

CHEN TAIJI QUAN



THUNDER
KUNGFU

Teacher: Johan Duquet



CHEN
TAIJI

Recognised by: Fu NengBin

INTRODUCTION

Thanks to this programme, you can enjoy the same high-quality training here in Belgium as in China.

Thunder Kungfu offers you the opportunity to learn “CHEN TAIJI QUAN” as taught by the famous Master ‘FU NENGBIN’ in a structured way, without having to travel to GuangXi, China.

Instruction is done by Johan Duquet, the only Chen Taiji teacher in Belgium recognised by Fu NengBin. Johan not only trained extensively, but also functioned as a pushhands coach at Master Fu NengBin’s school in GuangXi Province, China between 2007 and 2013, and gained ample experience and medals at international competitions held right next to Chen village in Henan province.

Johan has a wealth of experience in the various aspects of teaching the martial art Chen Taiji Quan, which is reflected in the programme and the training methods used.

Over the years, he has learned how it is possible to use this style to teach both a discipline that contributes to good health and to be very precise in teaching the forms, as well as to prepare fighters for competition.

The Level 1 course is aimed at learning and perfecting the form “Laojia Yilu” and at the same time becoming proficient at Pushhands (Tuishou). The full course consists of nine intensive 6hour Saturday seminars.

Students are, of course, expected to practise sufficiently in between sessions in order to get the most out of this course.

STRUCTURE of the CHEN TAIJI QUAN COURSE

9 Saturdays seminars each consisting of 6 hours of training

Master Fu NengBin would say that if you do not start practising Tuishou from the very beginning of your Taiji journey, then you are wasting your time.

This is why partner work will be practised all through the course, so that at the end you will have a good understanding of both, the theoretical and practical aspects of the Chen Taiji Quan style.

The form “Laojia Yilu” serves to lay a very solid foundation in the style. The emphasis is therefore on perfectly understanding and being able to use the fundamentals of the style.

In the case of Chen Taiji Quan, this means plenty of “Chan si jin” exercises, single postures and pushhands drills to understand the 8 different orientations of power (Peng, Lu, Ji, An, Cai, Lie, Zhou and Kao).

When a group of students successfully complete this level 1 course, a Level 2 course (Laojia Erlu + Basic Weapons) will be offered the next season. After that a Level 3 course (Advanced weapons + advanced Pushhands + Xinjia) will be offered,



DATES FOR LEVEL 1 2026 - 2027

17 October 2026
21 November 2026
12 December 2026
23 January 2027
27 February 2027
13 March 2027
24 April 2027
29 May 2027
26 June 2027

9:30 to 12:30 + 14:00 to 17:00

PRICES

This course offers a unique opportunity to learn the complete Chen Taiji Quan style. The fees have been adjusted to make it more attractive for students who want to get the most out of this course.

CHEN TAIJI QUAN COURSE

per seminar (6hours) -----> 80€

Full course with 9 Saturday seminars (54hours) -----> 540€