



Launch of a New Martial Arts School & Website

Taster Sessions in Tai Chi, Qi Gong & Kung Fu

from Wudang Mountain, China

20th May 2015. Cowley Road Methodist Church Centre



Daoshu

Wudang Daoist Martial Arts, Oxford

Experience the Daoist martial and health arts from Wudang Shan, famously represented in “Crouching Tiger Hidden Dragon” and the recent remake of “Karate Kid”.

Session 1: 7:30-8:45pm

Qi Gong (Chinese Yoga) & Tai Ji (Tai Chi)

We will learn sequences with a slow but flowing pace of movement, an internal focus on muscle sensation and bodily awareness. In addition we will be performing static postures that involve deep stretching and breath control.

Session 2: 8:45-10:00pm

Long Fist Gong Fu (Kung Fu) & Tai Yi

The first 40mins of this session will be a high intensity, acrobatic work-out, focused on a form of flowing, twisting and leaping movements that serves as the basic training form for Daoist Kung Fu novices in the temples of Wudang.

The final 20mins will revert back to an internal focus in the Tai Yi system, where we will explore the separation of hard and soft, fast and slow and the generation of internal power as opposed to muscle strength.

£4 per session, £6 for both

For more information, see www.dao-flow.com daoshuoxford@gmail.com