

WORKSHOP 10 PDF: THE FOUR CORNERS OF THE EARTH

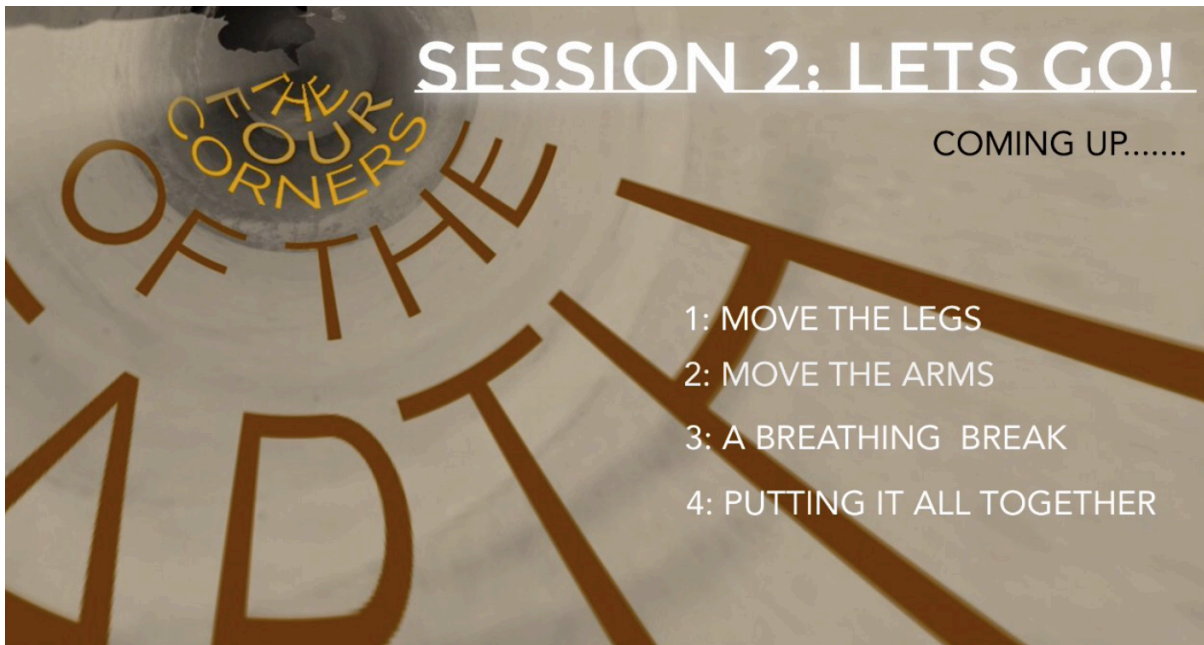


INTRODUCTION

1.1. **The Question** : How to travel as an Immortal. Movement is at the root of this course in Tai Chi, but not for its own sake, rather for the sake of understanding. Through travel we come to reinterpret the world and so when we return we understand better our place in the here and now. Give up tourism, and become a traveller in time.

1.2 PDF DETAILS (This file).

1.3 Workshop Details : Preview the Workshop content here, the preparation, the moves, the breathing, the meaning and the workshop theme of **The Magic of Flow**.



PRACTICAL

2.1 **Preparation:** Legs. Learn the Cross Step as well as the idea of constant movement in the Form.

2.2 **Preparation:** Arms. From a central cupping position, you will learn why the hand that is highest, always stays the highest.

2.3 **Breathing:** New move! Close that Door - or if you are a GOT fan: Hold the Door!

2.4 **The Complete Move:** Put it all together as we go over the first complete Corner.



EMPTY YOUR CUP

3.1 Words are wind: Literally Speaking

3.2 Shadow Boxing: Martial Applications for the move - this session looking again the ideas behind martial applications and a contribution about Crazy Ones..

3.3 The Magic of Flow: Play, Stillness and Flow - what are they and how to find them? The three themes in this workshop. Plus find the two extra Youtube videos that help illustrate this workshop them.

<https://youtu.be/nMBaVIM4Go0>

<https://youtu.be/AXwLsba2TOY>



WRAP IT UP

4.1 **What to Practice** - 8 steps for keeping up your practice and a few steps to get your dance floor technique up to date!

And if you get the chance, listen to this podcast - especially the final section on what Maslow called Self Actualisation. It may just help you to grasp the idea of Flow.

<http://www.npr.org/programs/ted-radio-hour/399796647/maslows-human-needs>

4.2 **Sneak Preview** of workshop 11 and the penultimate workshop on this course: The Essence of Energy.