



Five Seasons Workshop: Harvest-Earth & Introduction to the Horse-Tail Whisk (Fuchen)

28th August 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 “**Harvest/Earth**” workshop, focusing on the element of earth, the bodily organs of the Spleen (Yin) and Stomach (Yang), and functioning of the digestive system and muscles. Symbolising the beginning of receding energies following the peak of summer, the Earth phase is characterised as containing the spark of preceding early summer while harbouring the culminated potential of the waxing progression from that earlier Fire phase: reaping the fruits of what has been sewn.

The animals linked to Earth are Tiger within the moving qi gong sequences, and Snake within the static sequences. A focus of intention is sinking energy into the Dantien and moving from this point. We will then introduce the Fuchen, or Horse-Tail Whisk, a soft weapon carried by Daoist monks during their travels and ceremonies. *Fuchen* means to sweep away dust (the Earth), or metaphorically, to sweep away problems – bad energy, worries, or an opponent. Fuchen is a uniquely Daoist weapon wielded with a Taiyi practice that combines light, flowing and striking movements, all performed at speed.

£5 per person

Next workshop, “Autumn/Metal”, Late October, and will introduce Wudang Sword.

For more information on 5 Seasons Workshops, see:

www.dao-flow.com/5-seasons-workshops.html

daoshuoxford@gmail.com