

CHINA ARTS COLLEGE

College Year 2023 – 2024 Courses

Weekly Classes

Yuanqigong

Intensive Donggong/Movement Practice: Sunday Classes Yuanqigong

Sundays all year long

Yuanqigong is a Chinese meditative health practice, developed by Dr. Fu Qinglong and Dr. Dan KJ Vercammen, based on practices from the Southern Tradition of Taoist Internal Alchemy. Do you want to learn how to use your body in a naturally correct way? Are you looking for quietude and a feeling of space? Do you want to acquire a different view of health and illness or just learn to relax in order to start a new week? Then you will enjoy Yuanqigong. We teach different (sets of) exercises, self-massage techniques, breathing and meditation techniques. All are rooted in the science of Authentic Chinese Medicine and Taoist philosophy of life. These classes are organized in association with jindanfa.com and taught by Masters of Taoist Arts Gijsbert Ruitenburt and Esther Schenk.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 9:45 – 11:45 am (door open from 9:30 am)
- clothing and shoes: see conditions [here](#)
- for all and especially for those studying for a degree
- more information about the course and fee: call +32(0)3/2895625 or mail us: info@jindanfa.com

Taijiquan

*Intensive Donggong/Movement Practice: Evening Classes Taijiquan
Monday and Wednesday from October till June*

We practice Yang Tradition Taijiquan. Within the Yang Tradition several sub-styles developed during the 20th century. Our method comes from Shanghai during the first half of the 20th century, when this city harboured a flourishing Martial Arts world and several big names played an important role in the development of Taijiquan. We owe our practice to grandmasters Dong Yingjie and Tian Zhaolin, who were both well-known masters closely involved in the spreading of the Yang Style Taijiquan initiated by Yang Chengfu. They both taught in Shanghai when Yang had left the city to return north. Prof. Dr. Dan KJ Vercammen's most important teacher, Dr. Fu Qinglong, was trained by Tian Zhaolin himself and by Yue Huanzhi, a friend and disciple of Dong Yingjie. In our Taijiquan we teach students all aspects of Taijiquan: health practices, stances/postures and sets, energy and focus development, martial applications, weapon practice (straight sword and sabre, long staff, lance, halberd and fan), theory and philosophy and the specific alchemical applications that only we teach. Don't expect fanciful, useless gymnastics types of practices, but authentic martial and health training.

In the evening classes on **Monday** we emphasize:

- how to move in a Taijiquan way? (learning about relaxation, moving as one, etc.)
- the learning of the 37 Yang Style stances/movements to develop the many energies of Taijiquan and to strengthen your focus
- how to use the body in a healthy way, how to improve your health and stay healthy
- learning about the content of the movements (no empty form; integrate martial applications)
- learning fundamental (un)armed techniques with and without partner(s)
- learning sets and sequences (combine movements into short sets and longer sets).

In the evening classes on Wednesday we only practice applications with partner(s) and related things:

- applications of the Taijiquan movements with partner(s)
- fundamental martial arts training (evade, attack and defense, sparring, “soft” hardening, punching/pushing/kicking techniques, ...)
- tuishou (pushing hands): fundamental sensitivity and martial training with partner(s) using the 9 essential techniques and extra elements
- sanshou (spreading hands): standard and free applications of all Taijiquan techniques and other techniques (applied in a Taijiquan way).

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:30 pm (door open from 7:15 pm)
- clothing and shoes: see conditions [here](#)
- for all and especially for those studying for a degree
- fee: first lesson € 20; 10 lessons: € 190; 20 lessons: € 350; 30 lessons: € 498
- register: fill out the registration form [here](#) and pay the fee

- you can only participate in the Wednesday evening classes if you are familiar with Taijiquan or if you combine these lessons with Monday evening classes!

