

# WORKSHOP 8 PDF: GOLDEN ROOSTER STANDS ON ONE LEG



## INTRODUCTION

1.1. The Question : Golden Rooster teaches us about balance, but lets not forget we are not just talking about the ability to stand on one leg. The concept and the acquired skills can take us much further.

1.2 PDF DETAILS

1.3 Workshop Details : Preview the Workshop content here, the preparation, the moves and the workshop theme of Balance and Staying Alive.



## **PRACTICAL**

2.1 The Posture of an Immortal: Relax Standing, turning and balance is tested in these simple exercises.

2.2 Preparation Exercises: Work out the lower leg - ankle, knee and hip with these easy-to-do warm up exercises.

2.3 The footsteps of an Immortal: Raising the leg: Beginners and Intermediate versions.

2.4 The Breath of an Immortal: Touch Sky Earth Twist - the next episode in our breathing set.

2.5 Lets play with the Move: Putting it all together - the arms, legs and grounding.

2.6 Final Words: Introduction to Section 3 - plus how to exercises during your daily activities.



## **EMPTY YOUR CUP**

3.1 Words are wind: Literally Speaking

3.2 Shadow Boxing: Martial Applications for the move - this session featuring the Lighthouse Tai Chi crew.

3.3 Balance and Full and Empty.

3.4 Chuang Tzu's Classic Fable of the Fighting Cock and the King - version teapotmonk.



## **WRAP IT UP**

4.1 What to Practice - 8 steps for keeping up your practice.

4.2 Sneak Preview of next workshop: Single Whip