

INTRODUCTION

The Belarus Wushu Federation (IWUF-member) and traditional wushu school (Wudeschool) is pleased to announce the Training Course in section of traditional Wushu (Xingyiquan, Baguazhang). The objective is to improve the knows in traditional martial arts (Baguazhang and Xingyiquan) and Qigong (Chicong). Seminar will be useful for athletes, coaches and those who wish to explore health techniques (Qigong) and improve health.

Pay attention!

Before this Seminar the Belarus Wushu Federation (BFU) organise the Training course in section of traditional Wushu (Xingyiquan, Baguazhang). April 8th to 9th 2017. The objective is to improve the technical level of the coaches, judges and athletes and prepare for European Championship 2017 in Georgia.

You can read about this in the Chapter G.

Course lead by Master Di Guoyong (China), a 4th generation Bagua Zhang successor and a 7th generation Xingyi Quan successor.

Traditional Martial Arts (Baguazhang, Xingyiquan) Training Seminar – Belarus

A. DATES, LOCATIONS & CONTENT

Date: April 10th to 15th 2017

Location: Minsk, Belarus

Participants: athletes, coaches and all people who wish to explore health techniques (Qigong) and improve health.

Course Contant:

- basic principles of Baguazhang and Xingyiquan
- special exercices (Neicong) for development the strength and speed.

- Learning Baguazhang Bufa (the special Baguazhang steps).
- Eemption from grips (Qinna) in Baguazhang.
- Learning and verification of knowledge of traditional forms of Ijanshi Baguazhang
- The basics of traditional Baguazhang weapon (Bagua Dao, Bagua Jian, bagua midnight and noon mandarin duck daggers, Fan, spear basic)
- Pair work in Baguazhang
- attention will be paid to health practitioners working with energy (qigong) and inner workings (Neicong)
- Qigong (wu jin si, ba duan jin)
- Other special qigong technique

1 session 10,11,12 april	2 session 12,13,14,15, april
The Heath techniques (Qiqong)	Baguazhang technique. Weapons basic. Qinna

Financial Conditions:

Course Fee: Euro 180 per person, which includes lectures, training, examination, venues and teaching materials.

Pay attention!

If you participate in all 2 training courses (April 8th to 9th and April 10th to 15th) you will have **Euro 60 Discount**. The total price is Euro 190 per person.

B. ENTRY & REGISTRATION

Registration Method: Only those participants registered and submitted by online registration (<https://goo.gl/forms/bBHUPvkph6DICmau2>) or sent e-mail to wudeschool@outlook.com and received confirmation of their registration will be accepted to participate in the course.

There is no limitation on the number of participants.

No other method of registration will be accepted.

Registration Deadline: All entries must be submitted to 24:00 April 2th 2017.

Late Fee: Registrations submitted after the deadline, if accepted are subject to a US\$20.00 late fee per participant.

C. TRAVEL INFO

All participants shall be responsible for their own international and/or domestic travel expenses to the designated course site.

The BFU (Belarus Wushu Federation) will provide additional info in due time regarding arrival dates, location and other useful information.

D. ACCOMMODATION & OTHER REQUIREMENTS

The local organizing committee can help with board and lodging for all the participants. Participants must inform in advance if they need help with accommodation (board and lodging)

All participants are required to bring their own training clothing and sports / wushu shoes.

E. CERTIFICATE

Participation certificates will be issued upon passing the examination.

F. CONTACT INFORMATION

Contact person:

Mr. Maksim Artsisheuski

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G. ADDITIONAL INFORMATION

Before this Seminar the Belarus Wushu Federation (BFU) organise the Training course in section of traditional Wushu (Xingyiquan, Baguazhang). April 8th to 9th 2017. The objective is to improve the technical level of the coaches, judges and athletes and prepare for European Championship 2017 in Georgia.

Please read the following invitation INTERNATIONAL TRADITIONAL WUSHU COACHES AND JUDGES TRAINING COURSE April 8th to 9th