

## Wudang Taoist Martial Arts with Master Lin Yun

Dear friends, the pandemic around the world is over...

It was a difficult time for all of us. You would like to engage your health, develop your body and mind, get more flexibility, strength, mental stability and new inspirations?

Maybe you would like to achieve longevity, train for some important competitions, change your life style or make new experience?

If it is your case, welcome to Mount Wudang- UNESCO World Heritage.

We offer great living and training conditions in our new Tai Chi and Kung Fu school on the top of Quntai Mount.

We offer following courses for all ages and interest.



*„Dao follows the natural path”*

### Wudang Taiji

- Taiji Bu ( Basic Tai Chi Step)
- Taiji 28( 28 movement Tai Chi form)
- Taiji 108 ( 108 Movement Tai Chi form)
- Taiji Jian (Tai Chi Sword)
- Taiji 13 (13 movement Tai Chi form )
- Taiji 13 is said to be the oldest and original version of Taiji.



### Wudang Wushu/Kung Fu and Kung Fu for Children

- JibenQuan (basic forms)



- Yi Lu (form 1)
- Er Lu (form 2)
- Xiang Long Fuhu Quan (Taming Tiger the Dragon Form)
- Dao (saber)
- ShanZi (Fan)
- Kung Fu Fan
- XuanMenJian (Mysterious Gate Sword)
- BaGua : (eight symbols)
- BaJi (eight extreme )
- LongHuaQuan (Dragon)
- BaXianGun( 8 Immortals Stick)
- XuanWuQuan (XuanWu fist)
- Fochen „Horsteilwhisk“



**Traditional Wudang Kung Fu, Tai Chi, Qigong, Meditation,  
Taoist Musik and Kalligraphie, TCM medical Courses and  
Chinese language courses, stage performances...**

**See you in Wudang mountains, CHINA!**