Summer Classes Internal Martial Arts

Intensive Donggong/Movement Practice: Summer Evening Classes

Taijiquan, Baguazhang, and Shidaxing (Xinyiliuhequan)

Mondays from June till October (check the calendar for exact dates)

On Monday evenings during the Summer holidays period (June till October) we practice techniques from three so-called Internal Martial Arts: Taijiquan (Fist of the Great Ultimate), Baguazhang (the Palms of the Eight Trigrams), and Shidaxing (Ten Great Shapes). These classes are very suitable to get to know the characteristics of the Internal Martial Arts or to deepen your practice. Central themes are: move in a healthy way, how to move, move as one, etc. Solo practice and applications alternate.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:30 pm (door open from 7:15 pm)
- for all and especially for those studying for a degree
- fee: per lesson € 20; for those having a subscription we deduct the usual fee from the amount available
- register: fill out the registration form [here](#) and pay the fee
- clothing and shoes: see conditions [here](#)

Lectures

Introduction to Chinese Medicine

Friday October 27, 2023

Although we all know how acupuncture is performed, very few people know that what is known as “Chinese Medicine” or its most famous practice “acupuncture” is not authentically Chinese. In this lecture Prof. Dr. Dan KJ Vercammen presents a historical and anthropological image of the history and contents of Chinese medical traditions. Chinese Medicine used to be a collection of many different traditions with varied backgrounds, but at the beginning of the Chinese Republican period (the 1910-1920s) political pressure caused the abolition of Chinese Medical practice. Teaching and practicing it was forbidden. However, because of huge protest by practitioners and the general public alike, a compromise was reached: a standardized type of Chinese Medicine was formed and allowed again; it was easy to teach and spread, because it was reduced to a simplified and united system. Throughout thousands of years of evolution the traditions of Chinese medicine have produced a vast arsenal of techniques, theories, experience, and knowledge. This has resulted in specific and valuable images of the body, health and disease. Very different views from what was developed in the West, but also very fascinating.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

Introduction to Classical Chinese Philosophy

Friday November 17, 2023

Don't think of the theories of wise men about the big questions of life, politics, and society when looking at Chinese Classical Philosophy. Chinese philosophers were interested in practical answers to the challenges of life, the governing and safety of the country, and human relationships. Classical Philosophy in China consisted of many currents, named the "One Hundred Houses" by the Chinese. Some of these have survived the ages and are still influencing life and thought in China today. Best known in the West is Confucianism, the teachings that started with Kongzi (called "Confucius" in our part of the world) and further developed and reformed by the Confucianists, who governed China for more than 2,000 years. Confucianism was the tradition of the Chinese elite, mainly concerned with more or less ritualized and formalized human relationships and with government. Taoism and other currents were more aimed at the whole population of China. For Taoists, the spontaneous order of life, natural society, the world and the Universe, improving and prolonging life are quite essential. Some ideas that became popular in the West in the last two centuries were already being practiced in the China of more than 2,000 years ago. Learn how universal love can save the world, how using the right strategy can prevent war, etc. Prof. Dr. Dan KJ Vercaemmen, who studied Classical Chinese Philosophy at the universities of Ghent and Shanghai, researches how Chinese Philosophy was and still can be applied in daily life.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

Introduction to Taoist Alchemy and the Southern Tradition

Friday December 15, 2023

The roots of what we call Taoist Alchemy go back thousands of years. The different names of the practice indicate where the origins lie. Therefore Dan KJ Vercammen starts out from these names to make clear what alchemy is about. In general we can distinguish two main currents: experimental or external alchemy and internal alchemy. The two are closely related, but also fundamentally different. During the course of history the internal version became the most influential one and it gave rise to the development of several alchemical traditions. The oldest tradition is the Southern Tradition, which inspired all others that came after it. It originated with the great alchemist Zhang Boduan, about 1,000 years ago. Social, political, and religious shifts were crucial in causing the decline of this tradition and the rise of other ones. They became more widely spread and had more followers. Based on what he learned from his teachers and on his own research of the history and textual tradition of the Southern Tradition Prof. Dr. Vercammen will give a brief and clear account of the characteristics of the alchemy of the South of China.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

