

YIQUAN ACADEMY

EVENTS



CHINA
CZECH REP.
GERMANY
HUNGARY
ITALY
POLAND
UKRAINE

YEARS 2001-2006

CONTENTS

YEAR	EVENT	PAGE
2001	European Taijiquan & Qigong Forum, Czech Rep.	4
	Summer course, seaside, Poland	6
2002	China training trip	7
	Summer course, lakes, Poland	9
	Summer course, Crimea peninsula, Ukaraine	10
2003	Seminar, Carpathian mountains, Ukraine	12
	Summer course, National Park, Poland	14
	Summer course, Crimea peninsula, Ukaraine	16
	China training trip	18
2004	Spring course, Hungary	20
	Seminar, Tuscany, Italy	21
	Summer course, Carpathian mountains, Ukraine	22
	Beginners summer course, Chorzow, Poland	23
	Advanced summer course, Chorzow, Poland	24
	China training trip	25
2005	Summer course, Chorzow, Poland	27
	Summer course, Crimea peninsula, Ukaraine	28
2006	Spring course, Hungary	29
	Weekend seminar, Germany	30

INTRODUCTION

Andrzej Kalisz started learning martial arts at beginning of 1980s. In 1985 started practicing taijiquan and studying Chinese language and culture at University of Warsaw. In 1989 went to China to continue studies at Beijing Foreign Languages Institute (presently University) and learn taijiquan from the best sources. At that time he also started learning yiquan. Then he has been regularly coming back to China, continuing his yiquan training. Since 1998 he is the main representative of master Yao Chengguang in the West.

After a few years of yiquan/dachengquan practice, Andrzej Kalisz started teaching yiquan group in 1997. In January 1997 'Dachengquan Home Page' was launched. Then the name of site was changed to 'Yiquan – essence of kung-fu', and domain yiquan.com.pl was registered. In 1998 we started preparation to establish Yiquan Academy, which was officially registered at beginning of 2001. In 2006 the internet domain was changed to yiquan.pl

At Yiquan Academy site only one newest event will be reported since now and it will be more often in form of video clips.

YIQUAN WORKSHOPS

DURING 4TH EUROPEAN FORUM OF TAIJIQUAN AND QIGONG

During 4th European Forum of Taijiquan & Qigong in Prague, Czech Republic in days 15th-22nd July 2001 Andrzej Kalisz conducted a series of yiquan workshops. The aim of these workshops was to give participants some general idea about the art of yiquan. The workshops concentrated on:

- **getting basis for further practice by using "health posts" (jianshen zhuang or yangshengzhuang),**
- **developing ability of hunyuan li (the specific strenght of yiquan), using "combat posts" (jiji zhuang),**
- **testing the feeling of strength in slow movement - shi li and moca bu,**
- **explosive issuing force - fa li,**
- **basic pushing hands - tui shou,**
- **understanding relation between different groups of training methods of yiquan**



Zhan Zhuang



Tui shou



Jian Wu

During this forum there were also many other workshops:

Georgi Denichin (Bulgaria)

Old Yang style taijiquan.

Dan Docherty (UK)

Tui shou and san shou in taijiquan. Qinna, shuai jiao, diepu.

Roswitha Flucher (Austria)

Yang style taijiquan.

Eva Koskuba (UK)

Six harmonies qigong.

Karel Koskuba (UK)

Internal force.

Anya Meot (France)

Fast form of Yang style taijiquan (Dong Yingjie lineage).

Marianne Plouvier and Antoine Ly (France)

Yang style fan form.

Ronnie Robinson (UK)

Wild goose qigong.

Jan Silberstorf (Germany)

Chen style taijiquan pushing hands and pao chui form.

Song Fengyun (Czech Republic)

Chen style taijiquan.

Vit Vojta (Czech Republic)

Chen style taijiquan chansigong exercises.

Albert Yefimof (Russia)

Taiji pushing hands.

Josef Zverina (Czech Republic)

Five animals tensho form.

Nils Klug (Germany)

Body mechanics in form, pushing hands and applications.

