

INTERNATIONAL LONGZHAO GONGFU-TAIJIQUAN ASSOC.

七星螳螂拳



洪家拳 太极拳

七星螳螂拳 **QIXING TANGLANG 7 Stars Praying Mantis** GM° Lin Dongzhu from Layang
洪家拳 **HUNG GAR Tiger and Crane style** GM° Tang Tungwing from Hong Kong
李派太极拳 **LI PAI TAIJIQUAN The rare School Li** GM° Zhang Shaotang from Lanfang
陳式太极拳 **CHEN TAIJIQUAN Chen family style** GM° Wang Xi'An from Chenjiagou

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Shifu **Maurizio Zanetti** 查振武
Master 8° Duan

Indoor Student of Grandmaster:

- Lín Dòngzhù - Qīxīng Tánglángquán
- Tang Tungwing - Hung Gar, Chén Tàijíquán
- Liú Jìngrú - Bāguàzhǎng

Student of Grandmaster:

- Kuang Haijun - Li Pai Tàijíquán

WE ARE AVAILABLE ON REQUEST FOR:

- STYLES SEMINARS
- ACADEMIC INSTITUTE FOR TEACHERS
- PRIVATE LESSONS

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FOR INFORMATIONS !!!

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七星螳螂拳 QIXING TANGLANGQUAN Seven Stars Praying Mantis Style

The famous Master Lin Jingshan said, "Normally docile as lambs, wild like tigers in the battlefield, only by working assiduously you'll get results".

It is a fierce style that uses many false, changing attacks in a fluid and continuous way, combining the tactics of the Praying Mantis with the Monkey steps.

The style is famous for contemporary, uninterrupted and fast attacks and defenses.

The method taught within the Lin family avoided the simplifications that many styles have undergone during the 1970 and 1980, keeping the teachings of the past, so that in 2008 the **Chinese Government** recognized the style of GM° Lin Dongzhu as "orthodox style of the Lin family" and, for the traditional Chinese Gongfu style Conservation Program, has recognized it as "**China's Inviolable Cultural Heritage**".

Method of GM° Lin Dongzhu (Grandson of GM Lin Jingshan)

洪家拳 HUNG GAR Tiger and Crane style

A famous popular Chinese saying says:

"The Hung Gar is a style for strong men or for those who want to become strong".

It does not use spectacular techniques, but it prefers arm techniques: the arms get conditioned and become hard as steel. The style is famous for its "steel bridge" position and powerful arm techniques.

Hung Gar's hard training tradition makes it the **most respected style** of all southern China.

Hung Gar studies both long-range and short-range combat.

It thus adapts to any opponent.

GM° Tang Tungwing Method (lineage GM° Lam Jo)

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SPECIALIZATION COURSES

- 72 Methods of Qinna
- Methods of conditioning
- Methods of Tui Shou complete
- 20 Méthods of Qigong
- Whip stick

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SEMINARS, EACH YEAR, WITH OUR CHINESE MASTERS

- GM° Tang Tungwing
- GM° Kuang Haijun
- GM° Lín Dòngzhù

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WHOEVER WANTS TO LEARN
SERIOUSLY THE GONGFU AND
TAIJIQUAN, AND BE PART OF OUR
BIG FAMILY, IS ALWAYS WELCOME

JOIN US !!!

Don't worry, we will find together the
best solution for your school.

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QIXING TANGLANGQUAN
GM° Lin Dongzhu

**HUNG GAR
CHOI MOK PAI
CHEN TAIJIQUAN**
GM° Tang Tungwing

LI PAI TAIJIQUAN
GM° Kuang Haijun

李派太极拳 LI PAI TAIJIQUAN

Style of the Supreme Principle of Li School

The **Taijiquan of the Li school** is a unique style, very rare outside of China, in which it is possible to trace the wisdom of generations of the past, so that in 2014, the **Chinese Government**, within the program of conservation of the Gongfu Traditional styles, recognized it as "Orthodox" and "**Inviolable Cultural Heritage of the Chinese nation**".

Originally, the style was called "Taiji Method of the Golden Frog Sect", and fuses systems such as the *Northern Taijiquan* (Yang Luchan lineage), *Southern Taijiquan* (Gan Danran lineage), *Yue shi Xinyiquan* of Yue Qingshan, Dong Haichuan *Baguazhang* and a particular *Shaolin North Method*.

