

Volume 4: The Water Form

"The 2nd section of the traditional form 85 Yang style sequences of the form
of water"

THE IDEA

Introduction to the Taijiquan of the Water Form

Following the teachings already introduced in the first volume dedicated to the first section of the Taijiquan of the Water Form, this volume, dedicated to the second section, goes deeper into the application details of each gesture.

Referring to the classical text of the Yijing, the practical experience of Taiji is based on three paradigms: the earth, which expresses the form manifested, the physical; the water, which moves and changes continuously, the axis of interacting forces, the center; the sky, the invisible, the impermanent, the psychic instinct.

According to this, when the student understands the fundamentals of the practice, he can explore the second practical section of the form, a critical study based on the three cardinal pillars of the Water School: health, defense and culture.

The development required in this form section involves acquiring gestures that lead the body to sensoriality, specifically Taijiquan in general and the school of the Water Form.

The practice of the form presented in this volume includes the application of instinctive defense and Toushu. The internal work of Taijiquan acts directly on the fascia: a proprioceptive tissue imbued with nerve fibers able to modify the different body structures in density or alignment. In medical terms, we can consider it helpful for many organic and postural pathologies.

The body is a sensory receptor. It constantly receives information from primary sensors (the five senses) through the skin and other receptors in every body tissue. Therefore, knowing these processes and adapting them to one's own practical experience is of great help from the very first experiences of practice. However, it can be challenging to learn without an expert guide.

The video is presented by Master Isidoro Li Pira, a direct student of Master Wang Zhixiang and responsible for the latter's training of teachers of the school of Water Form.

His experience includes over 40 years of practice in martial arts and disciplines so-called "internal."

Master Li Pira emphasizes direct experience in practice to have immediate and straightforward didactic tools adapted to any individual experience.

The Master's Opinion

A classic Taoist philosophy states that the approach to the study requires technique and observance, while the practice requires maturation through experience. The two are equalized with different percentages. In the end, the translation of this quote shows us how important it is to learn a method (the form) and then translate that into practice. Therefore, studying the form in Taijiquan is a mandatory step to learn the principles at the base of what constitutes logical learning. Still, to make Taijiquan a discipline of life, we must permeate the aspect of the illogical, which can be explored with the experience applied and verified in everyday life.

Knowledge doesn't come from the perfect stylistic execution of the form but its applicability through the Tuishou. Therefore, Tuishou is the most specific testing ground to understand all the peculiarities that the discipline of Taijiquan has inherent in it. We will be able to draw all applications: defensive, health, and cultural.

I suggest that students verify that their practice includes all contexts of daily life, personal, professional, social, etc. Taijiquan is an instrument through which we can specifically observe each subject, therefore a discipline that allows us to acquire a critical eye on every detail. For this reason, since Taijiquan is a great discipline, it is necessary not to get lost and be guided expertly up to the point of no return to the custom of life that we know. Only if we give ourselves unreservedly to the practice, trust the teaching and maintain a great respect for the discipline that holds within itself does the seed of knowledge, that will occur.

To generate the right stimulus, I have tried in this video project not to skimp on teaching so that every student, from the very beginning, will be able to learn and experience the original Taijiquan, embracing it confidently and discovering themselves as being part of this life.

I hope that the transmission of my experience may cross the boundaries of style or teaching, overcome the limitation of technicality and allow everyone to delve into the study of Taijiquan progressively.

"Master Isidoro Li Pira"

Benefits

Course Purpose. To strengthen and instill discipline and passion in each student.

To lead the student to an integrated vision of all the contents inherent in the Taijiquan discipline. To stimulate curiosity and interest in every field. To allow the student to use cultural, health and defensive potentialities: health, understanding the physiological body, safeguarding psychophysical well-being from the TCM point of view; defense, extending the concept of preserving conceived by martial arts. Approach, through qualified and straightforward teaching, experiences and thus become a tool for developing individual, physical, or psychological nature with which we face the daily life.

Description

By purchasing this video course, you will be able to

- ! Learn the first section of the 1st form of Taiji of the Water Form and understand the flow quality.
- ! Understand how the practice of the form is not a simple chain of exercises but a set of actions aimed at managing the body in space, with examples of the Sanshou.
- ! Use each movement in the various didactic applications and thus expand your knowledge of Taijiquan gestures with the examples of Tuishou.
- ! Use the attached handout to have an immediate vision of the main contents of the Taiji system of the water form.
- ! Acquire a clear and systematic language of the system and thus delve into the practice with more ease in obtaining the expected results.

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- ! Presentation of the form and its meaning
- ! Advantages and benefits that the integrated practice proposes
- ! Description of the language of teaching dedicated to the principles

! How Taijiquan integrates and distinguishes itself from internal disciplines in general

- Theory

- ! Insights into the Taijiquan practice of Water Form
- ! meaning of the crossing and relationship with the axis of the center
- ! The concept of balance and its didactics applied to the execution of the kicks
- ! The specific didactics to the execution of the form seen in several projections
- ! The various qualitative subjects intrinsic to the first section of the form
- ! Exposition of the didactic elements that are articulated in the practical path and of the
- ! study of the sequence

- Fundamentals

- ! The second section of form 85 traditional Yang style sequence of the form water
 - The structure for performing the sequence
- ! Embracing the tiger and taking it to the mountain; punching under the elbow; stepping back and repel the monkey; views in multiple projections
 - Didactics for execution, meaning and application of the gesture.
- ! The diagonal flight; the needle at the bottom of the sea; hands as the fan;
 - Didactics for execution, meaning, and application of the gesture.
- ! Turning and striking with the fist; moving the hands like clouds; turning and striking with the fist
 - Didactics for the execution, meaning and application of the gesture
- ! Grasping the crotch high; kick in separation, heel thrust kick
 - Didactics for the execution, meaning and application of the gesture
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 - Didactics for the execution, meaning and application of the gesture
- ! Fundamental principles
 - The gravitational axis for the crossing of forces
 - The application crossing using the control forces "Zhan nien lien sui."
 - The qualitative concept of suspension and didactics applied to kicks

What do I purchase?

What does the purchase of the Water Form Taiji multimedia course include?

By purchasing this course, you will immediately receive by email the **links to download the complete course without time limits**, offline on any device (PC, tablet, smartphone).

Contents

Everything included in the course is indicated in detail in the table of contents below. Here we summarize the main elements.

- ! 1 video dedicated to presenting the second section of the form in its functional meaning functional. It is possible to understand the application elements of the axis and the intersection of forces.
- ! 5 Video files for a total of about 56 minutes. In these files, you will find the different actions of the second section of the form. The latter saw from other projections, frontal, lateral and posterior. Various moves through the Tuishou to understand our sensoriality and the Sanshou to understand the maturation of our instinct.
- ! A handout summarizing the core teaching content mentioned in the video lesson.

Download now. You can consult the files downloaded at the time of purchase without any time limit: 1 mp4 video lesson of 7 minutes entitled "Water Taiji promo-free - Presentation, an introductory handout an introductory handout, in "pdf" format, of the entire contents of the book.

You will be able to consult the course using your computer, tablet and smartphone, wherever and whenever you want, without needing to be connected to the internet!

Technical Data

- ! Duration of each video file: 10 minutes approx. Total time: 1 hour approx.
- ! Video file resolution: 1920x1080
- ! File size: from 600 MB to 1.41 GB (divided into several files to download)
- ! Warnings, legal notices and copyright referred to **art. 1 of Law n. 633/1941**