



Five Seasons Workshop: Harvest-Earth

6th September 2015. Shotover Hill (meet in main car park).

3pm-7pm

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 sequences, and Snake within the static sequences. A focus of intention is sinking energy into the Dantien and moving from this point. We will start an exploration of Fuhu Quan, “Taming the Tiger” Gong Fu form, linked to the initial phase of waning energies in the year. We will practice Fuhu basics and standing pillars, and begin to learn the form. The workshop will end with a slower pace and continuation of Tai He Quan.

£5 per person

Next workshop, “Autumn/Metal”, Late October.

For more information on 5 Seasons Workshops, see:

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