

TAO ON ZOOM

with author and teacher

DENG MING-DAO

Two series of Zoom classes on alternate Sundays will be offered beginning September 20, 2020.

Series 1 Qigong and Taijiquan 24 (Sundays, every two weeks, at 11:00 AM)

Series 2 Five Animals of Hua Tuo, Chen Style Taijiquan 18, and Taijiquan Sword Basics (Sundays, every two weeks, at 1:00 PM)

Each class will be one hour, divided into two topics. We'll take advantage of the Zoom format to go deeply into details.

ABOUT THE PRACTICES

Taiji Standing Meditation

Qigong includes numerous forms of standing meditation. Taiji Standing Meditation, or Taiji Zhan Zhuang (太極站樁), is a set of four standing meditation exercises from the Taiji system teaches body alignment, breathing, calmness, and energy circulation.

The Eight Pieces of Brocade

Named because of its precious value, the Eight Pieces of Brocade, or Baduanjin (八段錦), is a good beginner's set of Taoist style qigong. It belongs to the category of medical qigong (rather than being martial or religious), and it channels energy throughout the body.

The Six Healing Sounds

This set is a part of Taoist internal alchemy. The Six Healing Sounds (六字訣). They improve health, teach meditative concentration, and establish the use of sound and breath as a spiritual practice.

The Muscle Change Classic

This set is named the Muscle Change Classic, or Yijin Jing (易筋經), because it fundamentally changes the body. It is a qigong set said to have been created by Bodhidharma (fifth or sixth century), the monk who brought Chan (Zen) Buddhism from India to China. He designed the set to improve the stamina of the monks in the Shaolin Temple.

Yang Style Taijiquan 24

Officially named Simplified Taijiquan, or Tianhua Taijiquan (簡化太極拳) this version of Yang Style Taijiquan was created in 1956 by Li Tianji (1915–1996). The goal was to improve citizens' health through traditional exercises.

Five Animals of Hua Tuo

Hua Tuo (c. 140–208) is considered the creator of the Five Animal Frolics, or Wuxinxi (五禽戲)—exercises that improve health by imitating the movements of the crane, bear, deer,

monkey, and tiger. This is an excellent set to recover from illness or to maintain health.

Chen Style Taijiquan 18

Grandmaster Chen Zhenglei created Chen Style Taijiquan 18 (陳家十八式太極拳) to teach relaxation and the Silk Reeling Energy (the spiraling internal energy favored by Chen stylists). It is an excellent way to experience internal energy.

Taijiquan Sword Basics

Just as learning words precedes writing, learning the Taijiquan Sword Basics, or Taijiquan Jiben Jianshu (太極拳基本劍術) is the best way to learn the superb Double-Edged Straight sword, or jian (劍). This course will teach fourteen movements and a basic sword routine.



Deng Ming-Dao is an author, 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.

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Cost is \$20 per session, or \$180 to sign up for an entire series. Payment is due on the Wednesday before each class and a Zoom invitation with password will be sent to you by the Friday prior to each weekend. Any reference materials will be attached to the invitation.

To register, please send an email to dmd@dengmingdao.com. Payment can be via PayPal at that email address, or by mail sent to: 278 Duncan Street, San Francisco, CA 94131. For any further questions, please write to Ming-Dao.