

Volume 5: The shape of water

"The 3rd section of the traditional form
85 Yang style sequences of the form
of water"

THE IDEA

This volume completes the didactic overview on the 1st traditional form of the Taijiquan Water School. Many are the indications in the volume for the didactic level and the integration of the principles to instill in the student the qualitative aspect of "flowing."

Flowing is synonymous, not only for the practical gesture but also for everything that concerns life and existence, ultimately to quote an aphorism of Heraclitus "Panta rei," precisely, "everything flows."

The form presented here is a vital tool for our all-encompassing practice. It allows us to sweep across the board in the application areas of each integrated context: health, philosophical culture and practical defensive aspects to face daily life.

Therefore, disciplining oneself in Taijiquan has a determining value if one considers how much the Yin/Yang principle concept is synonymous with everything represented in life and that flows and fluctuates according to time and space.

We are individuals of matter, prone to all the changes of non-matter in the space/time that permeates existence. We express ourselves through immaterial thoughts, words, and actions. It is what in the classics is identified as the interchange of "void and form." So, when we are allowed to understand through our psychological tools, these must discipline themselves to absolute principles and thus enable us to be part of the whole.

Taijiquan, therefore, cannot be an alternative activity but a tool that opens our point of view to the macrocosm and microcosmic.

As much as the gesture of the form leads us back to the body, behind it is our mind. That psychological context is composed of memories, current and past. And it is through the game of the form that, step by step, we can gain awareness, cleaning up the binding memories behind our physical and psychological structures.

The Master's opinion

Taijiquan is an action that draws strength from softness and roundness.

Practically, how can this essential aspect be achieved?

First, one must understand the principles that the Master imparts. Second, the work on the fundamentals must be performed correctly, the form learned by heart; the tuishou exercised regularly so that one can gradually acquire what in Taijiquan is called "dong jin," the understanding of the happening in a broad sense. In Taijiquan, it is defined as "dong jin," the knowledge of the happening in a wide sense and all areas and all spheres, feeling the strength and intensity of one's energy and that of others. All this seems to be relegated exclusively to the martial sphere, while experience teaches us that the applicability of Taijiquan is not only in the martial sphere.

As a philosophical culture, the applicability of Taiji can assist us in every context, allowing us to draw pure experience transferable and comparable. The softness established at a psychic level promotes proper discernment. This talent skills the ability to observe and understand in

concentration and is consequently the root of the ponderation. A psycho-physical balance is a gift expressed by wisdom.

"Isidoro Li Pira"

Benefits

Purpose of the course.

We must not forget that Taijiquan is a discipline that works on our health; first of all, physical when the feeling is elevated to a stage of perceptive sensoriality will allow us in the health contexts to become an instrument of detection of our immune system. The internal and external defenses assist us more in the maintenance and establishment of wellness in general.

On the other hand, at the psychic level, a relevant constituent of our daily life, the mental state through the body acquires softness, begins to dissolve from those physical and psychological constraints that structure life in the custom, what each of us identifies as everyday life. This happens with the understanding of the cardinal principles, which constitute the cultural and philosophical reality of Taiji so that everyday reality is transformed to become extraordinary and make every moment of our existence compelling.

Description

By purchasing this video course, you will:

- ! have an overview of the didactics of the first form of the Taiji system.
- ! Study and understand how the form can become an excellent tool to gain defensive strategies for psycho-physical well-being.
- ! Understanding in a simple way how Taijiquan can become a good support for daily life thanks to the study of form.
- ! Learn how to calm our minds and clean up recurring thoughts through positive stimuli induced by a correct concentration practice.
- ! Structuring the gesture from the qualitative point of view and making its applicability spontaneous and intuitive.

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- Introduction

- ! Presentation of the video course and its specificities
- ! The meaning of the quality of flow implied by a significant change
- ! Understanding the uniqueness of the supreme principle of Yin/Yang
- ! Form as an improvement of the physical skills of Gongfu and the mental abilities of Yi
- ! Taijiquan is an essential discipline for understanding everyday life

-Theory

- ! The didactics of the 3rd part of the form and its characteristics
- ! The specific vision according to classical principles
- ! The fundamental elements characteristic of this section of the form

- Practical foundations

- ! The study of the 3rd section of the form in the two frontal and lateral projections
- ! The practice of the 3rd section of the form seen after the posterior execution
- ! Didactics are divided for each action of the 3rd section of the form and illustrate the 3rd section principle integrated with the action.
- ! The specific applications of the 3rd section seen through the didactics of Tui Shou

What do I purchase?

What does the purchase of the multimedia Taiji course include?

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

Contents

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

Here we summarize the main elements.

- ! 8 Instructional video files for a total of 1 hour and 18 minutes. The files are dedicated to presenting the third part of the first form of the Water Taijiquan section. An accurate exposition of each step of the sequence, integrated by didactic cues and association to the qualitative principles. In these files, you will also find the applications inherent in the third part and referring to the application of the Tuishou. In synthesis, a work that completes, together with the two previous volumes dedicated to the first form, the whole practical experience seen from the qualitative point of view referred to the Taiji school of the water form.
- ! A presentation of the work realized by M° Isidoro Li Pira.

Download now. In addition, you can consult the course using your computer, tablet, and smartphone, wherever and whenever you want, without needing to be connected to the Internet!

Technical data

- ! Total video length: 1 hour and 15 minutes.
- ! 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**