

# SEMINAR PLAN 2024

>> Students from Eastern Europe get a 30% discount on the seminar prices! Please contact us via email. <<

v4.5



**KAMPFKUNST DER  
ACHTSAMKEIT**  
ZHONG XIN DAO I LIQ CHUAN  
**GERMANY**

## JANUARY

### 5.-7.1. (Darmstadt) **Sam Chin** - „Fighting Strategies in Application“

**Friday** 13:00-16:00 & 17:00-20:00: „9 point fist striking/phoenix eye“ (Certification „Striking“ part 1 of 2, Instructor 2).

**Investment:** 135 (members CFILC), €150 (External). **Early Bird (15.12.23):** €120/€135.

**Saturday & Sunday** 11:00-14:00 & 16:00-19:00: Seminar „Fighting Strategies in Application“. (Grading Saturday evening for I Liq Chuan & Chi Gong upon request).

**Investment:** One day = €135 (members CFILC), €150 (External).

Both days = €250 (members CFILC), €280 (External).

**Early Bird (15.12.23) for both days:** €220 (members), €250 (External)

## FEBRUARY

### 10.2. (Ludwigsburg) **D. Brizin** - „Philosophie-based martial art - Zhong Xin Dao I Liq Chuan“

**Saturday** 11:00-14:00, 15:00-18:00: Seminar (Grading possible: Entry - Level 2).

**Investment:** €80 (members CFILC), €90 (External).

Registration: A. Stahnke: Info@kda-ludwigsburg.de. 0151-14909816.

## MARCH

### 2./3.3. (Eggolsheim) **Dima Siomau** - „Intensive - Zhong Xin Dao I Liq Chuan“

**Saturday & Sunday** 10:00-13:00 & 14:00-16:00: Seminar.

**Investment:** €180 (members CFILC), €200 (External).

**Early Bird (03.02.24):** €160 (members), €180 (External).

Registration: M. Feser: mv.feser@gmail.com.

### 8.-10.3. (Preetz) **Joshua Craig** - „Intensive - Zhong Xin Dao I Liq Chuan - Enter the Gate“

**Friday-Sunday** 8:00-18:00: Learn the unique training approach how to learn movements in general and especially for martial arts, including the 5 basics exercises (Instructors are welcome to join and do their Certification Course Entry & Application Entry and be supervised while teaching as well.) After dinner: Free Training.

**Investment:** One day = €100 (members CFILC), €110 (External).

All three days = €250 (members CFILC), €280 (External), €220 (repeating instructors).

**Early Bird (31.01.24) for three days:** €220 (members), €250 (External), €190 (repeating instructors).

Registration: Regional Office Germany.

## APRIL

### 7.-11.4. (Groß Kreutz/Havel) **Yen Lee Chin** - „Improving understanding of body structure & energy“

**Sunday-Thursday:** First day start 10:00 - 18:30. Day 2-4: 9:00-18:30. Last day: 9:00-14:00: „Improve your understanding of body structure and the energies through solo and partner work“. After Dinner: Free Training.

**Investment:** One day = €130 (members CFILC), €150 (External).

Five days = €550 (members CFILC), €600 (External).

**Early Bird (01.03.24) for five days:** €500 (members), €550 (External).

Registration: Regional Office Germany.

### 12.-14.4. (Berlin) **Sam Chin** - „Fighting Strategies in Application“

**Friday** 13:00-16:00 & 17:00-20:00: „9 point fist striking/phoenix eye“ (Certification „Striking“ part 2 of 2, inkl. Grading).

**Investment:** 135 (members CFILC), €150 (External). **Early Bird (01.03.24):** €120/€135.

**Saturday & Sunday:**

10:00 - 12:30 Philosophy lecture

13:00 - 15:00 Practice, Part 1

16:00 - 18:00 Practice, Part 2

Grading possible.

**Investment:** One day = €135 (members CFILC), €150 (External).

Both days = €250 (members CFILC), €280 (External).

**Early Bird (01.03.24) for both days:** €220 (members), €250 (External).

Registration: Regional Office. Location: Zhen Wu, Sophie-Charlotten-Str. 6.

## MAY

### 3.-5.5. (Ludwigsburg) **Joshua Craig** - „Intensive - The 5 mechanism of movement to body unification“

**Friday-Sunday:** 8:00-18:00: Learn the 5 mechanism of movement unification to produce the 6 directions, including basic exercises 6-10 (Instructors are welcome to join and do their Certification Course Level 1 & Application Level 1 and be supervised while teaching as well.) After dinner: Free Training.

**Investment:** One day = €100 (members CFILC), €110 (External).

All three days = €250 (members CFILC), €280 (External), €220 (repeating instructors).

**Early Bird (01.04.24) for three days:** €220 (members), €250 (External), €190 (repeating instructors).

Registration: Regional Office.