The style has maintained traditional teachings, avoiding modernization and simplification that many styles have undergone during the "Chinese Cultural Revolution".

Method by GM° Kuang Haijun (lineage GM° Zhang Shaotang)

陳式太极拳 CHEN TAIJIQUAN

Chen family style of Supreme Principle

The Chen family Taijiquan is recognized as the **oldest style** in the Taijiquan landscape.

Taijiquan is a Martial art Taijiquan with a wide range of applications, based on the alternation of Yin and Yang and on 5 elements, especially suitable for hypertensive and those with heart and motor disorders.

The movements include: levers, projections, hits on bones and muscles of the opponent and pressure on vital points.

The hard and the soft are both part of the Dao, the "way", it will hardly be understood without studying them both, since one is part of the other.

The Taijiquan study is always flanked by the Qigong study, making the style a **complete art** that has self-defense goals and physical and mental relaxation.

Method of GM° Tang Tungwing (lineage GM° Wang Xi'an)

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**A deep theoretical-practical study for true knowledge.
The difference between practicing an exercise and practicing QIGONG**



Professional

Instructor

**THEORETICAL-PRACTICAL PROGRAM
OF BIENNAL COURSE**

1. General Introduction

The figure of Qigong Teacher
Definition of Qigong
Definition of Qigong School

2. Fundamental theories

Qigong Origin and Major Schools
Origin of Qigong
The major schools of traditional Qigong
Classical theories
Medical qigong theories
Ying-Yang and Five Elements
Zang-Fu and the theory of meridians
The three treasures: Jing, Qi, Shen
Theories of other Qigong schools
Taoist Qigong theory
Buddhist Qigong theory
Confucian Qigong theory
Martial Qigong theory
Scientific research on Qigong
Modern Qigong research
Physiological effects
Psychological effects

3. Practical Qigong Methods

Basic Operations
3 adjustments: Tiaoshen, Tiaoxi, Tiaoxin
Natural and inverse abdominal breathing
General introduction to Qigong forms
Classification of Qigong forms
Guidelines and Precautions for Practice
Possible reactions to Qigong practice
Errors and corrections

Qigong sequences

站桩功	Zhangzhuangong
放鬆功	Fang Song Gong
八段錦	Baduanjin
易筋经	Yijingjin
五禽戏	Wuxingqi
六字诀	Liuzijue

4. Qigong Clinical Applications

General Introduction to Qigong Therapy
Char. and Indications for Qigong Therapy
Principles and treatment of syndromes
Clinical Qigong Therapy Procedures

**Training Course for
Teachers Qigong**

气功

(Reference to the law of the sector)



Our Courses are recognized by UISP and TCFE (Tai Chi & Qigong Federation Europe).

Supplementary annual seminars are planned for those who will want to learn about other Qigong sequences taught by our Association.

洗髓经	Xi Sui Jin	Classic marrow wash
十八罗汉功	Shiba Luohan Gong	Exercise of the 18 Buddhas
大舞氣功	Da Wu Gong	Great Qigong dance
马王堆导引术	Mawangdui Daoyin Shu	Art of Daoyin Mawangdui
太极养生掌	Taiji Yang Sheng Zhang	Qigong Taiji Stick
五行掌	Wu Xing Zhang	Five Elements Palms
导引保健氣功	Daoyin Bao Jian Qigong	Qigong that preserves health
内养功	Nei Yang Gong	Qigong to nourish interior

The *Teacher Training Courses* are designed to train Certified Teachers, through a very profound **study path, and are taught by Master Maurizio Zanetti** and the **Association's Specialized Teachers**, using the collaboration of Acupuncture Physicians, as well as graduated in Language and Culture Chinese.

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INT'L LONGZHAO GONGFU ASSOCIATION

國際龍爪功夫協會

Guó Jì Lóng Zhǎo Gōng Fū Xié Huì

The Power of the Tradition

Pioneers in Europe since **1976**, many years of **continuous** experience with Chinese Grand Masters. We are official representatives of three great masters, who are our guests every year for seminars. Purposes of the School are to promote the traditional Chinese Kungfu, and to give the possibility to all the martial art enthusiasts to study the most famous and rare traditional styles in complete way (both from the technical and theoretical point of view).

**REAL
knowledge
cannot be improvised !**

**THE RIGHT CHOICE FOR YOUR
REQUIREMENT**



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