Introduction to the Philosophy of Change: Fundamental Knowledge and Yijing Symbols

Friday February 2, 2024

Who doesn't know the *Book of Changes (Yijing)*? It might well be China's most famous book. Far less known is the philosophy that lies at its base. This philosophy was developed along several lines during hundreds of years until it was systematized in the period when all things were standardized and categorized: the Han Dynasty of about 2,000 years ago. In the West people know about Yin and Yang, the Five Agents or Movers (often awkwardly interpreted as "Five Elements"), the Eight Trigrams, and the Sixty-four Hexagrams (symbols from the *Book of Changes*). In order to understand the Chinese, their culture, and society understanding the Philosophy of Change is crucial. There is still a lot of misunderstanding and misinterpreting of the Chinese original in the West and therefore Dan KJ Vercammen gives you an insider's view of how the Chinese in classical China looked at this philosophy. Learning to see things from this perspective opens up your mind. We shall also take a look at how the book actually functions and at the specific Taoist alchemical use of the Book of Changes.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

Introduction to the Taoist Alchemical Body

Friday March 22, 2023

Taoism sees the human body as a scaled down model of the Universe. Within this microcosm exists a human world, including a copy of Chinese bureaucracy. This human body is connected with the macrocosm and adapts to it while at the same time it influences the greater world through Taoist practices, such as rituals and meditation. Taoist Alchemy works with this small body in order to change it and transform the space-time condition of the Taoist alchemical body. In the end this body realizes the union with Dao, the Way. Without knowing this body it is hard to understand the vision and practices of the alchemists. Let an experienced guide as Prof. Vercammen show you the way through this special body by means of representations and images.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

Getting to Know the *Daodejing* (the *Book of Dao and Its Power*) or the *Laozi*

Friday April 12, 2024

During the more than 2,000 years of its existence a lot has been written and said about the *Daodejing*, which is supposed to present a teaching without words. Because it can be very hard to explain things without words, many Taoists and others have been trying to make sense of this relatively short book of a mere 5,000 characters. If you don't want to lose your way (Dao) in it, you need some background information. Against this background a number of themes play an important role in the *Daodejing*. Having studied the book, its history, and Taoist interpretations of it, Prof. Vercammen explains what the *Daodejing* can mean for a modern person.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

Introduction to Classical Chinese Poetry

Friday April 26, 2024

Classical Chinese poetry flourished during the Tang period (7th - 10th century), but its influence was so great that it influenced many poets after the Tang, leading to a long tradition of beautiful verse. Universal characteristics of poetry such as rhyme and meter are also present in Chinese classical poetry, as are themes that inspired Western poets. Yet there are also typical Chinese elements that have to do with properties of the classical Chinese language and the influence of philosophy and religion, especially Chinese Buddhism and Taoism. Learn about the world of Chinese poetry and listen to Prof. Vercammen's translations of intriguing Chinese poems.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 – 9:00 pm (door open from 7:15 pm)
- fee: € 20
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all

One-Year Training

Taoist Relaxation Massage (TREM)

Saturdays October 21, November 11, December 2 and 16, 2023; February 3 and 24, March 2 and 16 and April 6, 2024

The one-year Taoist Relaxation Massage training consists of a complete program to enable you to help people to relax as much as possible. You learn fundamental Chinese medical theory and philosophy and specific Chinese massage theory in order to understand the workings of the body and the effects of Taoist Massage on it. Exercises to prepare your own body for executing massage are also on the program. And of course we teach you Taoist Massage techniques and give you feedback to optimize your technique.

