

WORKSHOP 7: WAVING HANDS IN CLOUDS



INTRODUCTION

1.1. **The Question** : Where next after flying? What can we expect from the second half of this course?

1.2 PDF DETAILS

1.3 **Workshop Details** : All About the ...Workshop, preparation, moves and the workshop theme of Yielding.



PRACTICAL

Let's Go

2.1 **The Posture of an Immortal:** Relax that upper torso! Exercises for the shoulders, wrists and Elbows.

2.2 **Preparation Exercises:** More waist work - essential standard swing-moves that are linked to the basic tai chi moves.

2.3 **The footsteps of an Immortal: Shuffling side to side.**

2.4 **The Breath of an Immortal:** The windmill and the movement of air and how it connects with the other breathing exercises to date.

2.5 Lets play with the **Move:** Waving Hands in Clouds and how it fit into the sequence so far.

2.6 **Final Words:** Introduction to Section 3



EMPTY YOUR CUP

3.1 **Words are wind:** Literally Speaking

3.2 **Shadow Boxing:** Martial Applications for the move - with both new and old footage.

3.3 Waving Hands and the all-important concept of Yielding



WRAP IT UP

4.1 **What to Practice** - 8 steps for good regular practice.

4.2 **Sneak Preview** of next workshop: Golden Rooster