



## Summer Solstice 5 Seasons Workshop

21<sup>st</sup> June 2015. Shotover Hill (meet in main car park).

5:30pm-9:30pm

# Daoshu

## Wudang Daoist Martial Arts, Oxford

*This is the first of Daoshu's 5 seasons Shotover Hill workshops, practicing 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 Solstice day. 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 (as the heat of the day starts to cool) doing 3 different forms of Crane Qi Gong. We will then explore the contrast between Yin and Yang within the Tai Yi Wuxing Quan system before peaking the intensity of training with Ji Ben Quan Gong Fu form. As the Yin, receding energy emerges within the Yang culmination, we will learn and practice Tai He Quan, a short internal form, in the final hour of sunset.

**£5 per person**

*Next workshop, "Late Summer/Earth", early September.*

For more information on 5 Seasons Workshops, see:

[www.dao-flow.com/teaching--syllabus](http://www.dao-flow.com/teaching--syllabus)

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