

# CHINA ARTS COLLEGE

## LIST OF COURSES

All our courses offer the highest level of quality one can find (professional, qualified and experienced staff, individual or small group classes, scientific backup, etc.). Interaction with the staff members is easy-going and informal on condition that students are respectful towards the tradition and its representatives and towards the subjects taught.

### Courses BTA

#### Taught in 2010-2011

**Yuanqigong:** Chinese meditative health training, rooted in thousands of years old Taoist philosophy and body views, based on the Southern alchemical tradition of Zhang Boduan (984-1082); easy exercises (standing, sitting; movements inspired by animal movements; walking exercises; Taoist self massage; breathing exercises; ...) suitable for everyone and efficient; very professional staff with Chinese medical and Taoist alchemical and Chinese – Western scientific backgrounds and huge experience; no New Age nonsense or fantasized experimental exercises, but safe and purposeful training; warm, humoristic atmosphere

**Fu Style Taoist Alchemical Taijiquan:** complete Taoist alchemical *taijiquan* without simplifications! strongly related to Yang style *taijiquan* and more specifically Dong Yingjie style, but restored to its original Taoist alchemical and ritual contents by Taoist alchemist/doctor Fu Qinglong (Hangzhou, China); efficient self-defense techniques; health training; solo and partner exercises; stances and movements training based on 13 unique sequences (short sets of movements); traditional weapons (straight sword, broadsword, short/long staff, spear, halberd, fan); *neijin* (internal energy) and *yi* (power of consciousness) training; philosophy, history and backgrounds; the true essence of *taijiquan* does not reside in learning sets of movements, but in changing the way of moving and this is the focus of our practice; very professional staff with Chinese medical and Taoist alchemical and Chinese – Western scientific backgrounds and huge experience; no New Age nonsense or fantasized experimental exercises, but safe and purposeful training; warm, humoristic atmosphere

**Classical Chinese Language/Laozi:** in order to comprehend all facets of classical Chinese culture (and even the whole of East Asian culture) there is only 1 important key: the study of classical Chinese; classical Chinese is the Oriental written language of philosophy, medicine, poetry, martial arts, religions, calligraphy and painting, ...; using the swift method developed by prof. dr. Vercaemmen (sinologist/anthropologist/Taoist alchemist/specialist on Taoism) students can now learn to think, read and write Chinese; at the same time this course provides direct access to the deeper meanings of the *Daodejing* (Classical Text on the Way and its Emanation) or the *Book of Laozi*, which we use as

basic text; the course is accompanied by a **practical handbook** containing texts, vocabulary, a guide to writing Chinese characters, grammar and exercises (written by prof. Vercammen)

**Zhuangzi:** (one of) the **oldest Taoist text(s)**, a guidebook to look at the world in a realistic – positive way and to **build a simple, harmonious way of life**; *Zhuangzi* is an important piece of **world literature**; the many **humoristic stories** in this text make it easily accessible, but in order to discover the **deeper layers** one needs a **competent guide**; prof. dr. **Vercammen** has been researching the *Zhuangzi* text and its culture for 30 years via its **original Chinese sources** and explains the contents not from the usual superficial western point of view but from **authentic Taoist practical interpretations**

**Fundamentals of Authentic Taoist Medicine (the inner landscape; the conduits of qi and the circulations of the body):** so-called Traditional Chinese Medicine does not view the body from a Chinese point of view; only the rare **Authentic Chinese Medicine Traditions** maintain a **Chinese view of the human body, disease and health**; even the practice of Authentic Medicine is still devoid of Western influence; after the Chinese government at the beginning of the 20th century had decreed that the teaching, practice and study of Chinese Medicine was illegal, protesting representatives from the Chinese medical world, forced the government to accept a compromise: a kind of unified medical system based on Western scientific views, retaining some Chinese basic ideas and simplified practices, was born; this is what we call TCM; after nearly one hundred years of submerged survival the **true Chinese medicine** now reemerges; **China Arts College** is **the only place** where one can study **authentic Taoist alchemical methods to improve health and conquer disease**; these courses are **open to anyone** (not just medical or paramedical personnel; Chinese Authentic Medicine is not a common **medical science** based on mathematical and market economical models; it is a **flexible human(e) science** and this is the way we teach it at the China Arts College; this course discusses the Taoist vision of **the body as a microcosm of change** and we explain -on basis of **original Chinese sources- why meridians do not exist**; this course also teaches you how Chinese concepts/words (such as *qi*) should be understood and in which way circulations in the body happen; if you are interested in health, practice (Chinese or other) Medicine, are interested in another quite interesting view of the body, are curious about Chinese alchemy, then this course is for you

