



Tai Chi & Chi Kung Program

The Program

The Tai Chi and Chi Kung Program is composed of three elements: Wu Style Tai Chi Chuan Short Form, the Long Form and Chi Kung. These components are taught in three courses described below.

Wu Tai Chi

Wu-style Tai Chi has gained enormous popularity as a healing exercise because it helps to build and circulate vital energy. This style is characterized by small-frame and twisting moves. The Short Form consists of 16 moves and the Long Form consists of 120 moves. Consistent practice brings about increased vitality and inner peace.

Chi Kung

Chi Kung is a form of Taoist exercise that helps to strengthen internal organs and develop life energy. We teach a simple yet powerful form of Chi Kung that can be practiced by any one safely. Regular practice strengthens the body and increases health.

The Courses

Basic Course: Tai Chi principles; Wu Short Form; activating energy pumps; embryonic breathing; standing meditation; cloud hands; first swing; second swing; third swing.

Intermediate Course: Wu Long Form – Part I and Part II (60 moves); spinal stretch.

Advanced Course: Wu Long Form – Part III (60 moves); Heaven & Earth breathing.

Each course lasts three months and consists of two classes per week, for a total of 24 classes. Successful course completion requires regular attendance to at least 20 classes. Students can join any time since courses are repeated. Wear sweats or loose clothing. Tuition for a 3-month course is \$150.

The Instructor

Howard Hoa Newens has trained in Wu Tai Chi and Chi Kung for 15 years, three of those under Kumar Frantzis, a well-known lineage Taoist master in the Bay Area. Newens Sensei also holds the rank of 6th dan in Aikido from Aikido World Headquarters in Japan.