



Wudang Traditional Training Bootcamp (Internal/Tai Ji & Qi Gong & External/Kung Fu Training Options)

24th July 2016. Shotover Hill (meet in main car park).

10am-6pm

Daoshu: Wudang Daoist Arts, Oxford

Need to get ready for the summer? Have you wondered what a full day of training is like on Wudang mountain itself? Here's a perfect chance to find out. 7 hours of martial arts training in the wooded slopes of Shotover Hill to build fitness and skill Wudang-style.

2 options: a) External Kung fu/fitness/Internal mix or b) Internal Qi Gong/Tai Ji only. Everyone will do the stretching, Qi Gong, Tai Yi Quan and Tai He Quan together.

For the Kung fu practice, we will also start to learn the third form that will be a regular training feature during the weekly classes.

£15 per person.

Programme of the Day:

10am - Meet at car park and walk over to first training spot
10:30-11am - stretching, then Option A) Physical fitness training; Option B) sitting & standing meditation
11-11:30am - Wuxing Qi Gong (whole static sequence)
11:30-11:45 - Break
11:45-1:15 - option A) Kung Fu: Xuan Gong Yi Lu; option B) Tai Ji 13
1:15-2 Lunch
2-2:45: Wuxing Qi Gong (whole moving sequence)
2:45-3:30: Tai Yi Quan
3:30-3:45 Break
3:45-5: A) Kung Fu; B) Tai Ji continued
5-5:45: Tai He Quan
5:45-6: Stretching & cool-down

Bring your own water and lunch. Chinese Tea provided

For more information on 5 Seasons Workshops, see Facebook page &:

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