

The long, hot summer of 2018 is over. So, the time has come to plan your activities for the Fall and Winter periods. China Arts College presents some more action workshops for you. Why not join us?!

NEW WORKSHOPS CHINESE SWORD FIGHTING
fascinating, energetic, and playful training



Dan KJ Vercammen & Gijsbert Ruitenburg sparring with straight swords. Photo © 2018 Wu An/China Arts College

Some comments of enthusiastic students after the previous Chinese sword-fighting workshop "Fantastic!" "Can we do this every week?".

Our first "gladiator training" left all participants wanting for more. Their (and your?) dream can be realized now.

Do you also want to learn authentic sword-fighting or Chinese fencing? This rare martial art can now be studied under Chinese weapon expert Prof. Dr. Dan KJ Vercammen, a martial artist with almost 45 years of experience in the use of traditional Chinese weapons.

We teach you the principles of Chinese sword-fighting and offensive and defensive techniques based on the use of Taijijian (the straight sword of Taiji). Furthermore, you'll learn

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China Arts College/Taoist Alchemical Studies Center TASC, Ballaarstraat 114, 2018 Antwerp tel: +32(0)3 248 13 87

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combinations of techniques and you'll learn to spar with soft and wooden swords and protective gear (helmet, body and hand protection).

Improve your reflexes, your focus, and health. Sword fighting leaves you no time to think and can thus help you find inner calm.

Suitable for people with a background in (any) martial arts and even for beginners.

Location: Sporthal Luisbekelaar, Annexzaal A, Luisbekelaar, 2140 Borgerhout (Antwerpen); directions can be found [here](#). Public transport: train to Antwerp – Berchem station.

Dates: 15 December 2018, 26 January 2019, from 1 pm to 5 pm; more workshops to follow in 2019

Fee per workshop (WS): **early birds first WS: € 64**; after 25 November 2018: € 75; **early birds second WS: € 64**; after 5 January 2019: € 75

Mail us if you want to participate.

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NEW WORKSHOPS TAIJIQUAN TUISHOU and SANSHOU
“Pushing hands and Dispersing Hands”
efficient selfdefense and energy harmonization with partners



An Woestenborghs & Dan KJ Vercammen practicing dalü, one of the tuishou components. Photo © 2018 Wu An/China Arts College

This series of workshops focuses on the martial applications of Yang style Taijiquan (Dong Yingjie and Tian Zhaolin sub-styles/Fu Qinglong Tradition). You'll learn how to use jin (energy manifestations), how to feel, develop, understand, deflect, return and transform them. All that is important in this type of Taijiquan training will be covered: principles of correct, efficient development of neijin (internal energies), the use of yi (focus), and fajin (transforming and sending out neijin), sensitivity training, developing strong and flexible back and legs, tactics, force dynamics, etc.

There are fixed and free applications to learn and tuishou and sanshou sets.

Each workshop starts with daoyin or Taoist health practice (soft stretching, qi-circulations, relaxation).

Location: China Arts College, Ballaarstraat 114, 2018 Antwerp (South)

Dates: 18 November 2018, 27 January, 10 and 24 March, 15 and 16 June 2019, from 1 pm till 5 pm

Fee: € 440 for the entire series.

Mail us if you want to participate.

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THE EMBASSY OF THE FREE MIND
freedom of thought and alchemy

TASC visits the House with the Heads in Amsterdam



Left to right.: director BPH Esther Ritman, dr. Peter Forshaw and dr. Dan KJ Vercammen discussing Chinese and Western alchemy.
Photo © 2018 Wu An/China Arts College

On November 1, Dan KJ Vercammen and An Woestenborghs of Taoist Alchemical Studies Center TASC visited their friends and colleagues of the Embassy of the Free Mind at Keizersgracht in Amsterdam. An old merchant's house named "Huis met de Hoofden (House with the Heads)" on a typical Amsterdam canal contains the famous, unique Ritman Library or Bibliotheca Philosophica Hermetica (BPH). This unbelievably rich treasure-house of wisdom was originally founded by Joost R. Ritman. Book collector Ritman is also very concerned about the survival, safekeeping, and transmitting of old (and contemporary) esoteric knowledge and wisdom and strongly believes in the importance of free thought or "the free mind". Communication and exchange between different traditions can be a good means to achieve these goals. To make this possible he created The Embassy of the Free Mind, which was opened last year by well known author Dan Brown, who also contributed financially to this project. Ritman named some important representatives of different traditions "Ambassadors of the Free Mind". Prof. dr. Dan KJ Vercammen, being a specialist and representative of Taoist

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alchemy, is one of them. Together with his partner, Master of Taoist Arts An Woestenborghs, Vercammen fully supports the goals and perspectives of the Embassy and the Ritman Library. Two weeks ago we presented some original Chinese texts on Taoist alchemy to the BPH's director, Esther Ritman.

We also discussed ways to co-operate with Joost R. Ritman, director Esther Ritman and Western alchemy specialist dr. Peter Forshaw (University of Amsterdam). Of course, you'll read more about our plans in future newsletters.

If you want to see this wonderful place for yourself, check it out here: <https://embassyofthefreemind.com/en/> and also here: <https://www.ritmanlibrary.com>. Highly recommended!

Till next time,
the China Arts Team

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