INTENSIVE YIQUAN COURSE

Jastrzebia Gora, 25 August - 2 September 2001

People from Poland, Finland, Germany and Ukraine were participating in this course, during which they could learn and understand basics of yiquan, and also of chinese language and watch a video about yiquan pushing hands with Yao Chengguang and Yao Chengrong brothers



There was about **40 hours of yiquan study**. The participants had possibility to learn some exercises from different groups of yiquan training methods and understand relation between them. This intensive course covered material which is usually learned in first 4 months of study. Accent was put on:

- **getting basis for further practice by using "health posts" (jianshen zhuang or yangshengzhuang),**
- **developing ability of hunyuan li (the specific strenght of yiquan), using "combat posts" (jiji zhuang),**
- **testing the feeling of strength in slow movement - shi li and moca bu, explosive issuing force - fa li,**
- **basic pushing hands – tui shou.**

The course instructor was **Andrzej Kalisz**, director and chief instructor of **Yiquan Academy**.

ANDRZEJ KALISZ BEIJING 2002

From 15 March to 1 April 2002 I made next training trip to China. This time I went there with Tomek Bugajny. We divided our time between training and sightseeing. Especially Tomek, who was first time in China tried to see as much as possible.



In afternoons we participated in the classes with other students of Zongxun Wuguan school and in the mornings we took private lessons at master Yao's house. Tomek learned punching methods and using fa li in pushing hands situations. He also had chance to try free pushing hands with master Yao's students. And I was concentrating on free pushing hands practice with those students who were preparing themselves for competition. Then in last days of stay I also practiced some san shou sparring.

Between morning lessons and afternoon practice we had some time for sightseeing. Together with Tomek we visited Yonghegong (Lama Temple), Konfucian Temple, taoist White Cloud temple, the Temple of Heaven, Beihai park, Yiheyuan (Summer Palace). Tomek visitet also Emperor's palace (Forbidden City) and went for one day trip to Great Wall.

We also visited some bookstores, buying books and videos about martial arts, but also on other subjects.

Of course the chinese quisine (but also uyghur cuisine) made our stay in Beijing very pleasant. I especially liked the sea cucumber in Goubuli ("Dog wouldn't care") restaurant.

On one sunday morning we went to Ditan (Temple of Earth) park, where we observed many groups practicing anything possible, from disike ticao (kind of gentle aerobic for elder women), Mulanquan (an exercise system for women based on movements of martial art, named after famous Hua Mulan, well known in the West from Disney's cartoon) to taijiquan and baguazhang. We met there a group practicing Fan style baguazhang, and several different groups practicing variants of Chen style taijiquan, among others Feng Zhiqiang's (he was there personally), and from Chen Zhaokui's lineage.

We also met Tomek Twardowski, who's been staying in Beijing for some time and learning Yin style baguazhang, and his teacher Zhu Baozhen. We could see baguazhang training in sports version based on Cheng style, and also traditional Yin style, not such attractive visually, but more practical. At the same place we also met Li Bingci – famous master of Wu style taijiquan.

On 30 March a conference commemorating late master Yao Zongxun (1917-1985) was held in Beijing. There were about 400 participants. Apart from participants from China (including Hong Kong), there were a few people from Switzerland, Italy, and us from Poland. Among honorary guests there were: Wang Xiangzhai's daughter – Wang Yufang (82 y.o.) and his other students – Yang Shaogeng and Li Jianyu (79 y.o.), and Huo Zhenhuan - vice-president of Asian Wushu Federation, Li Jie - president of Chinese Wushu Association and Wu Bin (teacher of famous actor Jet Li).

In opening ceremony speeches were made by among others: our teacher, president of Beijing Yiquan Research Association - Yao Chengguang, his brother Yao Chengrong, Wang Yufang (actually her student read her speech for her), Huo Zhenhuan, Cui Ruibin and myself.

Li Jie - president of Chinese Wushu Association expressed the official view about development of traditional wushu. He stressed that this development must be supervised by Chinese Wushu Association. He said, that gradually not only modern sports wushu, but also traditional chinese martial arts will be promoted in the world. Then he asked everybody for support for the initiative of wushu entering olympics. He explained why only forms events (4 for men and 4 for women) were suggested for 2008 olympics, and not sanda. This is because the Olympic Comitee accepts only those disciplines in which not only men but also women compete, but so far there were no women sanda events. They will be started soon, but it is too late to do it before the Olympic comitee will make decision about 2008 (the decision shall be made in October 2002).