If you would like to obtain a Chinese-English diploma, you can participate in the exams (April 20, 2024; one day). If you don't want to take the exams, you can still get a certificate, stating that you participated in the training. Obtaining the diploma opens the door to further training of the complete Taoist Massage program. Taoist Massage is the most complete system of Chinese Massage.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 10 am – 4 pm (door open from 9:45 am)
- fee: € 700 (with certificate); € 875 (exams included)
- register: fill out the registration form [here](#) and pay the fee
- clothing and shoes: see conditions [here](#)
- for all

Weekend Classes/Workshops/Seminars

Baguazhang

Intensive Donggong/Movement Practice: Li Ziming's Baguazhang

Sundays October 22, November 5 and 19, 2023

Master Li Ziming was a famous and skilled practitioner of Liang Style Baguazhang. Master Li introduced Dan KJ Vercammen and the late Master of Taoist Arts An Woestenborghs to Liang Style Baguazhang. One of the important parts of Baguazhang practice is doing drills (single movements). These serve the purpose of teaching you how to move while performing attacks and defensive moves. Walking the circle and spiraling movements are equally important. In these workshops we teach you all of these, as well as some martial applications with partners.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 1 – 5 pm (door open from 12:45 pm)
- fee: early bird (pay before Sept. 22): € 180; from Sept. 22: € 198
- register: fill out the registration form [here](#) and pay the fee
- clothing and shoes: see conditions [here](#)
- for all

Taijiquan Tuishou/Pushing Hands
Intensive Donggong/Movement Practice: Applications
Saturday October 7, 2023

As a martial art Taijiquan contains several facets. You first need to do solo work: practicing the postures, developing stability and energies, train the focus, etc. Then you can start to apply the techniques with partners and Tuishou (literally: pushing hands) is the first step there. Tuishou uses a limited number of Taijiquan techniques, making it more easy to learn. However, that does not mean that tuishou is simple; it has a lot to offer. You learn how to evade, intercept and return the opponent's force, how to enhance your sensitivity and intuition, and you learn Taijiquan tactics. We start from easy patterns in a stable position, then apply more complicated ones and gradually we evolve to completely free applications of the Tuishou techniques. Once you have learned the Tuishou curriculum, you're ready to do sanshou (dispersing hands), the use of all Taijiquan techniques (and more).

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 10 am – 3 pm (door open from 9:45 am)
- fee: early bird (pay before Sept. 7): € 60; from Sept. 7: € 66
- register: fill out the registration form [here](#) and pay the fee
- clothing and shoes: see conditions [here](#)
- for all

Fundamentals of Chinese Medical Theory and Philosophy

Saturdays October 21, November 11, December 2 and 16, 2023; Saturday February 3, 2024

In this course we teach you how to look at the body and its surrounding from a classical Chinese medical perspective. The basics are simple: everything moves and changes all the time and these changes are caused by the interaction between two "forces", namely Yin and Yang. Chinese philosophers developed this main idea into a more complex view of the patterns of change and the doctors of Chinese medicine applied these in their practice, so that they could understand the workings of the body and of health and illness. Being able to grasp the essence of change allowed them to improve or cure their patients' problems. You shall see that Chinese doctors started out from a holistic view of man and the macrocosm and not from fragmented images and unfounded theory, as was customary in Western Medicine.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 10 – 12 am (door open from 9:45 am)
- fee: early bird (pay before Oct. 4): € 150; from Oct. 4: € 165
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all and specifically for the TREM students (included in this program)

Masterclasses Taoist Massage

Sundays November 12, December 10, 2023; February 25, April 14 and June 23, 2024

These masterclasses are meant for the advanced students of Taoist Massage. Students having successfully passed the Taoist Relaxation Massage exams can also participate. Contents: advanced skills and additional techniques and backgrounds.

