form. Master Chu built up the ITCCA in Europe and found an appropriate way to teach the Original Yang Style T'ai Chi Ch'uan to Western students.

## Program Stage 2024

### Wednesday 29.05.24:

- 16.30 – 17.30: Sword Vitamin A  
17.30 – 18.30: Hand Head Chi Yin Yang  
18.30 – 19.30: Tui Shou (Double Pushing Hand)

### Thursday, Friday, Saturday 30.05. - 01.06.24:

- 08.30 – 09.30: Y-Kung  
09.30 – 10.30: 5 Vitamins  
10.30 – 11.30: Fighting Form  
  
16.30 – 17.30: Sword Vitamin A  
17.30 – 18.30: Hand Head Chi Yin Yang  
18.30 – 19.30: Tui Shou

### Sunday 02.06.24:

- 08.30 – 09.30: Y-Kung  
09.30 – 10.30: 5 Vitamins  
10.30 – 11.30: Fighting Form

## Price of the Courses

Whole Stage/Six Courses (24 lessons):  
Euro 400

Half Stage/Three Courses (12 lessons):  
Euro 210

**Reservation required,  
space is limited**

## Where to stay

The city of Cagliari offers a big choice of nice places to stay in,  
which you can find on:

[www.cagliariturismo.it/en/where-to-sleep](http://www.cagliariturismo.it/en/where-to-sleep)

[www.booking.com](http://www.booking.com)

[www.b&b.com](http://www.b&b.com)

Here are some of our suggestions:

### **B&B Piovella**

Via Ernesto Maria Piovella 14, Cagliari  
Tel +39 328 3927387

### **Hotel Aurora**

Salita Santa Chiara, 19  
Piazza Yenne, Cagliari  
Tel +39 070 658625 Cell: 328 729 8200

### **B&B La Terrazza sul Porto**

Largo Carlo Felice 36, 09124 Cagliari  
Cell: +39 339 8760155

### **B&B Le farfalle**

Via Lodovico Baylle 41, Cagliari  
070 4511865

### **Hotel Italia**

Via Sardegna 31, Cagliari – +39 070 660410

## ASD Scuola di Tai Chi Chuan

Via Tigellio 22 /a, 09123 Cagliari

0039 328 0995411 

[www.itcca-sardegna.it](http://www.itcca-sardegna.it)

IBAN: IT49W0101544030000070193287