After opening ceremony and speeches we went to lunch, where we had chance to talk to some masters, including Cui Ruibin, Li Jianyu and others.

After lunch there was second part of conference with more speeches, concentrating on Yao Zongxun's merits for the development of modern yiquan. I also made a short speech, introducing my views about chinese martial arts and development of yiquan. The last, summarizing speech was made by Yao Chengguang, stressing need of scientific attitude and keeping the combative value of yiquan. He was loudly applauded.

On 31 March there was held yiquan tui shou competition. It opened with my and Tomek's demonstration. Next demonstrations were made by Yao Chengrong with students and by representatives of Hong Kong. Most of competition participants were from Yao Chengguang's and Yao Chengrong's school. Usually they were winning. There were two man-women demonstration tui shou fights, made by student's of Yao Chengrong. The winners in different cattergories received diplomas handed to them by: Yang Shaogeng, Huo Zhenhuan, Yao Chengguang, Yao Chengrong, Liu Pulei and myself.

INTENSIVE YIQUAN COURSES

AUGUST 2002



From July 27th to August 18th a series of intensive courses of yiquan was conducted in Gizycko and Warsaw, Poland. The participants could learn and practice everyday for one, two or three weeks, according to their choice. From July 27th to August 10th the courses were conducted in Gizycko, in woods and lakes area of Poland, and from August 11th to August 18th in Warsaw, capital of Poland. The participants were from Poland, Czech Republic, Slovakia, Croatia, Slovenia, Finland, Holland, UK and Philipinnes. The instructor was Andrzej Kalisz.



Apart from yiquan classes, there was time for resting and sightseeing. Swimming in lake, sailing and rowing were very popular among course participants. Some participants went on a cruise through several lakes. There was a lot of time to discuss yiquan, other martial arts and all possible subjects with other participants.

INTENSIVE YIQUAN COURSE

Crimea peninsula, Ukraine, **September 2002**



This course was organized by **Academy of Yiquan** in co-operation with **Association of Traditional Wushu and Qigong** from Lviv, Ukraine. There came participants from **Poland, Ukraine and Russia**. The chief instructor was **Andrzej Kalisz**. The instruction was in Polish with translation into Russian made by Nazar Hreshchyshyn. Most questions by Russian and Ukrainian participants were answered by Andrzej Kalisz in Russian, without help of translator. The course took place in Alushta, on southern coast of Crimea peninsula, between Black Sea and beautiful Crimean mountains. We practiced in beautiful park, just by the beach, so before or after classes we could swim in pleasantly warm sea.



The participants were divided into 3 groups, depending on level and training experience. Beginners (first group) learned basic zhan zhuang, shi li, fa li and tui shou exercises. Participants of second group learned next zhan zhuang's and shi li's (including linking various shi li exercises in kind of improvised form, without determined order of movements), fa li's and using fa li in pushing hands. Those of the third group learned advanced zhan zhuang, next fa li's (including linking various fa li in kind of improvised form), using fa li in pushing hands, eyes training, dynamic breath training, and many exercises gradually introducing the practitioners to san shou (free fighting).





Apart from the yiquan study, the participants also had some time for sightseeing. We went to Yalta, Alupka, and saw the "Swallow's nest" - a beautiful small castle on a rock above sea. In Bakhchyhsaray - old capital of Tartars we visited palace of the khans of Crimean Tartars, Uspenskiy orthodox temple and Stone City, which was the first capital of the Crimean Tartars, and later became a fortress of Karaites. We saw the caves in which they lived and enjoyed the incredible view of Crimean Great Canion. Some of us also visited some beautiful caves in mountains, and climbed the mountains Chatyrdah and Demerdzhi.



Crimea is famous for its great wines. One of our small trips was to a winery, where we could taste some best wines. Also local cuisine was quite interesting, from ukrainian borsch, varieniki, pelmeni to seafood and some tartarian dishes.

YIQUAN SEMINAR IN CARPATHIAN MOUNTAINS, UKRAINE



From 19th to 24th June there was an yiquan seminar in Skole, in Carpathian mountains in Ukraine, conducted by Andrzej Kalisz. There came participants from Ukraine, Russia and Poland.



