

# Volume 1: The Water Form

“The didactics of the Water Form”

## THE IDEA

This first volume aims to provide theoretical and practical tools to offer to all practitioners of Taijiquan, Qigong, Yoga, and internal arts, and neophytes interested in understanding these arts, some guidelines to be adopted immediately to get in touch with the universe of the body. This course offers an ultimate vision to understand the traditional practice of these disciplines through a natural concept. Adapting all the didactic elements to the acquisition of the qualitative change of the subject, which is, therefore, the body.

The theoretical and practical elements used in this first course come specifically from the culture and the experience of the school system of the Water Form. This system has its precursor Master Wang Zhanhong, who died a few years ago; today, the current representative is Master Wang Zhixiang, internationally known as the undisputed custodian of the culture, practice and philosophy of this lineage. Therefore, master Isidoro Li Pira will present the course, M° Wang student, qualified for the training of the school's teachers and consequently the most representative teacher of the school on the European territory. With his 40 years of experience, Master Li Pira aims to spread most simply the main themes of the system and the classical principles of Taijiquan and then transmute them into strategies for immediate application when it comes to students of these arts, rather than in everyday life.

## Teacher's Opinion

As a student who has lived and kept living this life experience immersed in the practical culture of martial arts in general, I can define these disciplines' study and practice as a formation that leads us and educates us to life in all its contexts. The benefits derived from study and practice are always in the hands of the student when the latter finds the guidance of good teaching and an empathic environment that will allow him to go beyond the limit of technical practice, to immerse himself in a path of reflective and compelling study in any field. This is what I have learned and what keeps exciting me in every moment of my life.

**"Isidoro Li Pira"**

## Benefits

### Course Purpose.

To provide a holistic view of the practice, integrate health and its preservation, and give the knowledge of the culture to deeply understand the discipline of Taijiquan and the internal arts in general. To allow everyone to take advantage of qualified and straightforward teaching to obtain immediate benefits and confidence in the individual potential, suitable to face the physical or psychological nature of physical or mental nature, proposed by the current daily context.

## Description

By purchasing this video course, you will

- ! Have a first view of what the system of Taiji's Water Form proposes;
- ! Understand and practice simply some exercises specific to the deconstruction of the body as an instrument of practice;

- ! To learn some strategies of easy application to obtain immediate physical and mental benefits

## Summary

### - Introduction

- ! Course presentation
- ! Advantages and benefits of the course
- ! Brief Introduction to Teaching
- ! Taijiquan and internal disciplines in general

### - Theory

- ! Specific didactics to deconstruction
- ! A specific vision that relates to classical principles
- ! Didactic elements of the study path

### - Fundamentals

- ! Using the legs
  - ! The step, its purpose in function
- ! Using the stance
  - ! The energy that translates stability and rootedness
- ! Unstructured process of the body
  - ! Body structures suitable for the principle of dissolving
- ! Using the arms principle of their use
  - ! Movement
- ! Gazing
- ! The essential guide for educating the "Yi" o Posture
- ! Orientation and perception of postural alignment
- ! Fundamental principles
  - ! The gravity that translates physical stability and mental state
  - ! The energy that becomes a presence in the vitality of the body and transparency in the mind

## What do I purchase?

What does the purchase of the multimedia Taiji course include?

It will immediately provide you with **the link to download the complete course without time limits** by purchasing this course. You can watch the whole course offline on any device (PC, tablet, smartphone).

## Contents

Everything included in the course is described in the table of contents below.

Main elements.

- ! 6 video files of 1 hour and 11 minutes in total. The files present the didactic language specific to the practice of Water Form Taiji. In addition, a general view of those practical elements underlie the practice and is integrated into every evolutionary path and every other experience.

In these videos, you will find the different methodologies specific to deconstructing each part of the body and a demonstrative introduction to the first part of the form 85 sequences of the Taiji school of the Water Form.

- ! A presentation of the work realized by Master Isidoro Li Pira and extra short content introducing the following video courses.

Download now.

Technical Data

- Full video length: 1 hour and 11 minutes.
- Video file resolution: 1280x720
- File size: about 800 MB (divided into several files to download)
- Warnings, legal notes and copyright referred to **art. 1 of Law n. 633/1941**