

# FIRE+SILK

## Taoist Internal Alchemy and Chen Style Taijiquan | A Ten-Class Series Sundays, March 6–May 15, 2022

The internal martial arts (Taijiquan, Xingyiquan, Baguazhang) borrowed ideas from Taoist internal alchemy and discovered new approaches to energy. The Taoists noticed these advancements and incorporated internal martial arts back into the search for wellness and vitality.

Chen Style Taijiquan found two unique methods: explosive power from the Lower Dantian—called **Explosive Energy** (*fajin*, 發勁)—and the subtle drawing out of energy into the finest meridians—named **Reeling Silk** (*chansi*, 纏絲). Together, they inspire the name of this series: **Fire+Silk**.

**Basic Warm-Ups** A short series of exercises will open each class for limbering, stretching, and strengthening every part of the body.

**Bone Breathing** Two simple and easy qigong to stimulate the spiraling force of qi.

**Cultivating the Dantian** The Three Dantian are the source of all our energy. Chen methods will be combined with Taoist methods, including seated meditations, to build inner power.

**Single Techniques** Six techniques will be drawn from the Chen set so that their benefits can be thoroughly explored. Even if it takes time to master the entire set, you can get immediate benefits.

**Chen Style 18** One of the best sets for beginners and intermediate practitioners to gain the lifelong benefits of Taiji.

### What People Have Said About Previous Classes

You will hear a well-informed scholar, highly trained teacher, and excellent physical application perspectives and wisdom. You will hear a world class philosopher speak from deeply studied scholarship. The sessions will be very open and productive additions for your practice.  
—Matthew

The Longevity Qigong is the big prize for me. I love it. It's so simple and straightforward, and so complex. And really unlike any other qigong I have learned. It's like I have won the trifecta. Thank you so much.  
—Sabrina

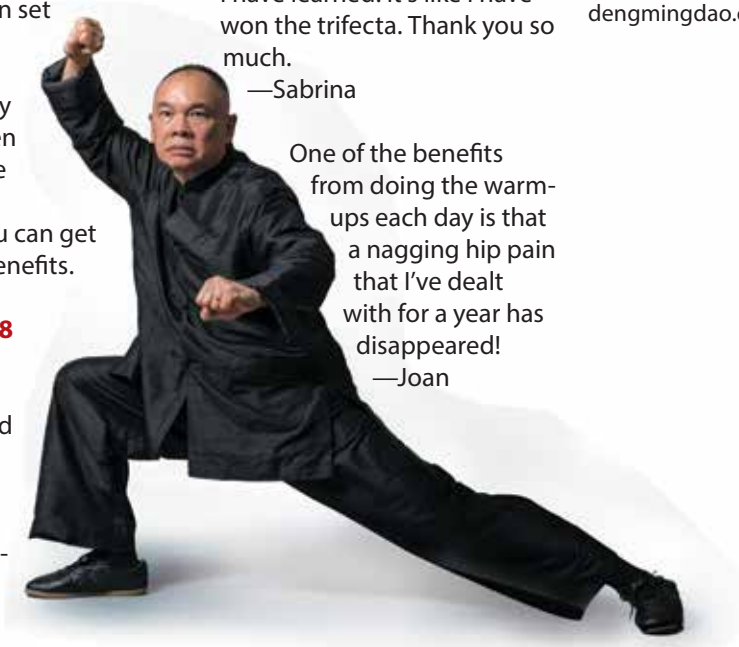
One of the benefits from doing the warm-ups each day is that a nagging hip pain that I've dealt with for a year has disappeared!  
—Joan

Please see the next page for a full curriculum and schedule.

**Deng Ming-Dao** is a writer, artist, and teacher. He is the author of numerous books on Taoism, including the best-selling *365 Tao*.

Ming-Dao has trained in Chinese martial arts since 1975. His teachers have come from Beijing, Hong Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many workshops in Chinese martial arts and Taoist wellness techniques.

dengmingdao.com



**Cost is \$180 until February 24; \$200 until March 3, 2022.**

Classes will be held at 10:50 AM–12:00 PM Pacific time. A Zoom invitation with password will be sent by the Friday prior to each weekend. Any reference materials will be attached to the invitations. A link to a video recording will be sent after each class.

To register, please send an email to [dmd@dengmingdao.com](mailto:dmd@dengmingdao.com). Payment can be via PayPal at that email address (Mark Ong will be listed as fiscal agent), or by mail sent to: 4083 24th Street, #460334, San Francisco, CA 94114. For any further questions, please write to Ming-Dao.

## SCHEDULE AND CURRICULUM

### 1 March 6, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Understanding the Dantian  
Single Techniques from the Chen Style  
Chen Taiji 18  
    1. Beginning Posture  
    2. Buddha's Warrior Attendant Pounding a Pestle

### 2 March 13, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    The pathways from the Dantian: Thoroughfare Channel  
    and the Microcosmic Orbit  
Single Techniques from the Chen Style  
Chen Taiji 18  
    3. Lazily Putting on Clothes  
    4. Six Sealings and Four Closings

### 3 March 20, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Using breath and swallowing to open the channel to the  
    Lower Dantian  
Single Techniques from the Chen Style  
Chen Taiji 18  
    5. Single Whip  
    6. White Goose Spreads Wings

### 4 March 27, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    The spine  
Single Techniques from the Chen Style  
Chen Taiji 18  
    7. Advance with a Slanting Walk  
    8. Brush Knee

### 5 April 3, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Seated Dantian meditation  
Single Techniques from the Chen Style  
Chen Taiji 18  
    9. Bending Steps  
    10. Cover Hand and Strike with Fist  
    11. High Pat on the Horse

### 6 April 10, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Seated Dantian meditation  
Single Techniques from the Chen Style  
Chen Taiji 18  
    12. Kick with the Left Heel  
    13. Jade Maiden Shuttles

### 7 April 17, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Using Chen Taiji to circulate energy from  
    the Lower Dantian  
Single Techniques from the Chen Style  
Chen Taiji 18  
    14. Cloud Hands  
    15. Turn Body Double White Lotus Kick

### 8 April 24, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    The synergy of all the methods  
Single Techniques from the Chen Style  
Chen Taiji 18  
    16. Cannon Fist  
    17. Buddha's Warrior Attendant Pounding a Pestle  
    18. Closing Posture

### Recess. No class May 1, 2022

### 9 May 8, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Review of the Dantian  
Single Techniques from the Chen Style  
Chen Taiji 18  
    Practicing the whole set

### 10 May 15, 2022

Warm ups  
Bone Breathing  
Cultivating the Dantian  
    Seated Dantian meditation  
Single Techniques from the Chen Style  
Chen Taiji 18  
    Practicing the whole set