We stayed at a mountain resort "Huculka", among woods and hills, with a mountain stream almost surrounding our place. We had a sauna, which could work finnish style or russian style.

The classes were twice a day, 3 hours each class. Only five of the participants were beginners, who learned yiquan from the basics. All other participated in our previous seminars and camps, and they learned new material, according to their level. We also watched videos about masters Yao Zongxun and Yao Chengguang. By the end of seminar we also watched videos made during the seminar. There were quite many funny situations filmed.

The weather was changing all the time. It rained quite often, but for very short periods, and the rain was not strong. So only once we had a class indoors, and usually outdoors, which was much more pleasant.

We stayed in a beautiful place and with nice people. Some of us did some mountain hiking. Food was great. We could buy naturally made bread, butter, cream and even tomatos tasting like ... tomatos! We did some cooking, but also tasted some soups, shashlics,

dumplings etc. at nearby places. Drinks were nice too. All of us love "Zhivchik". Kvas - a traditional drink made of bread is also something worth trying. The same traditional ukrainian pepper vodka.



Yiquan in Ukraine has been developing for two years. Andrzej Kalisz is regularly doing seminars in Lviv. In September 2002 we organized first camp at Crimea peninsula at Black Sea coast. After this we decided that we will organize it each year. And from now also seminars in Carpathian mountains will be organized regularly. All those who can speak russian (or ukrainian or polish) are welcome to our ukrainian seminars!

YIQUAN CAMPS, SUMMER 2003

PUSZCZYKOWKO, POLAND



From **19 July** to **24 August** **Andrzej Kalisz** conducted in **Puszczykowko** (Wielkopolski National Park, Poland) a series of summer camps - intensive yiquan courses for 6 various level groups. There came participants form **Czech Republic, Germany, Holland, Hungary, Poland, Slovakia, Slovenia, Switzerland** and **UK**.



Beginners learned basic **zhan zhuang** postures, slow movement **shi li** exercises, dynamic **fa li** exercises and basics of pushing hands - **tui shou** practice. Those who participated in our courses before, learned next material according to the program of **Beijing Zongxun Wuguan**, designed by master **Yao Chengguang**. Most advanced groups concentrated on training of **fa li with use of pads and bags, wooden pole practice, advanced pushing hands practice, free fighting practice**, and learning **jianwu** - the yiquan dance.



Although the training sessions were very demanding, participants were still able to do something interesting in their free time: horse riding, bike riding, swimming in a beautiful small lake in middle of the Wielkopolski National Park. There were many interesting people among us, so it was possible to get to know something new and interesting about various martial arts, but also wild animals, survival, music and many more subjects.



As there came people from various countries, there was occasion for tasting specialties of various cuisines. We used to make scrambled ostrich eggs (bought from a farm nearby). Although no much difference in taste from normal scrambled eggs, the drilling eggshell with a 8 mm drill (in order not to break it) was quite a fun.



On weekends we usually had camp fire, roasting sausages and baking potatoes. Small quantity of beer was involved too :)

All of us are impatiently waiting for next year camps!

SUMMER CAMP - INTENSIVE YIQUAN COURSES

CRIMEA, UKRAINE 30 AUGUST - 12 SEPTEMBER 2003



From 30th August to 12th September 2003 Andrzej Kalisz conducted second intensive yiquan course on Crimea peninsula, Black Sea, Ukraine, with participants from Russia, Ukraine and Poland. The languages of instruction during this camp were: polish and russian.

The beginners group learned basic zhan zhuang postures, slow movement shi li and moca bu exercises, dynamic fa li and basic pushing hands - tui shou exercises. Intermediate students worked with next zhan zhuang postures, linking shi li exercises in freely changing order, more fa li, including mixed fa li, using various ways of issuing force in pushing hands, eyes training and voice/breath training and some exercises preparing for free fighting practice. Most advanced group learned ways of neutralizing various fa li in pushing hands, method of issuing force with use of pads and bags and various kinds of sparring, from very limited to free fighting.



