



## Five Seasons Workshop: Winter-Water

### Introduction to Liangyi & Taiyi

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

3pm-6pm

# Daoshu

## Wudang Daoist Martial 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 “**Winter/Water**” workshop, focusing on the element of Water, the bodily organs of the Kidneys (Yin) and Bladder/Urinary Tract (Yang). This is the peak of the Yin transformation: water, waning and coldness. Yet the white circle appears within the black yin signalling the rebirth of waxing, Yang energy (the ‘bite’ of the cold). In Wuxing Qi Gong practice the animals linked to Water are Turtle within the moving sequences, and Dragon within the static sequences. Both movements are designed to massage and stimulate the kidneys, cleanse and purify.

This workshop will be an introduction to Wudang Liangyi practices, which explore the contrast of yin and yang qualities: hard/soft and fast/slow. While the origins of Taijiquan are disputed across China and Gong Fu is shared across schools, Tai Yi is uniquely Wudang and some of the forms are undisputedly the oldest practices on the mountain. The Wudang weapons practices are mostly based on tai yi system so this will serve as a foundation for the subsequent weapons introduction workshops later in the year.

*Next workshop, “Spring/Wood” will be in April and will introduce Wudang Staff.*

£5 per person

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)