



Center for Daoist Studies

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2011 Autumn Classes at the VIC, organized by:

VIC HEALTH CLUB

Private Classes

Monday 1:00 p.m. - 2:00 p.m.

held by Maria Wang

With private classes you can choose your favourite topic and adapt to your own schedule of time. It takes less time to learn because teaching is more intensive as you are single student and do not miss any lessons. But you can also bring friends and share the class fare.

You may chose from a wide range of topics:

- ❖ Qigong: [Daoyin Yangsheng Gong](#)
 - [Baduanjin](#)
 - [Kidneys](#)
 - [Stomach](#)
 - [Heart](#)
 - [Lung](#)
 - [Liver](#)
 - [exercise](#) for locomotive system troubles
 - [12](#) movements of Daoyin Yangsheng gong
 - Yangsheng Tai Chi Fan
 - Yangsheng Tai Chi Sabre
- ❖ [Tai Chi](#)
 - [Tai Chi for beginners](#): basics and 10 movements
 - [Tai Chi 24 movements](#) beginners and advanced
 - [Tai Chi 42 movements](#) advanced
 - [Tai Chi sword 32](#) movements advanced
 - [Tai Chi sword 42](#) movements advanced
- ❖ [Chang Quan \(Gong Fu\)](#)
- ❖ [Price list](#)

Daoyin Yangsheng Gong

Daoyin and Yanghseng are two health-keeping practices, highly appreciated and practiced extensively by the broad people masses in China since thousands of years.

Prof. Zhang Guang De developed Daoyin Yangsheng Gong on basis of a keen study of classical theories of Chinese Daoyin, Yangsheng and Longevity schools in the years 1974 - 1976.

Meanwhile he has set up a System of more than 50 Daoyin Yangsheng Gong exercises containing Qigong, Tai Chi bare handed and weapon routines.

The main focus of Daoyin Yangsheng Gong system is set on health preservation.

The movements are fluent, beautiful and easy to learn. While practicing they enfold their calming and relaxing qualities. The exercises are characterized by well

organized combination of postures and unique style which keeps the breath of ancient flavour.

"Clinical application, mass practice and research work have all proved their effectiveness for prevention and cure of a variety of acute and chronic diseases as well as for a good physique. Instant effect can be achieved without any side effects."¹

Private training offered from Daoyin Yangsheng Gong system:

Xin Baduanjin: One of the most ancient forms of Qigong is Baduanjin "the eight treasures", originally written on eight pieces of brocade which is handed in many different versions. Baduanjin helps to stimulate the immune system, strengthens the inner organs, leads to inner balance and clears the mind.

Kidneys Qigong: Prolongues your life: In the system of Chinese medicine the kidneys are in charge for youthfulness and life-span, for they store the prenatal life-energy Qi.

Kidneys are also in charge for the Jing which is included in the bones as well as in the brain. The exercise is designed to prevent and cure disorders of the urogenital system, strengthens bones and may help with any chronic diseases.

[>> 2010 overall Gold medal with kidneys qigong](#) in Beijing



Stomach - Nourish your life-energy

In traditional Chinese Medicine stomach is referred to as the source of Qi. It is in charge for the fermentation of food and drink and enables the spleen to transform Qi from the essence of nourishment. Therefore the stomach is the most important of the Yang-organs. Together with the kidneys it supports the muscles with Qi and food and strengthens muscles and body. If stomach and kidneys are strong, so is the person.

"If the stomach is strong, the prognosis is good."

Stomach Qigong harmonizes the Qi of stomach and supports the ability to produce Qi.

The exercise is designed, based on Daoyin theory, to prevent and cure digestive system disorders such as constipation, haemorrhoid, hepatitis and metabolic diseases such as diabetes.

Heart Qigong: In traditional Chinese medicine the heart is in charge for the fire, which has to descend to the kidneys to warm them and offer best conditions for working of the Qi. It is also regulating the blood and blood circulation, and supplies the blood with Qi.

Heart Qigong is a set of physical and breathing physical exercise designed for prevention and cure of hypertension, hypotension, coronary heart disease, tachycardia and other cardiovascular diseases. Clinical observations of over 2000 subjects showed an effective rate of 92,5% of which 80% appeared markedly improved.

¹ Zhang Guangde. Daoyin Yangsheng Gong. Beijing University of Physical Education.

Lung Qigong: The lung is in charge for the circulation of Qi and for the immune system.

The exercise is designed, based on Daoyin theory, to prevent and cure colds, acute and chronic bronchitis, pulmonary emphysema and other respiratory illnesses. Clinical studies showed high effectiveness, p.e. 98,6% for chronic bronchitis with 85,7% being markedly improved.

Liver Qigong: Due to traditional Chinese medicine, the liver is in charge for our muscles and tendons and the harmonic flow of the Qi. Liver supplies our body and muscles with blood and regulates blood flow. The mutual influence of liver Qi and emotion is extremely high.

Liver Qigong can balance our emotions and help against suppressed anger and bitterness.

It is a set of dynamic exercise for prevention and treatment of acute and chronic disorders of the liver and gallbladder by means of readjusting energy circulation through the channels.

Exercise for Locomotive System Troubles: This is a set of meridian dynamic exercise with Daoyin theory as its theoretical guides. It is aimed at remedying bone and muscle ailments such as pains or muscle strain in the neck, shoulders, loin and legs, weakness of muscles and rigidity, myotrophy due to malnutrition of muscles, soreness and lassitude in loin and atrophic debility of bones. The effective rate observed was 91,2%.

