

THE IDEA

Introduction to Taijiquan Water Form

With the second volume, we delve into the practice of the form. The form is the instrument for an integrated study based on the three cardinal pillars of the School of Water: health, defense, culture. Taijiquan, like other Chinese disciplines, uses the practice of codified sequences to provide the student with a tool, through which he can experience the various didactic contexts, such as the internal work "Qigong," the fundamentals, "jibengong," the two-way sensory work "Tuishou" and the application "Sanshou."

In addition to this, the study of the form involves gestures that lead the body to sensoriality, specific to Taijiquan in general, which is the central identity of the School of Water form.

In this school, the form study is marked by three sequences and three qualitative levels. These, referring precisely to the element of water, are identified in the first form, coming from the lineage of Master Dong Yinjie, with the flow, when it translates the various changes in body density. The second form of the lineage of Master Dong Bin is characterized by movements that oscillate like sea waves aiming at the application of the "Yao" (the hip, the center, the axis, etc.). Finally, the third form comes from the lineage of Master Wang Zhanghong, characterized by many whirling movements, which, like whirlpools, naturally blend centrifugal and centripetal force.

In this volume, we start showing the first section of the first form of the School of Water. The one that, as previously mentioned, leads to the quality of flow. In addition to the didactics of execution, seen in several projections, we will present different applications, from the Tuishou view and the Sanshou, in addition to the principles that support them. As rich in content, the first part is the heart of learning Taijiquan. From the beginning, it allows the student to understand those didactic-practical contents, valuable to the experimentation of many applicative contexts, physical, psychological, cultural, environmental, etc.

The video course is presented by M° Isidoro Li Pira, a student of M° Wang Zhixiang, qualified for the training of schoolteachers and, therefore, the most representative schoolteacher on the European territory. With an experience that includes more than 40 years of practice, Master Li Pira wants to emphasize the direct experience of practice so that the student can immediately have immediate and straightforward didactic tools suitable to any individual experience.

The Master's Opinion

The study of Form sequences has been in my life as a student of Gongfu since the age of 16, allowing me to increase many skills, first concentration, then the dynamic observation of events. All qualities that have then accompanied my life in different contexts, private and professional. For these reasons, I firmly believe that learning sequences, as given by Oriental disciplines, generally lead everyone to multiple discoveries of the mental and psychological universe.

On the other hand, self-education in memorizing is a great help in developing and maintaining didactic skills in young people and maintaining mental elasticity in older people.

I also believe that being guided and allowing oneself to be led consistently, without a specific goal or purpose, by an expert in acquiring practical tools involving the body and the mind can lead to much more exciting purposes than gymnastic and aesthetic performance. Therefore, I would like to encourage students to practice with this volume, avoiding simply learning a sequence. In this way,

I want to transmit an experience that becomes unique to each individual who lives it. By transmitting a language, a shared experience goes beyond the limits of technicity and progressively enters the introspective study of every integrated field.

"Isidoro Li Pira"

Benefits

Course Purpose.

To educate to the practice of the form with an integrated vision of all its cultural content, aims, purposes and qualities: health, leading to the understanding of the physiological body, for the preservation of psychophysical well-being from the point of view of TCM; for defense, extending the concept of safeguard conceived by the martial arts and leading to the understanding of the martial arts in general. Approach, through qualified and straightforward teaching, all the different experiences and thus become an instrument for developing individual potential, physical or psychological nature.

Description

By purchasing this video course, you will be able to:

- ! Learn the first section of the 1st Taiji Water Form and understand the quality of flowing.
- ! Understand how the practice of the form is not a simple routine but a set of actions aimed at managing the body in space.
- ! To use every movement in the various didactic applications and so to widen one's knowledge of the gestures of Taijiquan, whatever the experience is;
- ! Use the attached handout to have an immediate vision of the main contents of the Taiji system in the form of Taijiquan.
- ! Use the enclosed handout to have an immediate vision of the main contents of the Taiji system of the Water Form.
- ! Learn the system's clear and systematic language and delve into the practice to obtain the expected results.

Summary

- Introduction

- ! Presentation of the form and its meaning
- ! Advantages and benefits proposed by the integrated practice
- ! Description of the language of teaching dedicated to the principles
- ! How Taijiquan integrates and distinguishes itself from internal disciplines in general

- Theory

- ! The specific instruction to the execution of the form seen in multiple projections
- ! The various qualitative subjects of the first section of the form

- ! Exposition of the didactic elements that are articulated in the practical and
- ! study of the sequence

- Fundamentals

- ! The first section of form 85 traditional Yang style sequence of the Water Form
 - o Structure for the execution of the sequence
- ! beginning of the sequence; grasping the sparrow's tail in frontal and side view
 - o The didactics for the performance, meaning and application of the gesture
- ! The single whip and the heron spreads its wings in frontal and lateral view
 - o Didactics for the execution, purpose, and application of the gesture
- ! Touching the knee, playing the lute in frontal and lateral view
 - o Didactics for the performance, meaning and application of the gesture
- ! Advance parry and unleash the punch and apparent close in frontal and lateral
 - o Didactics for the interpretation, purpose and application of the gesture
- ! The crossing of the arms, the closing sequence, the meaning and application of the gesture
 - o Didactics for the execution, purpose and application of the gesture
- ! Fundamental principles
 - o The suspension and presence of "Xu Lin Ding Jing."
 - o The energetic vitality that comes from controlling posture and the sensation that translates the function of the different structures (skin, muscles, fascia)

What do I purchase?

What does the purchase of the multimedia Taiji course include?

By purchasing this course, you will be immediately provided with the **link to download the complete course without time limits**; you can watch the video offline on any device (PC, tablet, smartphone).

Contents

Everything included in the course is described in the table below. Here are the main elements.

- ! 1 video dedicated to presenting, in specific didactic language, the solo practice of the first sequence of the 85 form of Taijiquan Water Form. A general exposition of those practical elements underlie the practice and is integrated into every evolutionary path and every other experience.
- ! 5 Videos of 60 minutes in total. In these files, you will find the specific parts to develop the didactics of the first part of the form, in frontal and lateral projection divided into the various didactic subjects, together with the meaning of each structure and the applications of each gesture. Elaborations of the application through the Tuishou for the understanding of the implicit internal forces.

Download now.

You can consult without time limit the files downloaded at the purchase: 1 mp4 video lesson of 15 minutes entitled "Water Taiji - The form-Intro 1", an introductory handout, in "pdf" format, of the fundamental concepts of the school of water form, which summarizes the practical ideas and moral teaching.

Technical Data

- Duration of each video file 15 minutes approx. Total duration 1 hour and 6 minutes.
- Video file resolution: 1920x1080
- File size: from 500 MB to 1.35 GB (divided into several files to download)

! - Warnings, legal notes and copyright referred to **art. 1 of Law n. 633/1941**