

Increase Your Stamina & Agility with Wudang Xuan Wu Quan

2 Week Course : 18, 20, 25 & 27 Jan 5.30pm to 7.15pm
Conducted by Chief Instructor Brett Wagland

Summer Short Courses

This January is a good time to expand your horizons and learn something new. The Academy will conduct two special courses : one is the Self Healing Wuji Gong and the other is a powerful Wudang mountain Taoist movement set called Xuan Wu Quan. Both these practices will benefit you in health and vitality and will bring a deeper understanding of the internal healing and martial arts of ancient China.

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Journey to Wudang and you will behold the majestic Taoist mountains of China. For thousands of years, seekers of a deeper understanding of life have travelled to this magical place to cultivate the mind and body with the ultimate goal of achieving immortality. Over the centuries, great discoveries about the body-mind connection have been brought to life there. **Taoists use special meditation and movement to heal, rejuvenate and empower the mind and body.** These practices release the hidden potential of the mind and body, leading the Taoists to new ways of understanding and uncovering the deeper meaning of life and one's purpose.



The arts of Tai Chi, Xinyi and Bagua have always been practised on these mountains. Great Taoists, such as Chang San Feng (legendary founder of Tai Chi), Lu Dong Bin (one of the eight Taoist immortals) and **Xuan Wu** (the Mysterious Warrior; also known as Zhen Wu, the True Warrior) all trained here in this awe-inspiring place. 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.

In Wudang, there are many arts that are practised to develop our latent qualities. Usually, students learn some simple standing postures that train strength and flexibility and some of the many forms, such as, Xuan Wu Quan. This

boxing set is a combination of hard and soft movements, displaying the qualities of Tai Chi, Xinyi and Bagua. **It elevates and transforms the practitioner, enabling you to deepen your understanding of the internal aspects of the training.**



The Xuan Wu form is a **workout** which is good for your stamina and health. It is **enjoyable** because it masterfully combines the essence of all the great internal arts.

During January, you have the opportunity to **experience the power and grace of the Wudang Xuan Wu boxing set.** This set is about a thousand years old. It comes from the Song Dynasty where it was used by warrior guards to protect the Emperor from harm. The movements combine the **yin and yang** of hard and soft to produce the qualities of yielding and explosive power. It teaches hand and eye **coordination** and combines fast and slow movements which develop **agility and a spring like quality** within the body. "**Sit like a tiger**" and "**move like a dragon**" are classical phrases used to describe practitioners training in this form. **The whole body becomes very alive**, as if electricity is running through it. With practice, this energy is harnessed in the body centre to be used in fa jin (release of explosive power). It develops the ability to release power like thunder. **This form embodies** the principles of body movement of Tai Chi, the stepping of Bagua (moving like a dragon in water) and the stability of Xinyi (like a deep rooted tree when issuing power from the Dan Tian in the abdomen).



The Xuan Wu boxing form is a **powerful workout.** It trains the whole body. It **builds stamina and fitness** leading to higher level skills. After a few rounds of the form, you feel invigorated and empowered. One round of the form is completed in just 2 to 3 minutes. This form is rarely taught outside of the Wudang Mountains, so take this opportunity to learn this form in January!

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Mon & Wed 5.30pm to 7.15pm \$160– GST included

You will receive a free demonstration video of the form.

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

Bookings are essential – pay online,
<https://taichiacademy.com.au/secure/tca/node/205>
– phone the Office on 02 6296 1357.

Please pay the course fee \$160– to confirm your booking.
M/C, visa & Amex are welcome.

Canberra Kung Fu Academy