



Headquarters of the ITKA

At Massannunziata (Mascalucia, Sicily) at the foot of Etna, one finds the “Light Blue School”, the headquarters of the ITKA. The school offers the opportunity to host students from all over the world to practise the various areas of interest that the school offers, at their ease and in a relaxed atmosphere, as well as being set up to accommodate students of Taiji College ITKA.

The comfortable rooms, the spacious living room and the kitchen (hostel mode), ensure that the student’s stay is a balance of relaxation and concentration. The mini apartments, complete with all the services, are an important logistical support for all students who request them while attending Taiji College. The wide indoor and outdoor spaces, the large cobbled square, the porch and the garden are designed to create an atmosphere of unique practice. The rooms, with their wide spaces and large windows, provide a healthy and safe environment.

Master Gianfranco Pace

Master Gianfranco Pace is the Technical Director of the ITKA, his task is to maintain the high quality of practice and teaching in the school, to promote technical programs ITKA outside the school and supervise the activities of the Technical Committee.

Master Gianfranco Pace began his practice of Chen style as a teenager, under the guidance of Master Shi Ronghua. The traditional teaching of Master Shi, taught in an informal almost familial manner, immediately captivated the young Gianfranco, who was seeking a true martial art, an art that leads to combat practice.

From that moment, his research would persist, and was to lead to meetings with the best living masters of Chen style Taiji Quan (and other martial arts) in Europe and China. He studied for a period in Chenjiagou, practised with some of the most important masters of Chen style and received tuition from masters of internal styles; maturing as he widened his experience, he would dedicate his study toward the deeper internal elements of this art, and in general to energy work. This was to serve as his technical platform which today serves him in developing technical programs complete in all respects, but most importantly a vision of Taiji Quan which includes all aspects of the art.

ITKA

INTERNATIONAL TAIJI QUAN KUNG FU ASSOCIATION

The International Taiji Quan Kung Fu Association is recognized as an association of serious students and researchers of Taiji Quan, which deals with all aspects of the art: martial, energy / health aspects and the philosophical underpinning of all the above.

The ITKA is a reference point for schools and practitioners from around the world. Its technical programs reflect a unique way of understanding the art of Taiji Quan. The complete technical programs highlight the strength of a great school, which despite its size, remains a united family where respect, sharing and openness towards others represent fundamental values.



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ITKA

INTERNATIONAL TAIJI QUAN KUNG FU ASSOCIATION



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Taiji College ITKA
professional training of taiji quan



Taiji College ITKA: A professional training program of a high technical level

The Taiji College ITKA is an experience of high-level study in the practice of Taiji Quan. Entrance to the college requires submission to a selection process in which each candidate is evaluated in terms of his potential to practise and also in terms of the psycho/physical elements necessary to embrace the entire course of study demonstrating a high performance level. The selected candidates are then required to reside and study in school according to the methods A, B and C (see below).

The technical programs proposed by ITKA are divided into areas of interest which are: Qi Gong, Kung Fu of Chenjiagou, Taiji Self Defence System, Taiji Match, as well as "Classic" Taiji Quan.

The deep energetic, healing, martial and philosophical elements inherent in this fascinating and ancient art are thoroughly researched and analysed through the above-mentioned areas of interest. These elements, while apparently distinct from one another, bond together to

constitute a holistic offering of the traditional practice: a tradition of technical and ethical principles which take into account the balanced development of the individual, as well as the times and social reality in which we live.

The various programs are thus able to communicate the sophisticated art of Taiji Quan to practitioners of different ages and with varying needs and expectations. Based on this, the technical programs are tailored to the attitudes and aptitudes of the individual students, according to their preparation and to their past experiences.

At the end of the course, students who pass the final exam will receive a teacher's certificate of qualification. These diplomas are recognised by the Italian Olympic Committee, the Centro Sportivo Educativo Nazionale, by the ITKA and other European and international bodies.

The ITKA, as well as other sports promotion bodies and local authorities provide scholarships for deserving students.

Registration for the Taiji College is open from September to December.

Attendance Modules at Taiji College ITKA:

A Taiji College ITKA

School Attendance for a minimum of 90 days a year for a period of 5 years

Students can choose the periods of stay (from 8 to 30 days at a time) at school during the year, for a number of days which in total should not be less than 90 days.

B Taiji College ITKA

School Attendance for a minimum of 45/50 days a year for a total duration of 7 years

Students can choose the periods of stay (from 3 to 20 days at a time) at school during the year, for a number of days which in total should not be less than 45 days.

C Taiji College ITKA

School throughout the year for 3 or 5 years

The full course consists of five years of study. In this period all the technical program of Chen Style Taiji Quan will be covered.

Students minors or university residents will be supported during the years spent in school in all their needs (study, nutrition, etc.), including logistical support in the organization of their studies in Schools/Colleges/Institutes of specialization neighbouring school or by certified courses organized within the school (eg. courses Tui Na, Shia Tsu, acupressure, acupuncture, etc.).

The daily lessons, for the type "A" and "B" will last about 6/7 hours, while for the solution "C" lessons will have a daily duration of 4 hours.

Every year there is a test the successful completion of which will enable the student to proceed to the following academic year.

General program of Chen Style Taiji Quan

- **Energy Work**
Qi Gong, the pole standing exercise, general exercise sequence, exercises for the development of Intention, exercises of the 5 animals, work on the tendons, Fundamentals of Chen Style, Nei Gong
- **Empty hand forms**
Lao Jia Yi Lu (75 figures), Lao Jia Er Lu (41 figures), Xin Jia Yi Lu (83 figures), Xin Jia Er Lu Pao Chui (71 figures), two person routine sequence following the Lao Jia and Xin Jia sequences, competition form (56 figures)
- **Sabre and Double Sabre**
Chen Shi Taiji Dao traditional sabre (23 figures), Two person sequence of Sabre form, Chen Shi Taiji Shuang Dao traditional sequence of the two sabres
- **Sword and Double Sword**
Chen Shi Taiji Jian Sword traditional sequence (49 figures), Two person sword sequence, the study of Fencing, Free style Fencing with the Taiji sword
- **"Halberd" (Guan Dao)**
Chen Shi Taiji Guan Dao traditional sequence of "Large Blade" (30 figures)
- **Spear**
Chen Shi Taiji Qiang traditional spear sequence (72 figures), Two person sequence based on the spear form
- **Tui Shou**
Theoretical and practical work on the development of the 8 forces (ba men), unbalancing techniques, study of Tui Shou in basic fixed step and in movement, study of free style Tui Shou, Tui Shou in 5 classic levels and applications
- **San Shou**
Conditioning exercises both collaborative and free style, dislocation and breaking techniques, throwing techniques and grappling, striking techniques, the study of free-fighting, self-defense, competition fighting
- **Work with Equipment**
Study of Taiji Gun "Shake the Pole", a study of Taiji Bang "Taiji Rolling Pin", the study of elastic Taiji Ball
- **Striking punching bag and other targets**