Of course our stay on Crimea was not limited to training. We had good weather, enabling swimming in the sea (temperature of water: 25-27 Celsius grades) as well as climbing mountains and travelling to some more distant areas of the peninsula. We climbed the mountains Demerdzhi and Chatyrdah, visited beautiful mountain caves, fortress in Sudakh, the city of Yalta and the picturesque castle "Swallow's nest", Bakchyhsaray - the

capital of **Tatars**, with khan's palace, **Uspienskiy** orthodox temple, **Chufut Kale** - stone city of **Karaites**, from which we could admire beautiful view on crimean **Great Canyon**. We took bath in a mountain river, at some places with names like "**Lake of love**" or "**Bath-tub of youth**".where temperature of water was just **8 Celsius grades**.



ANDRZEJ KALISZ BEIJING 2003



Co-operation between **Akademy of Yiquan** and **Zongxun Wuguan** is flourishing. Thanks to master **Yao Chengguang's** support we can constantly improve level of yiquan teaching in Poland. With each visit in Beijing, our knowledge of technique and theory of yiquan is becoming deeper. In November 2003 we had organized next training trip to China. This time I was accompanied by my students **Tomek Bugajny** (second time in Beijing), **Grzegorz Werstler** and **Wojciech Korpula**. **Katalin Benda** from Hungary joined us there.

For 3 weeks we practiced hard under instruction of master **Yao Chengguang** - president of **Beijing Yiquan Research Association**, director of **Zongxun Wuguan** school of yiquan. Katalin concentrated on repeating **basics**. Tomek, Grzegorz and Wojtek, apart from repeating basics, practiced **hitting pads and bags**, they learned **yiquan wooden pole exercises** and worked on improvement of their **free pushing hands**. They were delighted with master Yao's personality, his skill and method of teaching, benefiting a lot from this quite short stay in China. For me master Yao had a lot of great advice regarding **efficient teaching of yiquan**. At the same time he helped me to understand my own yiquan practice better, and to see new prospects of my development. It's amazing how with time I can find yiquan more and more interesting.

The tourist part of our trip was also very interesting. We visited taoist **White Cloud Temple**, lamaist **Yonghegong** temple, in **Forbidden City** (Emperor Palace), **Summer Palace**, wandered through **Fragrant Hills**, visiting **Azure Cloud Temple**. On one day Tomek, Grzegorz and Wojtek went to **Great Wall** at Simatai.

Not only visiting typical tourist spots, but also strolling through various parts of Beijing was interesting, enabling breathing the live atmosphere of real China. We had chance to see **sanda vs. japanese karate** tournament. Unfortunately success of chinese competitors was not due to their high level, but rather to low level of invited japanese competitors (brown belts from small provincial amateur club).

To bring "some of China" back home, we used to buy a lot of souvenirs, including interesting kinds of tea. We also bought some martial arts books and videos and training weapons.

Good food is indispensable part of our trips. No matter what preferences, everybody can find something for him/her in Beijing, from vegetarian, through "normal" cuisine, to such exotic stuff like "stinking tofu", dog meat, fried silkworms, sea horses or scorpions.

YIQUAN SPRING CAMP - HUNGARY 2004

Our 2004 yiquan spring camp was organized in **Budapest, Hungary**. Instructor was **Andrzej Kalisz**. There came participants from **Hungary, Germany, Poland, Switzerland** and **UK**.



The participants were divided into 2 groups - beginners and those who already learned material of such a camp course. And the chief instructor of **Yiquan Association of Hungary - Balazs Hejjas** was concentrating on wooden pole practice and yiquan dance - **jianwu**. Apart from the camp, Andrzej Kalisz was also teaching at one of the regular classes of the Yiquan Association of Hungary, during which he focused on explaining the relation between basic training, punching training and pushing hands exercises.

We stayed and trained at a camping, conveniently placed within Budapest, so we could get to the center of Budapest very fast, and enjoy sightseeing. Once we went together to a teahouse, tasting some great chinese teas. On wednesday - in middle of the camp, we had less classes than normally, so we could relax before next days of intensive training. We went to hot springs, with sauna and pools of water of different temperatures. After this we had a great meal in a restaurant.

YIQUAN SEMINAR IN TUSCANY

ITALY, SUMMER 2004

Invited by **Shen Ming Association**, at beginning of **July 2004** **Andrzej Kalisz** led an **yiquan** seminar in **Italy**. It was organized in a beautiful region of **Mugello**, near to **Florence** - the capital of **Tuscany**.

