



Welcome to the website of
YANG CHENGFU TAI CHI CHUAN CENTER in Cologne, Germany
 - Official Center of the International Yang Family Tai Chi Chuan Association -

Regular classes

Monday				
Time	Program	Location*	Teacher	Start
18:15-19:30	Long form Beginners		<u>Norbert Läken</u>	Sept. 1, 2008
18:30-20:00	Long Form (advanced)	Köln-Brück	<u>Frank Grothstück</u>	on demand

Tuesday				
Time	Program	Location*	Teacher	Start
9:30-11:00	Qigong	on demand	<u>Frank Grothstück</u>	by appointment
18:15-19:30	Long Form (2nd section)		<u>Frank Grothstück</u>	November 2006
19:45-21:00	Long Form (1st section) - Beginners		<u>Frank Grothstück</u>	January 6, 2009

Wednesday				
Time	Program	Location*	Teacher	Start
17:30-18:45	Long Form (advanced)	Köln-Brück	<u>Frank Grothstück</u>	on demand
18:50-20:05	Long Form (advanced)	Köln-Brück	<u>Frank Grothstück</u>	on demand
18:15-19:30	Long Form (2nd section)		<u>Christian Hoppe</u>	May 2005
20:30-21:30	Sword Form		<u>Frank Grothstück</u>	from May, 6, 2009

Thursday				
Time	Program	Location*	Teacher	Start
10:15-11:30	Taiji/Qigong for Beginners		<u>Frank Grothstück</u>	Nov, 1st 2007
17:30-18:45	Long Form (3rd section)		<u>Frank Grothstück</u>	January 2006
19:00-20:15	Long Form (advanced)		<u>Frank Grothstück</u>	on demand
20:25-21:40	Long Form (3rd section)		<u>Frank Grothstück</u>	on demand

Friday				
Time	Program	Location*	Teacher	Start
17:30 - 18:45	Long Form (advanced)		<u>Frank Grothstück</u>	on demand
19:00 - 20:15	Yangstil - Sword Form/Tuishou		<u>Frank Grothstück</u>	on demand

* Address and itinerary on demand