



Summer/Fire 5 Seasons Workshop & Introduction to Dragon Fist Gong Fu

19th June 2016. Shotover Hill (meet in main car park).

3-6pm

Daoshu: Wudang Daoist 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 “**Summer/Fire**” workshop, focusing on the element of fire, the bodily organs of the Heart (Yin) and Small Intestines (Yang), blood circulation and functioning of the endocrine system. The energy is high, and we will increase the intensity of training in synchronicity with the building energy of the day, on the eve of the Summer Solstice. As the peak of daylight and unfolding of Yang energy in the year, the solstice also represents the first appearance of Yin receding energy and the subsequent shortening of days, the black spot within the white within the Taijitu diagram.

The animal linked to Fire is the Crane, and we will spend the first hour doing the moving and static forms of Crane Qi Gong, both of which use deep breathing and chest opening to get the blood pumping around the body, invigorating the heart.

We will also introduce the Long Hua Quan system, Dragon Fist Gong Fu. This form is from the Xuan Hua system created at Laoshan by Daoist Priest Kuang Changxiu, also known as “Flying Kicks Kuang”. Longhua exemplified Kuang's skill, with fast spinning and flying kicks alongside twisting, circling and coiling dragon-like arm and body movements. In my opinion, this is the finest Kung Fu form, across any style, both to watch and to practice. This practice will build on the heat and the vigour of the day during this peak of summer.

Next workshop, “Harvest/Earth”, early September.

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

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