

Inner Power

Taijiquan 24 · Exploration of Xingyiquan and Baguazhang · Taoist Meditation

A ten-class series with **Deng Ming-Dao**
Sundays, October 17–December 26, 2021

The inspiration for this series comes from this famous line from the *Daodejing*: “soft overcomes hard.” (ch. 78) Applied to movement, it means that gentleness and relaxation is to be prized as much as speed and strength.

Chinese martial arts can be divided into two camps: *external* and *internal*. External or hard styles are typified by Shaolin and Wushu styles. Internal or soft styles are most prominently represented by **Xingyiquan, Baguazhang, and Taijiquan**. As we get older, it’s far more important to *develop the inner power* of the soft styles.

This series features the complete Taijiquan 24, augmented by explorations of Xingyiquan, Baguazhang, and Taoist meditation. We’ll use Xingyi and Bagua styles of standing meditation, as well as their body movements and footwork. It’s precisely because these movements differ and yet are still part of internal martial arts that reveals hidden aspects of Taijiquan.

Basic Warm-Ups and Qigong A short series of exercises will open each class for limbering, stretching, and strengthening every part of the body. Simple and easy qigong will cultivate inner energy.

Santi Standing Meditation from Xingyiquan, Green Dragon Stretches Claws from Bagua These postures are the root of each style, and they impart important principles to the development of inner power.

Footwork Each internal style has a different approach to footwork. We’ll learn all of them to develop balance, strength, and agility.

Taijiquan 24 One of the best sets for beginners and intermediate practitioners. Practicing it will impart the lifelong benefits of Taiji.

Taoist Seated Meditations Entering Stillness Meditation imparts serenity and insight. The Five Stars Meditation helps one contemplate any philosophical question.

(please see the next page for a full schedule)

What People Have Said About Previous Classes

Deng Ming-Dao teaches with kindness, compassion, and an eye for guiding the students in his classes to understanding that which he is bringing forth to teach. Through supplementary notes, class recordings, and ample time for Q and A, he provides the student with everything they need to learn. . . . in these classes everything is provided to make that at home practice possible. —Nikki

My relationship to martial arts has transformed and I continue to learn and grow in my practice each day. There were pieces missing before—not just skills, but my own sense of the value and love I could have for Taiji and qigong. I am a better student, a healthier person, and my appreciation for these forms continues to expand. —Ashley

I love that you shared the insight and understanding into each movement. I can feel the difference in my body after each time I go through a section. Thank you for sharing your wealth of knowledge so freely. —Else



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 prior to October 8; \$200 until October 15.
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. 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 October 17, 2021

Warm ups and qigong
Xingyiquan: Santi
The Taiji Walk
Taijiqian 24

1. Opening Posture of Taijiqian
2. Parting the Wild Horse's Mane
3. White Crane Spreads Wings
4. Brush Knee, Twist Step

2 October 24, 2021

Warm ups and qigong
Xingyiquan: Santi
The Xingyi Walk
Taijiqian 24

5. Playing the Lute
6. Step Back and Repulse Monkey

Taoist seated meditation: Entering Stillness

3 October 31, 2021

Warm ups and qigong
Xingyiquan: San Ti
The Xingyi and Taiji Walk
Taijiqian 24

7. Grasping the Sparrow's Tail, Left
 - Ward Off
 - Pull Back
 - Press
 - Push
8. Grasping the Sparrow's Tail, Right
 - Ward Off
 - Pull Back
 - Press
 - Push
9. Single Whip

Taoist seated meditation: Entering Stillness

4 November 7, 2021

Warm ups and qigong
Baguazhang: standing meditation
The Bagua Walk
Taijiqian 24

10. Cloud Hands
11. Single Whip
12. High Pat on Horse

Taoist seated meditation: Entering Stillness

5 November 14, 2021

Warm ups and qigong
Baguazhang: standing meditation
The Bagua and Taiji Walk
Taijiqian 24

13. Kick with Right Heel
14. Hitting Opponent's Ears with Both Fists
15. Kick with Left Heel
16. Snake Creeps Down, Golden Rooster Stands on Left Leg
17. Snake Creeps Down, Golden Rooster Stands on Right Leg

Taoist seated meditation: Spiritual Inquiry

6 November 21, 2021

Warm ups and qigong
Baguazhang: standing meditation
The Bagua and Taiji Walk
Taijiqian 24

18. Fair Lady Works the Shuttles
19. Needle to the Bottom of the Sea
20. Fan Through the Back

Taoist seated meditation: Five Stars Meditation

7 December 5, 2021

Warm ups and qigong
Baguazhang: standing meditation
The Bagua and Taiji Walk
Taijiqian 24

20. Fan Through the Back
21. Deflect, Parry, and Punch
22. Apparent Close and Push

Taoist seated meditation: Five Stars Meditation

8 December 12, 2021

Warm ups and qigong
Baguazhang: standing meditation
The Bagua and Taiji Walk
Taijiqian 24

22. Apparent Close and Push
23. Cross Hands
24. Closing Posture of Taijiqian

Taoist seated meditation: Five Stars Meditation

9 December 19, 2021

Warm ups and qigong
Taiji standing meditation
Taijiqian 24 whole set review
Taoist seated meditation: Entering Stillness

10 December 26, 2021

Warm ups and qigong
Taiji standing meditation
Taijiqian 24 whole set review
Taoist seated meditation: Five Stars Meditation