



## International Taiji Quan Kung Fu Association (ITKA)

The International Taiji Quan Kung Fu Association is the focal point for schools and practitioners from around the world. Maestro Pace's technical programs reflect a unique way of understanding the art of Taiji Quan. The programs of Qi Gong, Chenjiagou Kung Fu, TSD System and "classical" Taiji Quan illustrate the power of a great school that, although it has grown over the years, still remains a united family, true to its core values of respect, sharing and openness to others.

The aspects of energy, healing, philosophy and martial ability in this sophisticated and ancient art are all researched and analysed in detail through the above programs of study. While appearing distinct from one another, they instead constitute the essential components of practice according to the oldest traditions, traditions of technical and ethical principles that take into account the balanced development of the individual and the society in which we live. The various programs communicate the ancient art of Taiji Quan to practitioners of all ages, needs and expectations.

## Headquarters

At Massannunziata (Mascalucia, Catania, Sicily) at the foot of Mount Etna, the Light Blue School offers the opportunity to practice the various areas of interest offered at the school, to host in-house seminars and accommodate all ITKA Taiji College students.

The comfortable accommodation, the huge indoor and outdoor spaces, the large paved square, the porch and the garden were all designed to create a unique atmosphere and provide a safe and healthy environment.

### TAIJI COLLEGE **ITKA**

The ITKA headquarters house a college that offers registered students the opportunity to study and develop their knowledge in a professional way. The participants of the Taiji College live and study in the school headquarters for periods coordinated with the college management or for the entire year, taking part to the whole course of study and reaching a high level of performance. For further information about the Taiji College ITKA please contact: [info@itkataiji.com](mailto:info@itkataiji.com) or call at +39 095 7274726 or visit [www.itkataiji.com](http://www.itkataiji.com).

## ITKA

INTERNATIONAL TAIJQUAN KUNGFU ASSOCIATION

The International Taiji Quan Kung Fu Association is represented by schools throughout Italy and the rest of the world.

Please visit our website in order to find your nearest school:  
[www.itkataiji.com](http://www.itkataiji.com)

Or contact the secretary's office:  
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## ITKA

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## Light Blue School ITKA

traditional school of taiji quan





## Sciné Meditation

Sciné, a traditional Tibetan method, calms the mind from thoughts and emotions created by the daily preoccupations that are sources of tension, stress and discomfort. It is a simple yet precise method, based on posture and respiration, which can be easily integrated in our daily life. Regular practice promotes a sense of wellbeing that extends its benefits to health, relationships and work, thanks to the presence of mind acquired by practice, thus improving the quality of life.

## Qi Gong

This energy work is based primarily on guiding the Qi (vital breath) through the body using the concepts of structural, energetic and universal connection. The relaxed movements originate from the mind, letting the body move in a simple, continuous and harmonious way. Expansion and contraction, balanced swinging and spiral movements are the focal points of our method. The natural and deep breathing connects to the circular movements which occur without action and from the inside towards the outside, allowing the Qi also to accumulate and strengthen.

## Classical Taiji Quan

Taiji Quan is an internal martial art embodying and expressing in itself thousands of years of Chinese culture. Its practice stems from the ancient energetic, philosophical and spiritual Daoist traditions but also from different martial practices. Taiji Quan has become a popular discipline all over the world because of the quality of its slow, fluid, continuous, harmonious movements, which allow and encourage the accumulation and the correct flow of vital energy. This practice allows its students to maintain and strengthen their own physical and psychological wellness.

## Chenjiagou Kung Fu

The practice of Chenjiagou Kung Fu combines the introspective aspect of Taiji Quan with the physical demands and dynamics of kung fu ("hard work") to form a balanced discipline, where students learn respect for themselves and for others. In recent years this program has expanded to include children and young adults. Practitioners find it to be a useful and effective tool for understanding the martial aspect of Taiji Quan.

## TSD System

The TSD System (Taiji Quan Self Defence System) is a very practical self-defence system, whose characteristics are based on the fundamental principles of Taiji Quan. Primary importance is given to the mental attitude, connected movement and sensitivity in sophisticated training methods that improve the combative quality of the student. It is a simple, effective and realistic program. In the course of TSD System, the following are studied: the dynamics of attacks with different parts of the body, exercises to increase sensitivity, redirection and evasion, simple patterns of throws, elements of ground fighting, joint locks and chokes.

## Taiji Match

This area of practice is where practitioners of Taiji Quan test themselves against others in a sports environment. Interested students engage in study specifically designed for them to take part in various types of competition. These competitions, if taken as an opportunity for constructive confrontation, are important and enhance the skills of practitioners, which is why a few years ago our school began participating in competitions that might seem far remote from our own discipline. The idea is that in order to acquire the skills of adaptability that are inherent in our practice, we must take the opportunity to test ourselves in different situations.

## Functional Training

Functional training is a learning process through which the athletes, whether they are experienced or beginners, learn to know themselves and what methods and techniques are the most effective tools for achieving their own objectives. With functional training, the body is stimulated on all fronts: cardiovascular and respiratory endurance, strength, power, flexibility, coordination, balance, agility, speed, etc.



## Sciné Meditation

culture of calming the mind



## Qi Gong

energy work and well-being



## Taiji Quan

smooth movements and calm mind in harmony



## Chenjiagou Kung Fu

discipline, martial art, philosophy



## TSD System

anti-aggressive self defence



## Taiji Match

sanda/light sanda, lei tai, boxing, low kick, light and full contact, combat



## Functional Training

combat training, cross training