



EXPLORINGTAIJI AND EXPLORINGQIGONG

Curriculum Taiji and Qigong instructor, level 2

From different systems including Huang Xiangxians, Chens's and more:

1. Continuing foundational exercises to develop further and go deeper
2. Flying exercise – revisited with new and more perspectives
3. Up/down - revisited with new and more perspectives
4. Song Gong 6 and 7 – solo and partner
5. Zhan Zhuang – Master Jeng's "favorite"
6. Shaolu – short two-man sticking form
7. 1. Section of Chen styles Yilu – learning and understanding the concept of spiraling and "3 free limbs"
8. Taijiruler – focus on circles, connections, lightness, "Qi" and more

From the system of Master Sam Tam – going deeper, refining, exploring further ...:

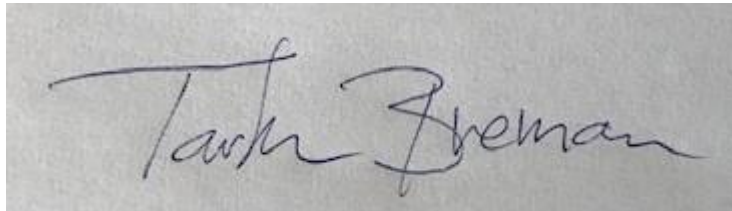
9. Zhan Zhuang – going deeper into the essence of Standing Meditation. (even, full, suspended, expanded, shrink the bones, etc.).
10. Mocabu – different arm movements and more
11. Second and third section of Sam Tam's Taijiform (show/explain shifting, external harmony **1 and 2**, lightness in movements, flow and more
12. The eight energies – Peng, Lü, Ji, An, Cai, Lie, Zhou and Kao – understand them, explain them and demonstrate them
13. The concept of three free limbs
14. Reverse breathing - level 2.
15. External harmonies – especially elbow and knee - in Taijiform and solopractices - and introducing hand and foot
16. Understanding the importance of the mind – in solopractice and partnerwork
17. Tuishou Sam Tam - 3 basic double hands and Peng, Lü, Ji and An
18. Ward off "powerpush"
19. Yielding – parallel feet – "six push and two pull" ...

20. Qigong/Neigong: Soaring Crane 3 short and long version), Hunyuan Qigong, Emei Qigong, second set

I hereby verify that **Jonas Althaus** has completed and is qualified to teach and demonstrate all of the above mentioned.

October 2025

Teacher

A rectangular image showing a handwritten signature in black ink on a light-colored background. The signature is written in a cursive style and reads "Torben Bremann".

Sifu Torben Bremann