

Main training process

Each day, we focused on one of the phases of the vertical circle, starting with day 1: phase 1(&5) until day 4: phase 4; day 5: wrapping up & refining

Day 1 first timing, used in the first parts of the form throughout the seminar accurate on the body level

Muscle states: contract & release

Sensors: joint sensors

1. Sit back filling the lower back (pelvis/hip joint movement!)
2. Gently connect lower back/sacrum back & down (last 1/3), release & align lower back
3. Release & align as the foot pressure increases - the shape of the upper body changes
4. Deep intention out - a clear wave of expansion follows (hip joint - center - chest - hand)
5. Center (sacrum) connects into front foot

Focus phase 1: Condition for good phase 1 = good phase 5!

Day 2 second timing: free & flexible pelvis, fullness around the center in 3.

(first timing see Day 1)

Muscle states: (un-)stretch

Sensors: pressure sensors

1. Mind lifts, then body lifts/strong intention pulls the body
2. Mind goes quietly to back foot - body loosens, aligns, falls - (light pressure in back foot appears) - mind changes - center connects back & down - (knee aligns) / body flowing down
3. Upper body falls onto lower body, changing its shape/aligns while mind rises from back foot to listen in & around center for fullness [& subtle pressure] - free & flexible pelvis
4. Intention extends, drop & rotate center (mind deepens) wave of expansion
5. Sacrum connects into front foot [lower body/back fills]

Focus phase 2: Mind changes/deepens, body loosens/aligns, loong sitting back (last 1/3)

Day 3 Second timing: pressure reaches hands, then expansion

1. Strong intention pulls on the body, body lifts
2. Mind changes, goes quietly to back foot, body loosens % aligns, knee aligning, light pressure in back foot appears - center connects back and down
3. Mind rises from back foot to waist/center - fullness, listen in and around center, flexible pelvis, subtle pressure while upper body changes its shape (releasing & aligning)

4. Mind [empties] extends, drop & rotate center, center pressure increases, shoulders drop , (wait until) hands fill, center advances, chest opens, hands - wave of expansion
5. Sacrum connects to front foot [lower back fills]

Focus phase 3: Long stretching phase, increasing pressure/forces

Day 4 *Second timing: pressure increase in all directions*

5. Mind rises, lower back fills (mind rises with rising pressure)
1. Center moves, body lifts, mind down through (opening) lower back
2. Center connects back & down (mind to back foot) light pressure in back foot appears
3. Mind rises (from back foot) with the pressure filling center/waist (while upper body releases & aligns)
4. Mind extends, drop & rotate center, center pressure increases, expands through the body to top of head, fingertips & feet
5. Sacrum connects to front foot, lower back fills with rising pressure

Focus phase 4: Intention, clear wave

Day 5 *advance the timing*

1. Strong intention pulls on the body, center moves, body lifts, mind down through (opening of) lower body
2. Mind to back foot, center connects back & down (light back foot pressure appears)
3. Mind rises with the pressure filling the waist while upper body changes its shape
4. Intention extends, drop & rotate center, center pressure increases & expands through body a) to top of head, fingertips & feet or b) into the sphere
Intention intensifies - clear wave of expansion
5. Sacrum connects to front foot, lower back fills with rising pressure

Extra pushing hands - practising issuing - 5 intercepting moves

- Shoulder role
 - From double shoulder push: pull (1st application)
 - Partner moving step exercise: sequence begins with a punch towards the chin
- A. push with two hands against the chest - we practised 4 different responses:
 1. circle (spiral) right, small side step left, intercept at angle
 2. swinging arms
 3. shoulder stroke
 4. Downward
 - B. push against the arm offered in "peng" position (touch at wrist and elbow)
 5. respond with opening move