

On the planned classes, Master Yuan will light up the answers for the next questions: What is taiji? How to train taiji quan? What is it needed to pay attention on, training taiji quan? What effect is carried out by practice of taiji quan on the functions of organism, his treatment by taiji, medical aspects. Medical aspect of Taoism which will help better to understand and deepen the knowledges in martial arts, perception of modern society in conception of taiji, bases of meditation and connection with taiji, development of taiji practice to the meditation level (meditation as the highest level of practicing taiji).

With the support:



国际非政府组织“兰华”乌克兰与中国文化研究中心
Міжнародна громадська організація
Культурно-дослідницький центр України та Китаю «Ланхва»

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Meditation as the highest level
of practicing taiji

Master Classes with
Yuan Xiu Gang



18–24 December 2011

Start 18 December at 17:00

2, Shuhevycha str., Lviv вул.Шухевича,
№ 35 school gymnasium

Registration:

cell: (097) 900 70 80, www.yuan-seminar.pp.ua

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Born in 1971, Master Yuan Xiu Gang, a Daoist priest (Daoist name Shi Mao), is the 15th generation disciple of Wudang SanFeng Sect. This lineage dates back to the 14th century when Zhang San Feng became enlightened by the Dao and created Taijiquan.

Master Yuan has loved martial arts since his early childhood. At the age of 7, he started basic physical training in wushu, and at 16 he studied Shaolin wushu for 3 years. As a result of his increasing skill in gongfu, understanding of internal martial arts, and enthusiasm for Daoism, in 1991 he went to Wudang Mountain, the reknown center of Daoism and internal martial arts. Master Yuan was fortunate to be accepted as a disciple by the great Master Zhong Yun Long. Since then, Master Yuan has been practicing internal gongfu like Taiji, Qigong, XingYi, BaGua, and meditation.

In 1994, Master Yuan was selected by the Wudang Taoist Association for Taoist Wushu Performance Team, and initiated into the Purple Heaven Palace, the largest Daoist temple at Wudang. With the blessing of the Chairman, Master Yuan joined the circle of Daoist culture. Since then, Master Yuan has furthered his practice of Daoist philosophy and internal gongfu.

As a member of the Taoist Wushu Performance Team, Master Yuan has traveled to various places in South East Asia to demonstrate Wudang gongfu. He has also represented Wudang when receiving high-level Government officials and celebrities from other countries in their visit to the Daoist mountain.



With the promotion by the Government of the Wudang special administrative region, more people from all over the world have embraced Daoism and Wudang mountain. Improving well-being and health through exercise is becoming popular worldwide. Foreigners are becoming more aware of the famous Wudang internal gongfu previously known only to Chinese. Visitors from abroad are coming to here to explore Wudang internal gongfu.

Master Yuan has been responsible for teaching foreigners for years. Throughout these years, he has been dedicated to learning and improving his English for better communication with foreign learners.

In line with the slogan of the Government of the Wudang special administrative region: “Let the world know about Wudang”, Master Yuan established his own Wudang Daoist Traditional Kungfu Academy with the agreement of Master Zhong Yun Long. The mission of the academy is “To broaden the reach of Taoism and to train outstanding wushu experts”. The academy welcomes visitors from any part of the world.



Training

1978 -1988:	Various training throughout China with masters of traditional martial arts.
1988 -1991:	Training in Shaolin kungfu, traditional sanda, and qigong.
1991 -1993:	Training in Wudang Traditional kungfu and internal arts.
1993 -1995:	Lived as a Daoist monk at ZiXiao Gong. Studied Daoism, Daoist music (mainly singing), and Daoist acupuncture and herbal medicine.
1995 -Present:	Teaching while continuing his practices and studies of internal work.

Degrees, Certificates, Awards, and Memberships

- Member of the Wudang Mountain Kungfu Research Institution
- Committee Member of the Wudang Wushu Association
- Officer in Charge of the Wudang Mountain Daoist Taiji Center for Health and Longevity
- Numerous shows for Daoist singing, kungfu and Taiji
- Many shows have aired throughout China most recently was the Wu Lin Feng Zhen Zhou Show which aired on National China Television (CCTV)