

1. International TAIJIQUAN Push Hands - Meeting

in Haßfurt am Main

from 30.05. - 02.06.2013

Thursday, Friday, Saturday and Sunday



It's my pleasure to invite you for a 4 – days TAIJI – push hands meeting with

Hella Ebel, Thomas Kirchner and Roland von Loefen

This meeting provides TAIJI - practitioners of all styles (Yang, Chen, Wu, Fu ...)

in a friendly and harmonious atmosphere to practice, to get to know, to share experiences

But the important thing is to go deep into the art of TAIJIQUAN.

This Push Hands meeting will take place in the tradition of Master Huang and the manner of Wee Kee Jin's partner work.

It is not a meeting to fight or to train for competitions.

The theme of this event is:

Applying the classics of TAIJI (TAICHI) for a better understanding of the principles.

In China, push hands was known in earlier days as an exercise of

"sensing and feeling "

Sometime later it was called push hands.

Pushing - hands develop the internal qualities of the five elements;

these are:

- sticking – joining – adhering - following
- Don't resist and don't disconnect



Wee Kee Jin

and



Roland von Loefen

1. Push hands - meeting

This first meeting will be held on

Thursday 30.05.2013 until Sunday 02.06.2013, from 09:00 to 17:00 each day.

At the Volkshochschule (Volksbildungswerk) City Haßfurt "Mainmühle" Ringstraße 16
97437 Haßfurt Tel. (09521) 950185

Prices and costs:

Thursday until Sunday, from 9.00 to 17.00

1 day 35, - €

2 days 70, - €

3 days 100, - €

4 days 120, - €

The days can also be booked individually!

Registration takes place on the VHS (VBW) City Haßfurt, tel 09521/950185 or via internet (www.pushhands.jimdo.com)

Timetable:

Thursday	Friday	Saturday	Sunday
9.00 - 10.00	9.00 - 10.00	9.00 - 10.00	9.00 - 10.00
own training	own training	own training	own training
10.00 - 11.30	10.00 - 11.30	10.00 - 11.30	10.00 - 11.30
Fix push hands	Fix push hands	Fix push hands	Fix push hands
11.30 - 12.00	11.30 - 12.00	11.30 - 12.00	11.30 - 12.00
coffee break	coffee break	coffee break	coffee break
12.00 - 13.00	12.00 - 13.00	12.00 - 13.00	12.00 - 13.00
Semifree pushhands	Semifree pushhands	Semifree pushhands	Semifree pushhands
13.00 - 15.00	13.00 - 15.00	13.00 - 15.00	13.00 - 15.00
lunch break	lunch break	lunch break	lunch break
15.00 - 17.00	15.00 - 17.00	15.00 - 17.00	15.00 - 17.00
Free push hands	Free push hands	Free push hands	Free push hands

This partner exercises and semi free - push hands will be guided or taught by

Hella Ebel, Thomas Kirchner, Roland von Loefen

Fix push hands:

There are 18 fixed exercises in the system of master Huang

- called "fixed Pushing Hands".

Two of the most important ones are "seven pushes" and "slow push".

These two exercises allow you to study the inner qualities of the five elements...

They are mentioned in the first "Taiji classics" (the one by Chang San-feng) and are related to forward, backward, look left, look right and centralised.

They are representing the five elements:

Fire - Water - Wood - Metal – Earth

These are the external principles - the internal principles are:

sticking - joining - adhering - following - don't resist – don't loose contact.

With the fixed pushing hands and the semi free pushing hands, we have a good opportunity to get to know and to study these internal principles.

Free push hands:

In free pushing both partner have the opportunity (under the subject to the Taiji - principles) to bring the partner out of balance and then to push.

What does this mean free - push hands:

Pushing means to feel if your partner lose his balance or can not neutralize, at this moment in order to strengthen your own stability by relaxing and sinking you can break the root of the partner to push him completely out with relaxed power.

Semi - free pushing hands.

In semi-free pushing hands the aim is to unbalance your partner whereas the partner tries to neutralize without pushing back. This enables you to concentrate on your part of the game:

For example no brute force, breaking the roots before pushing ... as it is mentioned in the "Taiji Classics".

During neutralizing, your partner is exercising all internal principles of the five elements.

With the help of **sticking - joining - adhering - following - don't resist – don't loose contact** one's yielding is developed and every incoming force can be neutralized.

The advantage of semi-free pushing hands is, that you can learn to listen and sense how your partner behaves. Winning is only secondary as you change roles after 5 minutes.

In semi-free and free pushing hands your standing position is fixed and you don't step.



Every 10 minutes an acoustic signal reminds you to change partner and footing.

There are 3 different stances you are using in this kind of pushing hands:

V - Stance:

The feet in the shape of a v, heels together and one foot distance to your partner.

