

Increase Your Strength & Agility with Wudang Xuan Wu Immortal Staff

Everyone is welcome. No experience is necessary.

6 Week Course : begins Sat 12 Aug 11am
Conducted by Senior Instructor Chris Radnedge

Xuan Wu is known as the **Mysterious Warrior (or the True Warrior)** of the Wudang Taoist Mountains. He cultivated himself in the remote caves of Wudang and achieved immortal status. An immortal is a person who has managed to transform his human weaknesses, such as attachment and negative emotions like anger and hate into wisdom and compassion. He has opened his meridians fully and can circulate his qi (energy) freely throughout his body. He has refined his energetic alchemy and fully awakened to the human potential. On Wudang Mountains, Xuan Wu is honoured for his achievements and is held in high esteem. A large bronze statue of Xuan Wu (cast during the Ming Dynasty in 1416) is on the Golden Summit, the top of the highest peak of the Wudang Mountains. He is an inspiration to others on the path of awakening.



The Wudang Taoist system is a body of knowledge that pertains to the art of self-cultivation. It begins with a variety of methods to temper and strengthen the mind and body, such as the 5 Animal Qigong, standing Qigong postures and forms such as Tai Chi, Xinyi and Bagua. As well as the various physical practices, the followers of Tao practise sitting Qigong meditation and study philosophy that relates to living in harmony with nature. Overall, it is a teaching on empowering the individual and inspiring him to live a life that is in harmony with others and the world at large. As the student progresses through the various stages of training, they learn a number of weapons such as sword, sabre and staff. Of these three, the staff is the most useful and famous.

The Xuan Wu Immortal Staff is a form of great beauty and power. The influence of Taoist philosophy is evident embodying the forces of yin and yang and the five elements. **It expresses inner power and great mental awareness.** Watching the form, you can see the mingling of calmness and movement. On Wudang, the tortoise and snake entwined are used to symbolise this quality. The **coiling, twisting and striking movements** teach you to coordinate your upper and lower body, developing a high degree of strength and flexibility in the practitioner. Wielding the Staff helps to **loosen the**

shoulders and strengthens the arms and wrists. The waist is turned and twisted promoting a **spiralling force** which is evident in the Hun Yuan Tai Chi. The form promotes anaerobic and aerobic **fitness.** The stances are good for **building power in the legs.**

Overall, learning the Xuan Wu Immortal Staff form **will greatly improve your level of kung fu**, that is, the depth and knowledge in the internal arts. This form will allow you to handle any long handled weapons with confidence. It also lays the foundation for learning the Monk's Spade, which will be taught at a later date.

This 6 week course will be taught by Senior Instructor Chris Radnedge who has studied various weapons for many years, including training on the Wudang Mountains in 2012. **Expect a great class with plenty of action and fun!**

6 Week Course : 12 Aug to 16 Sept 2017

Sat 11am to 12.30pm \$200– GST included

Students who also enrol in Tai Chi, Qigong or Wu Dao Gong are eligible for a special rate of **\$160–**

St. Vincent's Primary School Hall
Bindel Street, **Aranda**

►► **NOTE!! : Bring your own staff.** ◀◀

Purchase a wooden stick or pole from a **hardware store.** It should be approximately **2.5cm in diameter and 5cm taller than you.** You will also be able to use this for the Monk Spade form in the future.

Bookings are essential – pay online,

<https://www.taichiacademy.com.au/secure/workshops.php>
– phone the Office on 02 6296 1357 or pay your instructor.

Please pay the course fee to confirm your booking.
M/C, visa & Amex are welcome. (\$2 fee applies to Amex)

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