



## How to gain **SUPERPOWER** in martial arts?

Science in dialogue with the basic methods of Taijiquan, Karate, Aikido and Yiquan.

Scientific experiments conducted in Center Premik have shown that efficient movement comes from three basic concepts:

**correct posture + freedom of joints + core stability = efficient movement**

Apart from the concepts that define efficient movement, martial arts have to consider the relationship with the partner. For an efficient attack or defense, proper timing and direction of the attack should be used. Thus enabling us to use opponent's mistakes to our advantage.

**proper timing + proper direction + efficient movement = SUPERPOWER**



### Workshop:

In four 90-minute sessions 4 different training methods will be presented - 2 sessions in the morning and 2 in the afternoon. The sessions will be followed by a moderated discussion.

The individual training methods will be introduced by:

- Zeng Xiangbo, taijiquan  
(Yang family Taijiquan, Taiwan)
- Jernej Sever, karate  
(Karate institute/director, Slovenia)
- Aleksandr Starovojtov, aikido  
(Aikikai Slovenija/president, Slovenia)
- Mario Antoldi, yiquan  
(Technice Arti Orientali/director, Italy)

### Answers provided on the workshop by different masters:

How to practice **SUPERPOWER** in these four martial arts?

What kind of exercises are to be practiced in order to achieve efficient movement, proper timing, and direction?

What is the difference between brute force and trained strength?

### Provocative debate with masters and the public:

Žiga Tršar, PhD (Taijiquan Institute) will lead the discussion and provoke teachers about the goals and effectiveness of their training method. He will focus on the problem of transferability of knowledge (especially from different cultures) and question where within a certain method the power of metaphor is speculative and what are the teacher's means to avoid the confusion are. Using the data from experiments conducted in Center Premik, he will seek a common base between universal science and specific teaching methods.



**Date:**

Saturday , April 18, 2015

10.00 - 13.30 ... morning session  
15.00 - 18.30 ... afternoon session  
18.30 - 19.30 ... discussion

**Location:**

Center Premik  
Neubergerjeva 9  
1000 Ljubljana  
Slovenia

**Prices:**

workshop SUPERPOWER (1 Day) ... 40 EUR  
workshop SUPERPOWER + workshop TAIJIQUAN (2 Days) ... 60 EUR

**Information:**

**Žiga Tršar, Taijiquan Institute**

Email: [info@taiji-institute.si](mailto:info@taiji-institute.si)

Phone: ++386.31.242.208

Web: [www.taiji-institute.si](http://www.taiji-institute.si)

**Jernej Sever, Center Premik**

Email: [info@karate-institute.si](mailto:info@karate-institute.si)

Phone: ++386.31.612.529

Web: [www.premik.si](http://www.premik.si)