

Elevate your Internal Power, Well Being & Skill with the Guarding the Temple form

2 Week Course : 22, 23, 29 & 30 Jan 6.15pm to 7.45pm
Conducted by Chief Instructor Brett Wagland

Suitable for everyone. Enjoyable to do.

This form is not taught often. The last course was in 2012. Take this rare opportunity!

Xin Yi is one of the 3 major internal arts of China, the other two are Tai Chi and Ba Gua. All three share the same philosophy in terms of training jing (essence), qi (internal energy) and shen (the spirit of vitality). Xin Yi is said to have been developed by the great General Yue Fei in the 1100s. Over the centuries, it has been constantly refined by many great masters and was made famous in recent times by Guo Yun Shen (1829-1898). It has absorbed the classical methods such as the tendon and muscle changing art and bone and marrow washing practices of the Shaolin Temple. It has also included many of the Taoist alchemical practices of refining and transforming internal energy.



One of Guo Yun Shen's most famous disciples was Sun Lu Tang (1860-1933) who studied Xin Yi, Tai Chi and Bagua. He realised the similarities of all 3 arts and absorbed them into his teachings. In their day, great martial artists such as Guo were undefeated. They had reached the so-called spirit level in terms of skill and understanding. When they moved, they resembled dragons in the clouds. Opponents usually felt awe inspired while watching them practise or when they were engaged with a rival. Guo was said to be able to leap up to 30 feet when he demonstrated the tiger form. One time, 5 people placed their staffs against his abdomen and with one exhalation, they were all thrown onto the ground. There are many stories of these great masters' skills. Sun Lu Tang wrote a number of books about his art and described the great benefits they bestow on those who practise them. Ultimately, he said they are **tools for following the Tao, the natural way. These internal arts have all the principles and methods of transformation.** For this reason, they are considered a treasure and should be passed on to continually benefit humanity.



The **Guarding the Temple form** is a unique skill set, usually only taught to close disciples. This short form of 10 movements consists of all the main principles within Xin Yi and some rare skills. It teaches timing, flow and connection so that the practitioner can understand how to transit from one movement to another with power and naturalness. The reason it is called Guarding the Temple form is that **it contains all the essential skills a practitioner needs to strengthen himself.** It was the **last line of defence used to protect the temple from attack.** Although it is

rare, it isn't too difficult to learn. This short form is simple and yet profound.

The Guarding the Temple form consists of **all the different types of power** from Xin Yi, such as, chopping (pi), crushing (beng), drilling (zhuan), explosive cannon (pao) and crossing (heng). During the 4 lessons, as well as learning the movements of the form, you will be shown how to practise each of the above main forces separately. This is the traditional way to understand a posture and develop its essence. The application of each movement will also be covered in the course. Being able to express the forces naturally is considered a great achievement in our system.



Learning these forces teaches you to integrate body structure with relaxation and build internal energy which are the real secrets to internal power. Training in this short form will enlighten you on how to use the body and mind more efficiently, giving you great insight into coordination and power generation. If you practise Wu Dao Gong, Tai Chi or any sports, you will benefit greatly from the emphasis that is placed on alignment and coordination. **All the practices can be done slowly and gently like Tai Chi or fast with power.** It is up to you to decide how you want to practise and what you would you like to gain from a training session.

This short course is suitable for students of Wu Dao Gong, Tai Chi or anyone who wants to improve their health and sporting performance levels. **These practices will enhance your understanding and ability in everything you do!**

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Tues & Wed 6.15pm to 7.45pm \$140– GST included

Canberra College Gym

Launceston St, opposite Eddison Park
(formerly Phillip College) Woden

Bookings are essential.

- pay online, <https://taichiacademy.com.au/tca/courses-view>
- phone the Office on 02 6296 1357 or pay your instructor.

Please pay the course fee \$140– to confirm your booking.

M/C, visa & Amex are welcome.

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