



# Tai Chi Chi Kung II & Tan Tien Chi Kung

## The fast (discharge) form

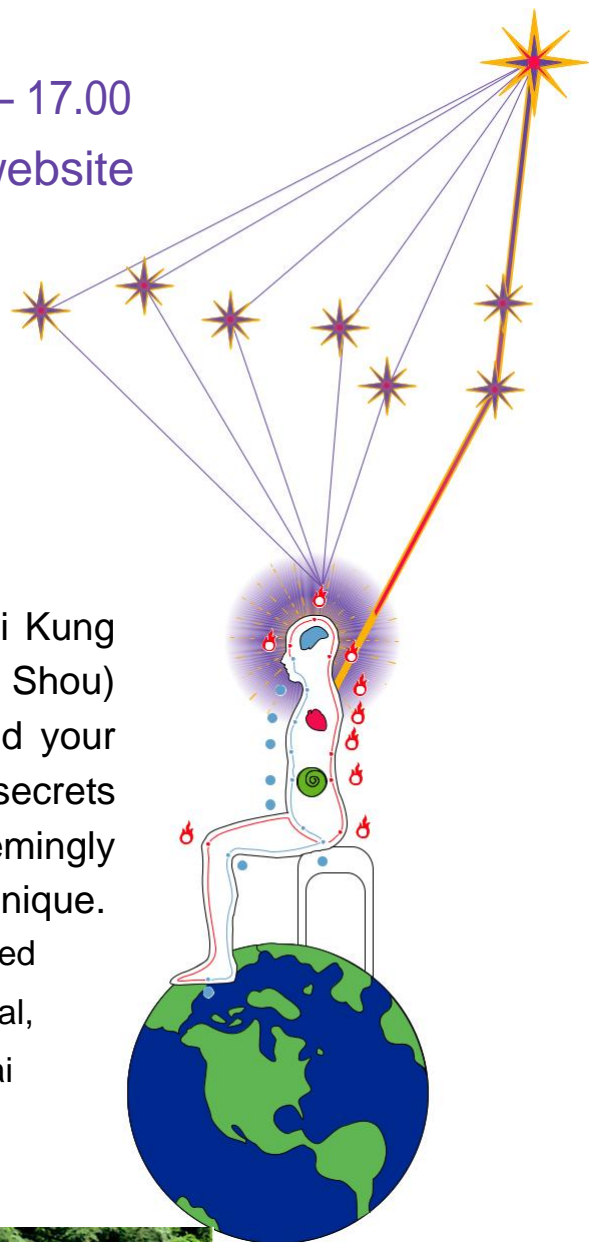


Venue: Bern  
Time: 09.30 – 17.00  
Costs: See website

Grandmaster Mantak Chia demonstrating to Senior Instructor Rentao Ravasio the inner Chi Pressure developed by Tan Tien Chi Kung.

### Welcome

Drawing on Iron Shirt Chi Kung I, Tan Tien Chi Kung techniques as well as push hands training (Tui Shou) this short Tai Chi Chi Kung Form II will expand your understanding by experiencing the hidden the secrets within any Tai Chi Form. Learn to practice a seemingly effortless yet explosively powerful martial art technique. This short fast form for discharging energy, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through the solo Tai Chi practice and the internal martial arts of Taoism.



## Supreme Inner Alchemy Practices

This practical system serves to cultivate a healthy body, develop your soul and raise your spirits. Its main branches and core formulas cover meditation, Chi Kung, Healing Love Practices as well as martial and healing arts. It empowers individuals to develop physical, mental, emotional and spiritual potential in order to become their own healers and masters. The UHT is shared on 6 continents by its founder Grandmaster Mantak Chia as well as the global UHT Faculty with over 900 certified instructors and practitioners. Its accessibility suits everyday western lifestyle and allows every individual to freely choose a joyful life of health, love and wealth.



UHT System  
Founder  
Grandmaster  
Mantak Chia

## Tai Chi Chi Kung II & Tan Tien Chi Kung

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understanding by experiencing the hidden secrets within any Tai Chi Form. Learn to practice a seemingly effortless yet explosively powerful martial art technique. This short fast form for discharging energy, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through the solo Tai Chi practice and the internal martial arts of Taoism. Learn

- how to prepare for this advanced practice through stretching, meditation, breathing, relaxation, and energetic exercises."
- the inner ways of accessing more power and energy.
- how to counteract the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi.
- how to apply techniques by listening to your opponent's intentions and countering the natural instinct to resist force with force through yielding softness and redirection.
- to move your structure as a unity in a fast form.
- to transfer earth energy up through your structure and to discharge it.
- some applications of the Tai Chi Movements with a partner.
- to harness / collect energy within yin, yang and the earth in the lower Tan Tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques.



### Rentao

As a former professional athlete and sports teacher, I was looking for training methods that work from the inside out instead of from the outside in. I found the answers in UNIVERSAL HEALING TAO (UHT) and became a student, assistant and senior instructor of Grand Master Mantak Chia - founder of the UHT system. I ran a Taoist health centre in the Swiss Alps for over 12 years and have been teaching all over the world for more than 30 years. In 2008/2012 I organised the first European UHT Instructor Conferences with over 250 instructors from 27 countries. As a coach, I share my health prevention concepts **flowjoy©** and **4-Dimensional Health (4-DH©)**, as well as practical exercises that enable every human being to live in flow, joy and love in 24-hour everyday life.