Yijing/Book of Changes

Sundays February 4 and 18, 2024

The *Yijing* became known to a small circle of Westerners in the 17th century, but at the beginning of the 20th century a first interesting translation (based on a Chinese tradition of the use of the book) gave more people access to this fascinating ancient work. A relatively simple system of 64 symbols, called hexagrams, contains the patterns to discover the macrocosmic and microcosmic changes that rule our lives. Understanding these patterns can help to see the evolution of things and to take the right steps in your life. Moreover, the patterns also explain specific processes, such as the Taoist alchemical procedures. In these classes we take a look at the meaning of the symbols, their relationships, and the workings of the patterns, and we also test the book's wisdom.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 1 – 5 pm (door open from 12:45 pm)
- fee: early bird (pay before Jan. 4): € 120; from Jan. 4: € 132
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all; attending the lecture “Introduction to the Philosophy of Change: Fundamental Knowledge and Yijing Symbols” is advised

Study of the Taoist Alchemical Body

Saturday March 23 and Sunday March 24, 2024

The practice of Taoist (Internal) Alchemy is performed using a laboratory we all have access to: our human body. This body is a mysterious thing, with many layers and unknown possibilities. By thorough investigation and studying the workings of the body Taoist alchemists found information that remains hidden for others. They employed this information to achieve the goal of all Taoists: uniting with Dao, the Way. As interesting side-effects Taoist Alchemy can significantly improve the body's health and even allows for some slight genetic changes. In this course Prof. Vercaemmen shows Taoist alchemical views of the body and explains them on the basis of oral and written material and we also take a look at the transformations of the body caused by practicing alchemy. Finally we discuss the so-called "authentic body" of a Taoist alchemist.

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: March 23: 10 am – 3 pm (door open from 9:45 pm) and March 24: 1 – 5 pm (door open from 12:45 pm)
- fee: early bird (pay before Feb. 23) € 240; from Feb. 23: € 264
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all; attending the lecture "Introduction to the Taoist Alchemical Body" is advised

Taoist Philosophy: Zhuangzi

Saturdays April 13 and 27 and May 4, 2024

For practical reasons this course is in Dutch. If you are able to understand Dutch, check the Dutch version of the program [here](#) for more information.

**Taoist Alchemical Training:
Restoring Vitality and Adapting Personality
(Xing and Ming Training)**

Sunday April 21, 2024

Practicing Taoist Alchemy can be described in several ways. One of these ways is to look at it as a work to enhance the body's resilience and naturalness. Using techniques that improve and restore the body's functions you can better resist factors that cause disease, but you can also deal with the challenges of the world of man in a better way. This is called *minggong* or working on life's possibilities. At the same time your body's functioning is depending on the way you think and feel and it is influenced by you personality. The outside world, its impulses, your internal reactions to these and what you learn often determine your life. Taoists doubt whether this behaviour reflects who you really are and whether this allows you to live a spiritually rich life. That is why it is essential for a Taoist to deal with these matters. For this we use *xinggong* or restoring and transforming the (acquired) personality. Both practices are inseparable. They are the practical application of what Laozi tells us in the *Daodejing* (the *Book of the Way and Its Power*): "empty *xin* (the body's government) and fill the belly". How do you start and achieve this? That's what we take on in this course.

- Practical information:
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- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 1 pm – 5 pm (door open from 12:45 pm)
- fee: early bird (pay before March 21): € 60; from March 21: € 66
- register: fill out the registration form [here](#) and pay the fee
- shoes: see conditions [here](#)
- for all; attending the lectures is advised

Intensive Jinggong/Quiet Practice

Fridays May 3 and 10, 2024

Our quiet practice is simple: forget everything! This is both a practical guiding principle for the *jinggong* practice and for improving your life. For a complicated modern person, simplicity is usually hard to realize. Yet this is the Taoist way and view: become like a simple, raw piece of wood and look for oneness. Quiet practice is one of the techniques used for this and it is also one of the important Taoist alchemical techniques. In the 20th century this practice was isolated from its original religious context and popularized, because the practice could provide better health and ease of mind for as much people as possible, even without its religious background. So, what's keeping you from trying it out?

Practical information:

- where: China Arts College, Ballaarstraat 114, 2018 Antwerpen
- time: 7:30 pm – 8:30 pm (door open from 7:15 pm)
- fee: € 30
- register: fill out the registration form [here](#) and pay the fee
- clothing and shoes: see conditions [here](#)
- for all