

WORKSHOP 9 PDF: SINGLE WHIP



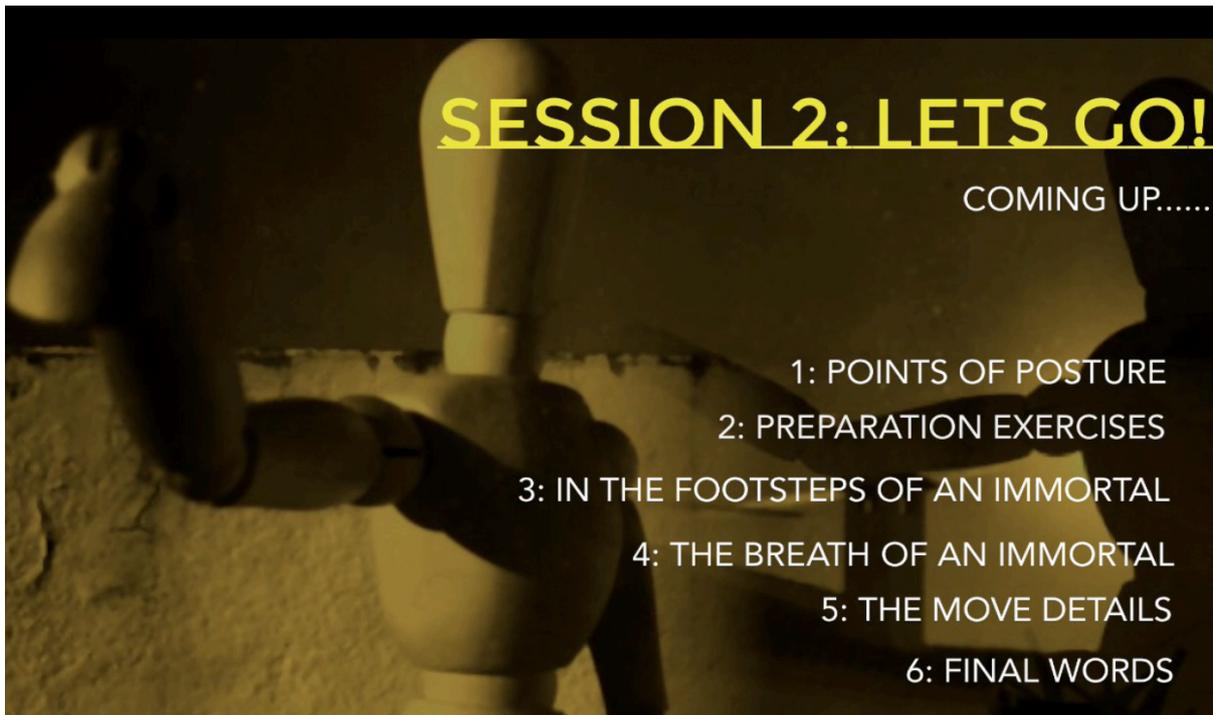
INTRODUCTION

1.1. The Question :

Single Whip introduces us to a range of new movements that require a good grounding in balance and rooting as well as the knowledge and practice of moving from the waist. Fortunately, we have covered these subjects in earlier workshops, so we should be ready to tackle this more challenging posture by now. But Single Whip also introduces us to something more: the idea of moving at the appropriate time and with the appropriate energy for the demands of the situation...a Taoist concept known as **Wu Wei**.

1.3 Workshop Details:

Preview the Workshop content here, the preparation, the moves and the workshop theme of **Dragon's Veins** and **Wu Wei**.



PRACTICAL

2.1 The Posture of an Immortal: Tap and touch - heel and hip work to prepare us for this workshop movement where we will be twisting and turning like Chubby Checker.

2.2 Preparation Exercises: We move on to wrist, forearms and waist work in our crash course on **Body Spiralling**.

2.3 The Footsteps of an Immortal: Turning 180 degrees whilst remaining grounded is our aim in this tricky, but smooth stepping technique - a technique that will be with you forever.

2.4 The Breath of an Immortal: We take the figurative weight of the world on our shoulders as we hold up the heavens in this new breathing exercise.

2.5 Lets play with the Move: Finally, we run over the basic position of **Single Whip**, explore the **Hook Hand** or Dragon's Mouth and review our Tai Chi Mini Form to date.

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 - this session featuring once again Dave from the Lighthouse Tai Chi crew, and Elias from Spain.

3.3 In the workshop theme you get a double dose of **Taoism** when we explore how to find the **Veins of the Dragon** - those energy sources so important to our Tai Chi. Plus, we look at a concept fundamental on understanding the philosophy of the art: the **Tao of Wu Wei**.



WRAP IT UP

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

1. LEARN TO TAP DANCE
2. LEARN TO FIND YOUR SPIRAL
3. LEARN TO TURN - AND THEN TURN BACK
4. HOLD UP THE HEAVENS
5. HOOK THE HAND & RELEASE
6. GO HUNTING FOR DRAGONS VEINS
7. LEARN TO TAKE THE PATH BACK TO NATURE
8. LEARN TO STOP WHEN YOUR CUP IS FULL

4.2 Sneak Preview of next workshop: Probably the most challenging posture to date: **Four Corners** or Weaving the Shuttle.