



## Five Seasons Workshop: Spring-Wood

### Introduction to Wudang Staff

17<sup>th</sup> April 2016. Shotover Hill (meet in main car park).

3pm-6pm

**Daoshu: Wudang Daoist Arts, Oxford**

*In the repeating series of Daoshu's Five seasons Shotover Hill workshops, we practice unique forms and body movements linked to the characteristics and qualities of the five seasons as conceived within Chinese Wuxing theory. We will practice in secluded hill woodland to fully appreciate the connection with Nature.*

This is the “**Spring/Wood**” workshop, focusing on the element of Wood, the bodily organs of the Liver (Yin) and Gallbladder (Yang). This is the embryonic emergence of the Yang principle from the previous Yin of the Winter: the days are getting longer, vegetation is growing. Fresh green shoots and colourful spring blooms are evident. Shotover in Spring is beautiful, with woodland purple carpets of bluebells contrasting with the vibrant green tree canopy. In Wuxing Qi Gong practice the animals linked to Wood are Dragon within the moving sequences, and Leopard within the static sequences, and these practices will open our workshop.

This workshop then introduces Wudang Gun (staff), a wooden weapon appropriate to our Spring element. While Wudang martial arts are more famous for swordplay, there are a small collection of bo-staff forms drawn from the 8 Immortals, Xuan Wu and Tai He systems. These are very distinctive, with striking, swinging, spinning, drunken, recovering and yogic posture elements. This workshop will introduce these techniques and we will cover a short staff form. Bring your own staff if you have one. If you require the loan of one for the workshop, contact Daoshu in advance.

*Next workshop, “Summer/Fire” will be on 19<sup>th</sup> June and will introduce Wudang Dragon Boxing (Long Hua Quan).*

For more information on 5 Seasons Workshops, see:

[www.dao-flow.com/teaching--syllabus](http://www.dao-flow.com/teaching--syllabus) [daoshuoxford@gmail.com](mailto:daoshuoxford@gmail.com)