The main, open seminar was held on **2-3-4 July**. Andrzej Kalisz also taught two of regular classes of Shen Ming Association and provided additional consultation for Mr. Fabrizio Bencini - the president and chief instructor of Shen Ming Association.



During the open seminar material of two first modules of **Academy of Yiquan** program was taught in intensive way. At the same time some of more advanced parts of training were introduced, so the participants could get better idea of the whole system. Stress was put on explaining the ideas of the exercises and groups of exercises, and pointing to the relation between them, so the principles could be better understood and practice this way could become more efficient. Andrzej Kalisz pointed to many misunderstandings related to both combative and health aspects of yiquan. Participants found the explanations and demonstrations of relation between pushing hands - **tui shou** and free fighting - **san shou**, especially interesting. They expressed some curiosity about problem how yiquan practitioner would react to various kinds of attacks, e.g. kicks, including low kicks. Andrzej Kalisz spontaneously presented some most obvious ways of reacting in sparring-like situations and then doing it slower, explaining the principles and their relation to basic training.

Although it was only a short seminar, kind of brief introduction to master Yao Chengguang's method of teaching yiquan, it gave participants quite new, deeper idea about yiquan and inspired a lot of deep interest toward this method.



YIQUAN SUMMER CAMP IN CARPATHIAN MOUNTAINS 2004



From 10 to 18 July 2004 Andrzej Kalisz lead next summer camp in Ukraine, this time in Hrebenov in Carpathian mountains. Participants were divided into two groups - **beginners** (new, more intensive and optimized program was introduced) and **advanced**.

Beginners learned **zhan zhuang** postures, slow movement **shi li** exercises, **moca bu** steps, explosive **fa li**, including basic punching, with various footwork, basic single and double pushing hands **tui shou** exercises. According to the new program, elements of more advanced **tui shou** exercises, **san shou** preparatory exercises, some free **tui shou** and simplified version of **san shou** sparring were introduced at this level. This is to help beginners better understand direct relations between various groups of yiquan exercises, especially the relation between basic training and free fighting, so quality of basic training can be improved by them consciously and progress can be made faster.



Advanced students did non-standard versions of **zhan zhuang** postures, **jianwu** dance, hitting pads, wooden stick **gunfa** methods . A lot of stress was put on advanced **tui shou** practice and free fighting **san shou** training.



YIQUAN CAMP FOR BEGINNERS, CHORZOW, AUGUST 2004



At beginning of **August 2004** next **yiquan camp - intensive course for beginners** was organized in **Chorzow**, **Silesia** region of southern **Poland**. Not only beginners, but also some more advanced students participated, in order to repeat already learned material. Course instructor was **Andrzej Kalisz**. There came participants from **Poland**, **Germany**, **Holland**, **Serbia** and **Sweden**.



Study, according to the methodology developed by master **Yao Chengguang**, concentrated on basic exercises: **zhan zhuang** postures, slow movement **shi li** exercises, **moca bu** steps, but at the same time some of more advanced exercises were introduced in order to help beginners better understand direct relations between various groups of yiquan exercises, especially the relation between basic training and free fighting, so quality of basic training can be improved by them consciously and progress can be made faster. Hence also explosive **fa li**, including basic punching, with various footwork, single and double pushing hands - **tui shou** exercises, and free fighting - **san shou** supplementary exercises were introduced.



We stayed at the hotel of **Scout Center**, which is placed in the **Park of Culture and Entertainment** in **Chorzow**. Here we also had the classes. There were many opportunities for interesting activities in free time too: horse riding, shooting, swimming, rowing, visiting skansen museum and more.

ADVANCED YIQUAN SUMMER CAMP, AUGUST 2004

2004 summer camp for advanced students was organized in **Chorzow**, **Silesia** region in southern **Poland**. There came participants from **Poland**, **Slovakia** and **UK**.



Program of this intensive course included a lot of work on basic exercises, deepening the understanding of the system, **tui shou** and **san shou** training, pads and bags practice, wooden stick exercises, free **shi li** and gradual introduction to **jianwu** - yiquan dance. There were also additional classes for instructor candidates.

