



EXPLORINGTAIJI AND EXPLORINGQIGONG

Curriculum Taiji and Qigong instructor, level 1

From the system of Master Huang Xiangxian as well as foundational exercises and understanding:

1. Important warm up exercises which are fundamental to create true Taiji skills
2. “No rooting – no gongfu”. Understanding the concept and the importance of emptying the mind to be rooted and grounded
3. Visualizations – how and why
4. Traditional Taiji walking
5. Flying exercise - basic and advanced
6. Up/down - basic and advanced
7. External harmonies – especially shoulder and hip and introducing elbow and knee
8. Song Gong 1 – 5, understanding, the how and why
9. 1 section of Master Huang’s Taijiform – understand it and show it
10. Tuishou – 4 basic and most important from the system of Huang
11. Zhanzhuang – the way it was done when he was still teaching the Martial Art aspect of Taiji (wuji, cross hands, raise hands, and more)

From the system of Master Sam Tam – entering the path of Qi and lightness:

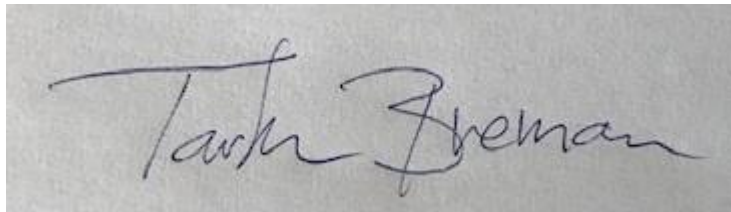
12. Zhan Zhuang, 3 – basic, separate the flesh from the bones, 6 directions, expand (inflate and deflate) and more
13. Mocabu stepping
14. 1. section of Sam Tam's Taijiform (show/explain shifting, external harmony 1, lightness in movements, the concept of sinking the Qi and more)
15. The four energies – Peng, Lü, Ji and An – understand them and explain
16. The **Yao** and **Kua** in Taiji and the importance of understanding it
17. Sink the Qi - level 1. Being able to demonstrate it
18. Reverse breathing - level 1. Being able to demonstrate it
19. Tuishou Sam Tam - 3 basic single hand
20. Bouncing – the basic one
21. Yielding – flexible – “find the feet”, parallel basic without blocking, shoulder/hip yielding

22. Qigong/Neigong: Soaring Crane 1 and 2, Hunyuan Qigong

I hereby verify that **Jonas Althaus** has completed the 80 hours of teaching and is qualified to teach and demonstrate all of the above mentioned

October 6, 2024

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