## MAY

- **4./5.5. (Preetz) Marina Gubnitskaya - „FaJing - Breathing and Relaxation. Four qualities of relaxation: loose, soft, elastic, Fa Jing“**  
**Saturday & Sunday:** 10:00-18:00.  
**Investment:** One day = €90 (members CFILC), €100 (External).  
Both days = €180 (members CFILC), €200 (External).  
**Early Bird (05.04.24):** €160 (members), €180 (External).  
Registration: M. Edem: info@kampfkunstderachtsamkeit-preetz.de, 04342-7895912.
- **25./26.5. (Spangdahlem) Dominique Brizin - „Intensive - Application to the 15 Basics“**  
**Saturday & Sunday:** 10:00-17:00 (1h break): Learn different application to the 15 basic exercises, for a better understanding of the body mechanism.  
**Investment:** One day: €70 (members CFILC), €80 (External).  
Both days: €140 (members CFILC), €160 (External).  
**Early Bird (01.05.24):** €120 (members), €140 (External).  
Registration: C. Eagen, info@iliqchuan-spangdahlem.com, 0151-41422885.

## JUNE

- **15./16.6.: (Berlin). Lubomir Tzolv - „Martial Arts Applications“**  
**Saturday&Sunday:** 10:00-16:00 (1h break) Seminar. Location: TU (Outdoor every weather).  
**Investment:** €160 (members CFILC), €180 (External).  
**Early Bird (25.05.24):** €140 (members), €160 (External).  
Registration: O. Pötter: o.poetter@gmail.com.

## AUGUST

- **20.-25.8 (Wiesen Berghof) „First annual Instructor Retreat“ - This year: Joshua Craig**  
**Tuesday-Sunday:** 8:00-18:00: „Focusing on different Certification Courses. Opportuniy to catch up on missing or refresh, intensify certification of your choice. Splitting up groups.“ After dinner: Free Training.  
**Investment:** One day = €110 (members CFILC), €125 (External).  
Six days = €600 (members CFILC), €700 (External).  
**Early Bird (20.07.24) for six days:** €500 (members), €600 (External).  
Registration: Regional Office. Booking of the seminar place: www.retreaus-berghof.de

## SEPTEMBER

- **7./8.9. (Spangdahlem) Dominique Brizin - Intensive „Awareness as a training concept“**  
**Saturday & Sunday:** 10:00-17:00 (1h break) Seminar: Learn to use awareness and attention as a training tool to understand solo- and partner exercises.  
**Investment:** One day: €70 (members CFILC), €80 (External).  
Both days: €140 (members CFILC), €160 (External).  
**Early Bird (01.05.24):** €120 (members), €140 (External).  
Registration: C. Eagen, info@iliqchuan-spangdahlem.com, 0151-41422885.

## OCTOBER

- **2.-7.10. (Location follows) Hsin Chin - „Spinning Hands & Butterfly Form Introduction“**  
**Wed-Mon:** 8:00-18:00: „Spinning Hands & Butterfly part 1 of 3“ (Certification Level 4 possible). After dinner: Free Training.  
**Investment:** One day = €130 (members CFILC), €150 (External).  
Six days = €650 (members CFILC), €750 (External).  
**Early Bird (31.08.24) for six days:** €550 (members), €650 (External).  
Registration: Regional Office Germany.

## NOVEMBER

- **8.-10.11 (Wiesen Berghof) Joshua Craig - „Finding the Center of your Power“**  
**Friday-Sunday:** 8:00-18:00: Learn the different mechanics of Dantien-Mingmen in Relation to the Hip Power as source of all body, leg and arm movements, including basic exercises 11-15 (Instructors are welcome to join and do their Certification Course Level 2 & Application Level 2 and be supervised while teaching as well.) After dinner: Free Training.  
**Investment:** One day = €100 (members CFILC), €110 (External).  
All three days = €250 (members CFILC), €280 (External), €220 (repeating instructors).  
**Early Bird (30.09.24) for three days:** €220 (members), €250 (External), €190 (repeating instructors).  
Registration: Regional Office. Booking of the seminar place: www.retreaus-berghof.de

## DECEMBER

- **7./8.12. (Darmstadt) Dominique Brizin - Zhong Xin Dao I Liq Chuan - Christmas Seminar**  
**Saturday & Sunday** 10:00-14:00 & 15:00-18:00: Seminar ZXD ILC. Saturday 18:00pm: Christmas Party.  
**Investment:** One day = €80 (members CFILC), €100 (External).  
Both days = €140 (members CFILC), €180 (External).  
**Early Bird (31.10.24) for both days:** €120 (members), €160 (External).  
Registration: Regional Office.

## Registration:

www.iliqchuan.de or members portal: www.kda-portal.de

More information: info@iliqchuan.de

Prices are just for the seminar, maybe additional costs for food and accomodation. Subject to change.