**Fundamentals of Authentic Taoist Medicine (the alchemical body):** in order to understand the **inner workings of the body** and to be able to work with the body on this level, understanding **Taoist internal alchemy is very necessary**; in this course we discover Taoist **alchemical visions of diverse facets of the body**; an interesting look upon **emotions, mental and spiritual aspects** in relation to the workings of **the total body** within its immediate and cosmic surroundings; if you are interested in health, practice (Chinese or other) Medicine, are interested in another quite interesting view of the body, are curious about Chinese alchemy, then this course is for you

**Introduction to Taoism:** **Taoist specialist** prof. dr. Dan K.J. Vercammen discusses **Taoism, the oldest philosophy-religion of China** from **historical and cultural perspectives**; the origins, evolution and current situation of Taoism form the subject of the first session; in the second part we look at important concepts, visions and ideas; the third session is about the cultural influence of Taoism and about Taoist traditions and currents

**Taoist Alchemical Massage: Basic Training and Taoist Self Massage:** efficient use of Taoist massage demands careful **preparation**, which involves discovering and stimulating vital functions of one's own

body through self massage and the development of softness, sensitivity, energy, focus and other **important capacities through practice**; our alchemic Taoist massage is a very efficient and safe **method** to deal with all kinds of health problems and to prevent them

**Chinese Calligraphy**: the practice of Chinese writing is not only an **art form**, it is also a health practice and a type of **meditation**; it forms the basis of several other Chinese art forms, such as painting and **chop carving**; students start from learning the **regular writing form** and afterwards learn different forms and styles of writing; this is an excellent course to combine with the study of classical Chinese and alchemy and is an **enriching, relaxing experience** for practitioners of Chinese Medicine, *qigong* and (internal) martial arts

**History of Taoist Alchemy**: Taoism knows two major forms of practice that are both diverse and mixed: alchemy and rituals; every Taoist looks upon **alchemy as the highest form of Taoist practice**; this course offers an **intriguing, yet accessible overview of the history and traditions of Taoist alchemy**

**Introduction to Taoist Alchemy in Theory & Practice**: **what** is Taoist alchemy and what is it not? **how** does one practice alchemy? what is the purpose and what are the effects? Taoist alchemist prof. dr. Dan K.J. Vercaemmen teaches the **principles** and **basic training** of **internal Taoist alchemy** from an insider's point of view; this course is open to anyone having basic experience in *yuanqigong* and/or Fu style Taoist *taijiquan* training

**Baguazhang/Xin(g)yiquan**: the **palm techniques of the eight trigrams** (*baguazhang*) and the martial art **of form (body) and the power of consciousness** (*xingyiquan*) are two types of internal martial arts that are related to *taijiquan*; both include health exercises that are also efficient types of self defense; to allow for a broad audience we mainly stress the health aspects of these martial arts in this course, but the martial applications will be taught in separate workshops; prof. dr. Dan K.J. Vercaemmen was chosen by grandmaster Li Ziming to represent his tradition in the Lower Countries and Europe

## Taught from 2011 – 2012 onwards

**Introduction to the Study of the Fundamental Texts of Taoism**: the oldest, most important and best known texts of Taoism are the *Daodejing* and the *Zhuangzi*, but many others are not unimportant; it is therefore essential to have a clear picture of Taoist literature in order to understand Taoist culture and evolution; the *Daozang* or **Taoist canon** dating from the 15<sup>th</sup> century is evidently the first source for those who want to investigate Taoism; in this course the student gets to grips with texts, translations, interpretations and studies of Taoist literature

**Introduction to the Study of the Fundamental Texts of Taoist Alchemy**: in the course of history, **different traditions** have produced many texts about the practice of alchemy and its backgrounds; in this course we discuss the **main Taoist alchemical literature** and take a look at the **original meaning, studies and translations**

**History of the Southern Tradition of Taoist Alchemy**: we study the **position** and the **importance** of the **Southern Tradition** within the history of Chinese alchemy; the **origins**, the main **representatives**,

the fundamental **texts** and the current **situation** are all important ingredients of this course; next, we discover the **differences and similarities with other traditions**

