



Wudang Basics Summer Course

Top of South Park, Oxford (adjacent to Cheney School)

Yin session: 6:30-8pm

Yang Session: 8-9:30pm

£4 per session, £6 for both

After the success of the taster session in May, join **Daoshu** for an 8 week course to deepen your practice of Wudang movements. Learn the theory and intention behind these sequences. We will train as the sun is setting over the Oxford skyline below us. Please feel free to come to all or just some of the sessions. See www.dao-flow.com or our facebook page for more details about the school and other events. Email daoshuoxford@gmail.com for mobile contact number.

Yin Session: Tai Ji (Tai Chi)

Wuxing Static & Moving Qi Gong

Tai Ji Basics: Static & Moving Hand Techniques, 8 Energies

Tai Ji Kicks

Wudang 28 Tai Ji form

Yang Session: Gong Fu (Kung Fu)

Wuxing Static & Moving Qi Gong

36 Kicks of Wudang

Tai Yi Wuxing Quan Techniques

Wudang Gong Fu Ji Ben Quan Form

No prior experience necessary

Dates:

Mondays: 13th 20th 27th July & 3rd 10th 17th 24th August (August dates TBC)

Wednesday 2nd September

Daoshu: Wudang Martial Arts in Oxford

www.dao-flow.com