



6th volume: Doyin Qigong

"The traditional discipline for hygiene body health"

Chapter 1: Dissolving tissues and deconstructing the body

THE IDEA

With this volume I would like to begin to present the traditional Chinese method for the preparation of the body, through the Doyin discipline.

An accurate work, which will allow the student to acquire strategies complementary to any practice that requires an adaptive body and a disciplined mind, able to control the impulses and stresses arising from the different application areas.

Common place in the West is to associate "stretching" to the practice of gymnastics-sports and so also to martial disciplines. An erroneous interpretation, which de-qualifies the discipline itself, directing it to a performance, instead of preserving the therapeutic-health contents inherent in the practices of Eastern disciplines in general and also in Chinese martial arts.

The Doyin, born at the dawn of Chinese culture, is today a compendium of body hygiene integrated into the care interventions of traditional Chinese medicine. His methodologies are also mentioned in the classic book of Chinese medicine "Haundi Neijing, and this determines the value that the Doyin assumes in the context of health culture in general.

Safeguarding one's body, physical and psycho-emotional, is the first educational approach that every traditional Oriental discipline preserves, from the beginning, attributing to the concept of self-defense, a wide application context; that can range from bad habits of health hygiene, as well as simple gestures.

The body is a perfect instrument, able to adapt to all the areas in which it is placed, but it is also the same tool, which for improper knowledge is adopted mechanically and therefore without any education that can preserve health and hygiene, subjecting it, through agonistic practice and physical performance to a process of premature aging.

During all my years of experience I have been able to see how the individual, with little knowledge of an education in the use of the body, has increasingly adapted to the idea of the mechanistic body. Of a physicist aimed at providing performance aimed at an aesthetic, rather than competitive. This concept identifies health superficially, without caring in the slightest of the organic and physiological needs that the body requires to be in the condition to provide us the performance itself.

In this sense, we have acquired the concept of well-being, in antithesis to malaise and to date feel good has become a conventional affair, as well as malaise is under the instrumentalization of the medical industry. Therefore, we have overlooked the inherent potential in each of us and that is healthy vitality, which works as a power of self-healing.

So, that starting to become aware of how to manage the body, from the point of view of "no effort", was, with this first videocorso, my first intent of experiential transmission that, Undoubtedly, it will allow the student to educate himself to the study of his own body as a tool for well-being.

The opinion of the master

The discipline of Doyin, learned by my great Master Wu Chan Ling, is, from my experiential point of view, the keystone that allowed me to access my body in continuous adaptive change. His strategies have accompanied me, for years and at every moment, giving me useful tools to understand how to solve difficulties of various kinds. Thanks also to the knowledge provided by traditional Chinese medicine and in particular by the therapeutic massage Neigong Tuina, the value of the Doyin has been able to establish in me unexpected memories and knowledge.

Practicing a discipline such as Doyin, to make it a deep and conscious study, allowed me to conform with character, even in the teaching method. The Doyin, therefore, has become the language with which to establish, through teaching, the direct relationship with the student during all its evolutionary phases. So that in turn he could make use of it in all areas of experience of his life.

“Isidoro Li Pira”

Benefits

Purpose of the course.

The Doyin shown in this first video has as its primary objective to awaken the attention on the traditional preparation in Chinese martial disciplines and remedy the improper use of stretching. Provide a sequence elaborated specifically for a complete fundamental work.

Offer a vision of the practice of Doyin as much as more faithful to the traditional feedback.

Allow the student to obtain, in a short time, the benefits deriving from the correct practical methodology, such as: regularize Qi in the Energy Channels, improve blood circulation, eliminate external pathogens: cold, hot, dry, Wet, wind, remove obstructions and eliminate Stasis, promote the functions of Organs and Viscera, improve joint function and help relax muscles. So ultimately tone the physiological circulations and promote the general well-being of the individual.

Description

By purchasing this video course you can:

- To have an articulated exposition of the didactics of the ground work of the Doyin according to the traditional methodology.
- Understand what is the correct approach to the body-mind by means of a valid practical tool that can improve defensive actions for psycho-physical well-being;
- Understand in a simple way how through the study of Doyin you can support the daily vitality in the various application contexts;
- Learning how the body and its memories are only a legacy of an overload of thoughts and voluntary movements, which make it rigid and tense.
- Structure one or more practical sequences that you can use at will, rather than adapting them to your knowledge with better results on the spontaneity of the movement.

Index

- Introduction
 - Presentation of the video and its specificity

- The meaning of quality in the Doyin implied by a constant and progressive change
- Understand the Doyin application strategies according to traditional methodology
- A didactic sequence articulated on the ground so that the fundamental principles that allow the body-mind to become one
- The Doyin intended as a discipline that allows you to explore and control the body, equipping it with transformative strategies for every application area and especially for the protection of psycho-physical well-being daily.

Theory

- The didactic approach of the Doyin for the practice on the ground and its implication with the energy "Yuen Qi"
- The holistic vision of the method, which allows the integration of Doyin for any field of practice
- The elements of principle that characterize the qualitative aspect of the Doyin

Practical foundations

- The study of the ground sequence in the order of an energy flow
- The practice of the sequence assisted by specific instructions for each posture
- The specific teaching of each posture and the integrated action

What purchase?

What does the purchase of the Doyin multimedia course include?

By purchasing this course you are immediately provided via email with links to download the complete course without time limits, so you can consult the lessons on any device (pc, tablet, smartphone) anywhere you want and without having to be connected to the internet.

Contents

Everything included in the course is indicated in detail in the INDEX tab on this page. Qui riepiloghiamo gli elementi salienti.