In free time there were many attraction in the Scout Center and the Park of Culture and Entertainment. On one day we had less practice, and we made a trip to Pszczyna where we visited the famous palace of Prince of Pszczyna.



ANDRZEJ KALISZ BEIJING 2004



People from **Poland, Germany, Czech Republic, Slovakia** and **Russia** participated in our 2004 yiquan training with master **Yao Chengguang** in **Beijing**. Among them were two beginners (only participated in one or two short seminars before), who learned basic stuff. Most participants concentrated on fa li - issuing force training, issuing force in pushing hands and principles of countering opponent's fa li in pushing hands. There was a lot of free pushing hands training too. For myself it was opportunity for further improvement of teaching methodology. Master Yao was extremely generous providing me a lot of advice. Usually we practiced about 6 hour a day (2x3 hours). We also participated in shooting a documentary about yiquan for Chinese television.



Although we had a lot of training, there was also some time for sightseeing. We visited **Imperial Palace, Temple of Heaven, Temple of Earth, Yonghegong** - lamaist temple, **Baiyunguan** - taoist temple, We also did two half day trips (we only had one training on those days) - to **Fragrant Hills** and to the **Summer Palace** and one whole day trip - to **Simatai section of Great Wall**.

TAOIST TEMPLE



LAMAIST TEMPLE



FRAGRANT HILLS AND AZURE CLOUD TEMPLE



SUMMER PALACE



SIMATAI GREAT WALL



CHINESE FOOD



OPEN AIR FITNESS CLUB



YIQUAN SUMMER INTENSIVE COURSE 2005

Yiquan summer intensive course 2005 was organized in **Chorzow, Poland**. **Andrzej Kalisz** was the chief instructor. We have spent 2 weeks in **Regional Culture and Recreation Park**, where we stayed and practiced in **Scout Center**. Depending on practioners level, they trained 4-6 hour every day, learning next parts of the curriculum, and finally taking **Yiquan Academy** grading test. There came participants from several locations in **Poland** and also from **Austria, Czech Republic, Germany, UK and US**.



YIQUAN - INTENSIVE COURSE, CRIMEA 2005

In second half of September 2005 **Andrzej Kalisz** conducted next **Yiquan** intensive course on **Crimea** peninsula, Black Sea (Ukraine). There came participants from **Poland**, **Ukraine** and **Russia**. The course, this time concentrating on **tui shou** (of course we also practiced basic training methods) was intended for **intermediate** and **advanced** Yiquan students. First they worked on basics of Yiquan pushing hands, unbalancing opponent with various ways of issuing force, neutralizing opponent's force and counter-attacking in which attack and defense are one. This was kind of repetition. During second part of the course they concentrated on practicing variants of more free pushing hands: **mojinde** (concentrating on precise feeling of opponent's force), **jingsaide** (more competitive) and variant including both pushing and hitting, if there is a hole in opponent's defense - this is a bridge between **tui shou** and **san shou**.

Apart from the course, we also did some sightseeing and had great time swimming and diving in sea (water temperature at that time around 24 Celsius grades). Everybody enjoyed the stay.



YIQUAN - INTENSIVE COURSE, BUDAPEST 2006

In April 2006 **Yiquan Academy** and **Yiquan Association of Hungary** organized next spring camp in Budapest. Yiquan practitioners from **Hungary, Germany** and **UK** had chance to benefit from **Andrzej Kalisz's** instruction.



The topic was yiquan's approach to fighting. All participants could develop better understanding of yiquan training methods and relation between them. A lot of stress was put on tui shou and elements of san shou. Beginners could get better idea about the whole system, and more advanced practitioners had chance to see more aspects of yiquan, to improve their training and skills.

Apart from training, there was time for sightseeing, going to a tea-house and sushi restaurant. A Japanese kyokushin karate instructor joined us at the restaurant and during one of our trainings.



YIQUAN WEEKEND SEMINAR IN MUENSTER

24-25 June 2006 Andrzej Kalisz conducted a weekend seminar in **Muenster in Germany**. The main topic was: introduction to the system, explaining relation between various training methods and between those methods and free fighting.



2001-2006 EVENTS

Since 2006 instead of written reports, most events are documented on video. You can view them at Yiquan Academy site or at YouTube.

WWW.YIQUAN.ACADEMY