

SHI MEN DIAN ASD

The most important disciplines that are taught in our school are:

- Taiji Quan (Chen style)
- Shaolin Gong Fu / Shaolin Kung Fu
- Taiji Quan Tang Lang

Taiji Quan enjoys huge popularity in the world, with more than 300 million practitioners.

The Chinese government has declared that Taiji is an intangible heritage and needs to be preserved, so it can continue to be practiced by future generations.

The Taiji Quan discipline of our school, includes the study of basic positions, the study of different forms and weapons, the development of harmony and body awareness and techniques and applications to combat and personal defense.

Shaolin Kung Fu and Tang Lang Quan.

The techniques indicated are a general description and are applied and studied with its characteristics based on each style of our school.

Fundamental Techniques

基本功 Jiben Gong (Preparatory exercises and basic positions):

- 桩功 Zhuang Gong (root working methods, to increase stability, balance and awareness of Qi)
- 步型 Buxing four techniques (马步 Mabu, 弓步 Gongbu, 虚步 Xubu, 仆步 Pubu ...)
- 步法 Bu Fa (method of steps)
- 行步 Xing Bu (moving techniques, shifting positions and steps)
- 腿功 Tui Gong (exercises and techniques for legs)
- 腿法 Tui Fa (leg techniques)
- 跳跃 Tiao Yue (jumps)
- 运臂 Yun Bi (exercises for the arm movements)
- 基本动作 Jiben Dongzuo (combined techniques)
- 拳法 Quan Fa (Fist Techniques)
- 掌法 Zhang Fa (Palm Techniques)
- 平衡 Ping Heng (Falls, balance, movement ...)
- 手形 Shou Xing (Form of hands)
- 基本动作 Jiben Dongzuo, combined techniques
- 大捋 Ta Lu Superior techniques that provide immobilization of the opponent, immobilization techniques, different level studies of these fighting techniques. We study single-level and in a couple Zhansi jin (spiral force) and form Zhansi gong (Qigong flow)
- 发劲 Fa Jin (emissions of Energy and techniques for the development of internal strength)
- 内功 Nei Gong (internal work)
- 擒拿 Qinna (grab and hold) gripping techniques and control of the joints, of strokes and dislocations.

- Qigong exercises to relax, develop and make aware the individual of hi/her internal energy Qi and Shen. Qigong exercises are practiced at different levels and for different purposes.

The basic techniques can adapt to any style of our school Taiji, Shaolin and Tang Lang,

Taiji Specific techniques

推手 Tui shou (push hands) training exercises in couple for the development of sensitivity and knowledge of the movements of the opponent. There are different levels of tui shou, at the beginner level, you learn to take root in the earth and to exercise good sensitivity in pushing movements. Later on, tui shou exercise is practised in fluid movements and in a relaxed way of "fighting." At a higher level, tui shou is exercised so as to make lose balance to the "opponent/partner" with the lowest energy consumption and simulate the fighting and the application of theories of fighting and combat in Taiji.

Tui Shou also is a great method of relaxation and control of aggression

八段錦 Ba Duan Jin (8 pieces of brocade) - exercises for the dissolution of the strengthening and coordination of mind - body - breathing

发劲 Fa Jin. Emissions of Energy and techniques for the development of internal strength

大捋 Ta Lu Superior techniques that provide immobilization of the opponent, immobilization techniques, different level studies of these fighting techniques. We study single-level and in a couple Zhansi jin (spiral force) and form Zhansi gong (Qigong flow)

传统 shapes and forms with weapons 器械. The forms studied in our school are

- Chen shi Taiji traditional Shi Shi Pa (Form 18 movements)
- Chen shi Taiji traditional Jiu Shi Shi (Form 19 movements)
- Chen shi Taiji traditional Si Shi Yi Shi (Form 41 movements)
- Traditional Taiji Chen Xin shi jia yi lu (Form 83 movements)
- Traditional Ehr Chen shi Taiji Qi Shi Lu Pao Chui Yi Shi (Form 71 movements)

Weapons of Tai Chi - Taiji

Study of arms is proposed to the practitioner to improve the time response and gain greater awareness of body movement. Weapons are considered an extension of your body. Forms studied in our school are:

- 太极棍 Qun Chen shi Taiji, Chen Qian shi sequence of stick and spear traditional
- 太极刀 Chen shi Taiji Dan Dao (Form 23 movements), the sequence of traditional saber
- 太极剑 Chen Shi Taiji Jian (Form 49 movements), the sequence of traditional sword

Shaolin Kung Fu

北派少林拳 Pai Bei Shaolin Quan, North China Classic Shaolin fighting and boxing School

Tang Lang Quan

七星螳螂拳 Qi Xing Tang Lang Quan Seven Star Praying Mantis Boxing.

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