Health Qigong 12 movements: This is the most recent set of Daoyin exercise, containing 12 routines extracted from more than 50 Daoyin Yang Sheng Gong exercises drafted and promoted by Professor Zhang Guangde of Beijing Sport University since 1974. It is a set of exercises that are guided by the Theory of Viscera and Channels, Theory of Yin-Yang and Five Elements and Theory of Qi and Blood of the traditional Chinese medicine and integrated guidance with health preservation, physical exercise with spiritual cultivation.

Yangsheng Tai Chi System Is the advanced system of Daoyin Yangsheng Gong. It is a famous System of Health Qigong with or without weapons with beautiful harmonic movements which focuses on the leading of the Qi in the channels.

Yangsheng Tai Chi Fan: Is part of the advanced system of Daoyin Yangsheng Gong.

The movements differ from classic Tai Chi and is performed with one fan.



[Overall Gold medal with Yangsheng fan in Beijing/China 2010](#)

Yangsheng Tai Chi Sabre: Is part of the advanced system of Daoyin Yangsheng Gong.

Students have to bring two sabres (one for the teacher, because of security check-in), wooden sabres would also be a good choice.



[Silver medal for Yangsheng sabre in Datong/China 2011](#)

Classical Tai Chi

Tai Chi embodies the highest principles of Taoist philosophy: the unification with the natural duality of Yin and Yang. The one who controls Tai Chi, can take advantage of the forces of nature.

By properly applying the flow of your life energy is harmonized, the organs will be strengthened and the mind will be cleared.

At the same time Tai Chi is also an effective form of self-defense, using the power of the attack and turning it against the enemy.

Tai Chi can be performed with or without weapons, while the use of weapons is seen as advanced form, extending your concentration outside of your body to the weapon.

Tai Chi Basics and 10 movements:

For those who wish to start with Tai Chi or never had an introduction in Gongfa, so they can neither recognize movements nor name them - and so far will not be able to apply correctly. Contains also flexibility and balance training.

Tai Chi 24 movements:

For beginners (as for 10 movements) and advanced who would like to improve. It is a good way to use a break in work for filling up your energy level and relax.

24 movements is the first competition form. So this training can also be for very advanced who wish to participate in their countries national or international competition.

Tai Chi 42 movements: For advanced, who need a more challenging form. Higher level of competition form.

Tai Chi 32 sword: For advanced who know Tai Chi Quan (Fist-forms, without weapons). Enhances your concentration strengthens muscles and tendons. Sword has to be brought by the student.

Tai Chi 42 sword For highly advanced who know easier sword play. Higher competition form. Sword has to be brought by the student.



[6. Dan CWA Video of 2010, Beijing Gold medal in tai chi sword 42 2011 at Beijing Sports University](#)

Chang Quan Gong Fu

Gong Fu is referred to be the most famous martial art. Chang Quan, the northern fist, contains a lot of systems, including the Shaolin system. Due to topographic restrictions, forms and basic techniques can be taught.

Price list:

Private lessons are paid by the hour:

1 person/1 hour: 45 €

2 persons/1 hour: 64 €

3 persons and more/1 hour: 80€

The Center of Daoist Studies in Vienna:

Since more than 2000 years daoist monks are practising exercises to maintain and improve health as well as to clarify and harmonize the mind. During centuries of studying these exercises, such as Daoyin, Qigong, or else Tai Chi Quan which is also known as one of the most effective systems of self defence, have been constantly improved.

The taoist monk Wang Dong Feng was inaugurated in taoist teachings in the Wudang Mountains and the monasteries of Huashan. There he studied - among others - the techniques of Tai Chi, ancient Daoyin and Yangsheng, before he completed his studies at Beijing University for physical education. He became personal friend and student of Prof. Zhang Guang De, and later teacher at Chinese universities.

In the 1980s, Prof. Wang Dong Feng came to Austria, where he founded the Centre of Daoist Studies which is now led by his wife, Dr. Maria Wang.

Dr. Maria Wang, 6th Dan Wushu teacher, associate Prof. of Wushu

Maria Wang, born 1964 in Vienna, is Ph.D. in Egyptology at University of Vienna and 6th Dan master of Chinese Wushu (Chinese Wushu Association).

She is married with the daoist grandmaster Wang Dongfeng who announced her as his successor as leader of his school in 2008.

Maria Wang regularly visits Beijing Sports University for further studies and training with Prof. Zhang Guangde, the founder of Daoyin Yangsheng Gong and Prof. Huang Kuang Hui, director of Tai Chi departement.

She graduated in 6th Duan (Chinese Wushu Association) at Beijing, as assistant professor of Chinese Wushu, and gained the permission to announce students for Chinese Duanwei test.

2010 she won gold medal at the 10th International Health Qigong Competition in Beijing Sports University with her performances of Daoyin Yangsheng Gong forms.

2011 she won gold with Tai Chi sword at the 10th International Wushu Exchange Competition at Beijing Sports University and Silver with Yangsheng sabre at the Phoenix Cup in Datong (Xian).

As a teacher Maria Wang guided her youngest students to gold and silver medals at Austrian Championships 2008 and 2009.

2011 she sets into start an educational training for coaches.



Prof. Zhang Guang De and Maria Wang



Austrian Championship kids group
[Video of kids 3rd Duan in Beijing](#)