



# Foundation of Wudang Tai Chi Chuan

for beginners and advanced students

## Grandmaster Kai Uwe Jettkandt in Italy

DO NOT MISS THIS EXTRAORDINARY OPPORTUNITY



*Courses will be held at  
Palestra Rivetti, via fiume 44 - Finale Ligure (Savona)*

### PURPOSES AND BENEFITS

**Taijiquan** is a traditional Chinese internal martial art and a comprehensive training method for the body and mind. Literally translated as "**Fist of the Supreme Principle**", it integrates internal work, practical applications, and self-defence into a coherent and effective system.

Practice develops elasticity and mobility of muscles, tendons, and ligaments, as well as coordination, stability, and grounding, honing mental clarity and the ability to concentrate. The result is a tangible improvement in martial efficiency, health, and the quality of movement.

Regular training promotes body awareness, more effective stress management, and the ability to face everyday situations with presence and balance. Often referred to as "poetry in motion," Taijiquan is actually a rigorous training method based on principles of biomechanics, listening to the body, and proper strength management.

**Wudang-style Taiji** belongs to the tradition of internal martial arts developed in the Wudang Mountains and is characterized by continuous, circular movements, work on structure, grounding, and strength transformation. This school integrates form, martial arts applications, and internal work, focusing on natural, efficient movement free of unnecessary tension.

The course will teach basic exercises, application sequences, and an introductory set, helping you understand the fundamental principles of Taijiquan and build a solid personal practice, which can also be cultivated independently.

## PRICE AND INFORMATION

Timetable: 9:30 – 12:30 / 15:00 – 18:00

Daily rate for the course is 80 eur: special discount for people attending 2 or 3 days:  
2 days are 150 euro while 3 days are 220 euro

Neigong e Wudang Tai chi chuan – part 1	Sat 16 maggio 2026	80 eu
Neigong e Wudang Tai chi chuan – part 2	Sat 16 /Sun 17 maggio 2026	150 eu
Neigong e Wudang Tai chi chuan – part 3	Sat 15/ Sun 17/ Mon 18 maggio 2026	220 eu

## The Grandmaster



Sifu Kai Uwe Jettkandt is the founder and director of the Shaolin Wahnam Institute in Frankfurt, Germany. He leads seminars with the contents Shaolin Kung Fu, Taiji, Qi Gong, ZEN or meditation in Germany and internationally. Sifu Kai is also a fine therapist and acupuncturist leading his MTC clinic at Wahnam Institute. In 2004 he was admitted to the Martial Arts Hall of Fame because of the achievements in his career in the world of martial arts

- Sifu - Shaolin Kung Fu
- Grand Master - Jet Jutsu Do
- Grand Master - IMB System (Boxing / Muay Thai, Grappling / BJJ, Kali / Eskrima)
- 5. Dan - Ju Jutsu
- Sifu - JKD (Jeet Kune Do)
- Pendekar - Silat Satria Muda
- 3. Dan Eskrido
- 2004 Admitted to the "International Martial Arts Hall of Fame"

## Contacts and Info

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**Shaolin Wahnam Italia and Shoo Mon ASD**