- 8 instructional video files for a total of 1 hour and 24 minutes. The files are dedicated to presenting the practical sequence on the ground, specific to the dissolution of body tissues. An accurate exposition for each postural step, complemented by didactic and qualitative cues.
- In sintesi, un lavoro completo per iniziare a utilizzare il Doyin per la vostra auto-pratica e per la sua applicazione metodologica nell'insegnamento.
- A presentation of the work realized by M. Isidoro Li Pira.

Downloadable files now! You can browse files downloaded upon purchase without time limit. You can consult the course using your computer, tablet and smartphone, where and when you want, without needing to be connected to the internet.

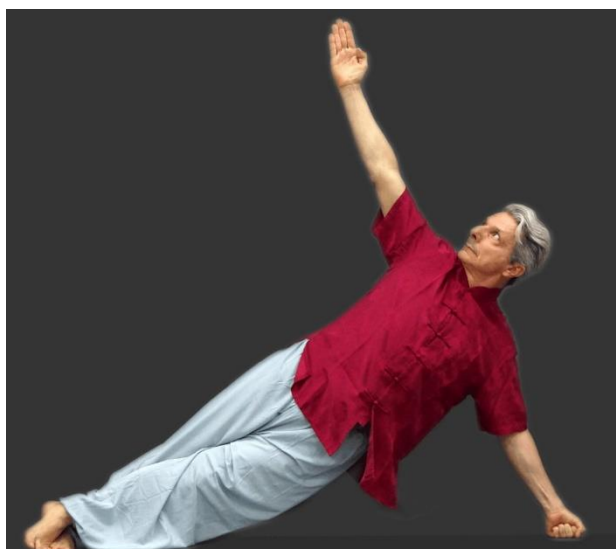
Technical specifications

- Full video duration: 1 hour and 24 minutes.
- Video file resolution: 1920x1080
- File size: about 539 MB to 1.69 GB (divided into 8 files to download)
- Notices, legal notices and copyright referring to art. 1 of Law No. 633/1941

Author



Profile: M° [Isidoro Li Pira](#)



- 1976/1981 Allievo del M° Fung Yip Ko: Kung Fu stile Choy Lee Fut (Stile Buddista Di Choy e Lee) e Pak Siu Lam (Shaolin del Nord)
- 1979/1990 Allievo ad Hong Kong del M° Tsang Chiu Yu: Kung Fu Pak Shing Choy Lee Fut, Taiji Quan (Yang) e studio della Medicina Tradizionale Cinese (Agopuntura e Tui Na)
- 1983/1993 Allievo ad Hong Kong del M° Wong Gong: Kung Fu stile Hung Shing Choy Lee Fut e Luo Han Buddhist Chi Kung (Qigong)
- 1985/1989 Seguo il M° Yuan Hi Tzai (Kungfu Hong Chuan)
- 1989/1997 Allievo del M° Wu Chan Lin: Taiji Quan (scuole: Yang, Chen e Wu), Bagua e Xing Hi Chuan, Qi Gong Taoista
- 2000/2008 Seguo gli insegnamenti del M° Xu Guo Min: Taijiquan (scuola Chen) e Lan Shou, Neigong Marziale
- Dal 2002 Seguo gli insegnamenti del M° Wang Zhi Xiang: Taijiquan Scuola Yang (Dong Yin Jie), Medicina Tradizionale Cinese e Neigong Tuina
- 2012/2016 Formazione col Dott. Zhou Xin Wen; Neigong Tuina - Shanghai
- Nel 2014 Formazione Tuina col Dott. Zhang Jing Zong e MTC col Dott. Jing Ling- Pechino

RISULTATI DI RILIEVO

- 1980/1981 Campione italiano assoluto Kung Fu Choy Lee Fut (forme e combattimento libero e interstile)
- 1983 Riconosciuto dalla Hong Kong Chinese Martial Arts Association Ltd
- 1984 Nominato membro a vita dalla Choy Lee Fut World Union Ltd
- 1989 Riconosciuto dalla China Wu Shu Association; nominato Rappresentante Europeo per la "Hung Shing Choy Lee Fut Association"
- 1990 Fondatore della IACMA (International Academy of Chinese Martial Arts)
- 1992 Membro onorario per l'Europa per la Chan Heon Foundation
- 1993 Co-Fondatore delle Fédération Suisse de Taijiquan.
- 1996 Insignito dalla Shandong Wu Shu Research & Development come membro onorario per lo sviluppo dello sport e la cultura della regione dello Shandong in Europa
- 2008 Diplomato come Terapista in Neigong Tuina presso la Shanghai Clinic of Traditional Chinese Medicine Dott. Zhou Xinwen
- 2010 Responsabile Tecnico del progetto formazione terapeuti Neigong Tuina Presso il



Policlinico di Milano: Clinica De Marchi

- 2012 Diplomato come terapeuta in Neigong Tuina presso la Shanghai University of Traditional Chinese Medicine
- 2014 Insignito della carica di consigliere Onorario dalla International Wushu Federation, per la grande opera di divulgazione fatta negli anni in Europa
- Dal 2006 Formazione terapeuti Neigong Tuina presso la IACMA
- Dal 2009 Formazione Qigong per terapeuti MTC presso la scuola di Medicina Empirica a Lamone
- Dal 2015 Direttore della formazione internazionale per la UPWA degli Insegnanti di Taijiquan (stile Yang della forma dell'acqua) e Neigong: Italia, Svizzera, Francia e Germania.
- Dal 2016 Presidente della Università popolare Wang Academy, che si occupa della formazione certificata del Taijiquan/Qigong e Neigong Tuina