**Southern Tradition of Taoist Alchemy in Theory & Practice:** what distinguishes this tradition from others? **what types of training and what stages** should the student engage in? on basis of the all important **oral and written sources and the right practice** we initiate the students' way to Southern alchemy practice

**Taoist Alchemical Massage: the 8 Fundamental Techniques:** 8 methods (among which feature pushing, grabbing, pressing, and rubbing) are the **basic ingredients** of the **most complete form of Chinese massage:** Taoist Alchemical Massage; in this course we teach you the **correct and efficient way of working** with these techniques; we make clear how **different** and how **far reaching** this massage is **compared to other methods;** we also stress the **importance of one's own training and of assuming the right position/movements** in order to prevent health problems by improper ways of practicing

**Taoist Alchemical Massage: the 64 Combined Techniques:** using the 8 basic methods and variations and by combining them into new techniques we learn to apply **64 techniques;** this vast array of techniques allows for treating **numerous problems and for prevention of illness;** in this course we teach you **specific spots and circulations** used in our tradition that distinguish this system from all others

**Supervised Practice of Taoist Relaxation Massage:** all types of Taoist massage aim first at creating **the highest level of relaxation;** this deep relaxation stimulates to a high extent the **self-healing powers of the body;** an experienced practitioner will supervise the practice

**Supervised Practice of Taoist Alchemical Massage:** the complex applications of Taoist alchemical massage; the student is expected to treat **diverse types of problems** and gets to **test** his/her **methods** in actual situations; an experienced practitioner will supervise the practice

**Introduction to Chinese Medical History and Literature:** in order to situate Chinese medical culture we present an overview of the evolution of Chinese medicine from its origins to the present day, based on the study of **traditions, representatives, practices and texts** along with their commentaries; if desired one can also be introduced to the study of **classical Chinese originals**

**Fundamentals of Taoist Authentic Medicine (Origin and Evolution of Health and Illness):** the **view of health and disease in authentic Chinese Medicine** differs a lot from Western and modern Chinese visions; in this course we start from previously taught **Chinese Taoist alchemical views of the body** in order to find out how **(un)balance** in the workings of the body is brought about; this approach should help enable one to draw an **accurate picture** of problems and possible solutions

**Fundamentals of Taoist Authentic Medicine (Principles of Taoist Alchemical Healing):** specific **views and principles** of this type of healing are discussed; focal point is the **connection with alchemy and the realization of alchemical goals** such as **prolonging life and making life comfortable;** we also discuss differences between medicine, *healing* (general, Taoist, and Taoist – alchemical), and treatment vs. cure

**Fundamentals of Taoist Authentic Medicine (*Yangsheng*):** Taoist authentic medicine and alchemy were developed in a **culture** that stresses and cultivates all aspects of living (*yangsheng*); this culture made the creation of methods to deal with all these aspects necessary and desirable; in this course we look at **diets, sleep, health exercises, living and interacting with Nature**, etc.

**Methodology:** In this course, we demonstrate well-structured **ways of working**; subjects range from how to approach health problems, **whom/what/how/when** to treat, systematic treatment, general ways **of working with people, ethics**, to starting your own practice, etc.

## Courses MTA

### Taught in 2010-2011

Practical aspects of courses on the MTA program (actual individualized content, time of teaching ...) are discussed with the professors.

The MTA studies are fundamentally individually orientated programs and feature individual tuition and *master classes* (limited number of students) that further develop and add to the BTA knowledge.

*Yuanqigong* and Fu style *Taijiquan* are taught in classes with a limited number of students, but private sessions are available, too.

## Short-Term Courses

We offer short-term courses on Chinese Taoist Internal Alchemy, Internal Taoist Alchemical Martial Arts, Fine Arts and *Yuanqigong*. These can be highly individualized but shall contain (except for courses on Fine Arts) the principles of internal alchemy of the Southern Tradition, an overview of the system and its methods, and (depending on the level of the student) the necessary preparatory exercises (such as *Baxiangong*, the Eight Immortals Practice, which includes alchemical health exercises and martial arts).

## Staff

We recommend you check out the résumés of our staff members (Prof. dr. **Dan K.J. Vercammen** [Taoist name: 費丹凝 **Fei Danning**], Ass. Prof. Master of Taoist Arts **An Woestenborghs** [Taoist name: 武致柔 **Wu Zhirou**], Ass. Prof. Master of Taoist Arts **Koen Fransen** [Taoist name: 武致元 **Wu Zhiyuan**]) [here](#).