Parallel Stance:

Feet are parallel, shoulder width, and also one foot distance to your partner.

Bow Stance:

The rear foot is turned outward 45 degrees and the other foot is directed forward, shoulder width, in one foot distance to the rear one.



There will be 2 groups at least, one for beginners and one for advanced.

Event Location:



Volkshochschule (Volksbildungswerk)
Stadt Haßfurt "Mainmühle"
Ringstraße 16
97437 Haßfurt
Tel. (09521) 950185

Travel options:

By airplane:

The closest airport is the one in Nuremberg. It is about about 95 km away from the event location..

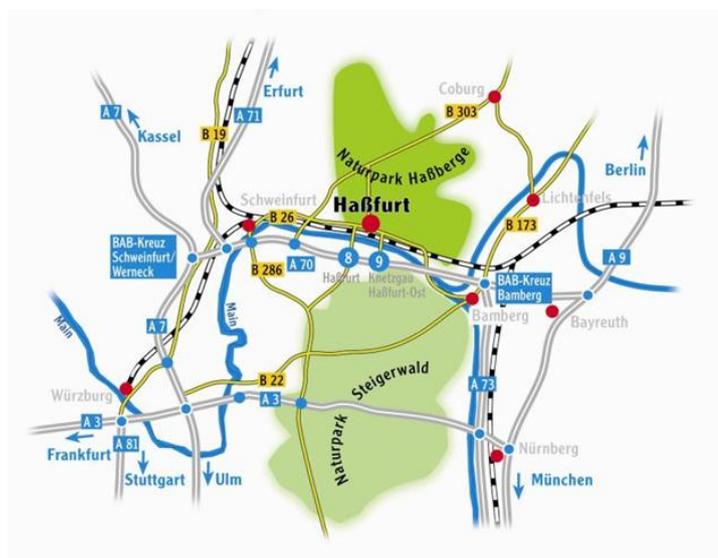
It lasts about one hour to go to Haßfurt by train or car, starting in Nuremberg.

By train: www.bahn.de

There are good connections by train to Haßfurt am Main. From the train station it is just a 10 min walk to the VHS City Haßfurt, where the event takes place.

By Car:

Driving to Haßfurt by car, you have to take the highway A70. it doesnt matter from which direction you come, as there is only one highway next to the city. Coming from Schweinfurt, you have to exit the highway at exit 8 Königsberg i.Bay. / Donnersdorf / Theres. Where as coming from the other direction, i.e. Bamberg, the right exit is the exit 9 Knetzgau. After exiting the highway you just have to follow the traffic signs. They will lead you to the city Haßfurt wich is about five kms away.



Location map from Haßfurt am Main

Catering:

Within a radius of about 500 meters, there are supermarkets, bakers, butchers, cafes and pubs and restaurants (italian, turkish, german and asian cuisine).

Accomodation:

Follow the link bellow to find accommodations in Hassfurt am Main.

<http://www.hassfurt.de/index.phtml?start=1&NavID=362.63>

On the left side of the hompage, you will find a button called "Unterkünfte" which you have to follow.

There will appear an overview of hostels, Bed and Breakfast, Apartments and privat Rooms in Haßfurt and around the city.

Here you find a list of all accommodations that are available in Haßfurt itself and around the city.

In the following is a list of accommodation in Haßfurt am Main as a pdf - file with a current price list.

**If you need help regarding the accommodation,
don't hesitate to contact me via E-mail.**

Roland von Loefen

Hintere Gasse 18

97478 Knetzgau

Tel. 0049 9529/303 oder 0049 170/3173204

Web : www.taijiquan-relax-sink.jimdo.com

www.pushhands.jimdo.com

Mail : loefen@gmx.de

Registration

(For all: Please print out and bring it with you to the meeting)

Registration is required.

Name, first name: _____

Street: _____

Zip City: _____

Phone: _____

E-mail: _____

(please tick)

The amount of Euro I pay cash at the start of the event

I booked at the VHS office city Haßfurt

I herewith order the following days:

Thursday to Sunday (120, - €)

1 day 35, - €

2 days 70, - €

3 days 100, - €

4 days 120, - €

The days can also be booked individually!

(please tick)

Thursday: Friday: Saturday: Sunday:

I require a receipt:

I am aware that film recordings will be made and photographs taken during the event and with my signature on the registration form I give my explicit permission that I may be filmed and photographed and that the producers may published and commercially exploit these image recordings. I thus grants the rights to my own image to the producers of the recordings at no charge.

I am prepared to take responsibility for myself in the workshop. I will be liable for any damage or loss I may cause. In case of accidents can not be held liable.

Place and Date: _____ Signature: _____

