

Curriculum Vitae: **Giuseppe Possemato**



Following an early start with athletics and swimming, aged 12 Giuseppe discovers Shotokan Karate. He continues to practice Karate for more than 20 years with the following federations: the S.K.K.I, F.I.K.T.E.D.A, U.N.I.B. and F.E.K.D.A. achieving a string of victories at Kata and Kumite competitions and his black belt at 18. He takes part in workshops and seminars with Master Yamada, Master Miura, Master Jorga, Master Pastore, and others.

Giuseppe begins to lose interest in competing, which he feels to be only a marginal part of Karate, and decides to focus more on the study of Karate as an art form and not as a sport. In 1994 following the achievement of his 3rd Dan he decides to gear his studies more specifically toward internal art forms and thus looks to the Chinese tradition. He practices various styles, including Wing Chun, Seven Star Mantis Kung Fu. Giuseppe also obtains a diploma to teach Thaiboxercise.

In Tai Chi Chuan, studying with master teachers Giuseppe finally finds the work on internal energy that he was looking for. In 1998 he practices Chen style Tai Chi (taking part in seminars with Chen Xiaowang, 19th generation Chen family. In 2000 he moves to traditional Yang family Tai Chi with the ITCCA of Chu King Hung (European Director and 5th generation Yang family as well as disciple of Great Master Yang Sau Chung).

In 2005 Giuseppe becomes certified to Tai Chi and takes part in all the yearly seminars with Master Chu King Hung. Since 2007 he has continued to deepen his knowledge of Yang style Tai Chi under the guidance of Master Ding Teah Chean. Master Ding is 6th generation Yang family, and the only person to have studied Yang style Tai Chi with all three disciples of Master Yang Sau Chung, he became the first disciple of Master Ip Tai Tak and is currently one of the world's greatest living experts of Yang style Tai Chi.

Giuseppe consistently takes part in seminars, workshops and teacher training and is now certified to teach also by the JDIATCC and since 2010 is the national representative of the JDIATCC (Master Ding Academy) in Italy

Giuseppe has also studied Qi Gong with Dr Wang and for two years with Dr Hu Lijuan (currently Director of Department of Qi Gong in the Centre for Research and Rehabilitation Therapy “Tai Hong” in Peking, Honorary Consul of the Chinese Association of Qi Gong, descendant of a long line of traditional Chinese Medicine Doctors of the Shanxi Province, and daughter of one of the most famous Qi Gong teachers – Master Hu Yao Zhen.

As well as his passion for Martial Arts, Giuseppe also cultivates a great love of music. He has a degree in music (Classical Guitar) which, alongside Martial Arts he has taught for many years. Putting together these two arts, he has devised and used methodology using Qi Gong for professional musicians, dancers and actors. He has travelled extensively (including various trips to China and Japan). He lives in Rome and teaches all over Italy. He speaks Italian and English.