

**INTERNATIONAL TAI JI FESTIVAL
BOISSEUIL – FRANCE
1st Edition | October 15–18, 2026**

THURSDAY, OCTOBER 15

**OPENING CEREMONY • “TAI JI & PIANO” PERFORMANCE • FRIENDSHIP
RECEPTION**

19:00 – 21:30

When the energy of movement meets the power of music, a unique dialogue emerges between the body, breath, and inner vibration. This special evening combines demonstrations of Tai Ji Quan, Qi Gong, and traditional weapons with live piano accompaniment, offering an artistic experience filled with harmony and elegance.

Venue: Espace du Crouzy, 87220 Boisseuil

FRIDAY, OCTOBER 16

TAI JI SWORD WORKSHOP (TAI JI JIAN)

Lead Instructor: Zhang Yuhao, World Tai Ji Sword Champion
Under the guidance of Master Zhang Dongwu
With Zhang Chao, Li Hongbo, Sheng Xiemin, and Zou Dacheng

Venue: Boisseuil Tai Ji Center

Schedule:

09:00 – 17:00

Introduction and practice in small groups

17:00 – 19:00

Visit to Châlucaet Castle and daily review

SATURDAY, OCTOBER 17

DISCOVERY DAY

Open to everyone: adults, teenagers, children, and families.

09:00 – 10:00

Fundamental principles of Tai Ji, introduced by Master Zhang Dongwu

10:15 – 11:00

- Eight Fundamental Techniques of Tai Ji
- Five Animals Qi Gong

11:15 – 12:00

- Chen Style Tai Ji Form 8
- Introduction to Kung Fu
- Qi Gong

14:15 – 15:00

- Tai Ji Fan
- Standing Meditation (Zhan Zhuang)

15:15 – 16:00

- Self-defense and Tui Shou (Push Hands)
- Introduction to Tai Ji Quan
- Chinese Calligraphy

16:00 – 17:00

Friendly break
Chinese tea tasting

17:00 – 18:00

Traditional Chinese Medicine – self-massage and acupressure points

18:00 – 19:00

Collective demonstration

Chinese meals available by reservation:

Lunch €17 | Dinner €17

SUNDAY, OCTOBER 18

ADVANCED PRACTICE DAY

Venue: Boisseuil Tai Ji Center

09:00 – 17:00

- Foundations of Tai Ji Quan
- Posture correction in small groups
- Introduction to Chansi stick practice

17:00 – 18:00

Festival closing ceremony