

Main training process

in all timings mind lifts to the top of the head

Day 1

Refine accuracy on the body level, refine waves of movement

Using from the 5 internal sensors: joint sensors, and refining changes of muscle phases contract & release (muscle states which are easier accessible)

1. Sit back filling the lower back, free & flexible pelvis/hip joint movement
2. Body loosens, knee aligning, release & align lower back
Gently connect lower back/sacrum **back (!!!)** & down (last 1/3)
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

Days 2-4

Refine phases 3&4, compressing (forming elastic center) and issuing waves

Using from the 5 internal sensors: pressure sensors, refining changes of muscle phases: from release to stretch - unstretch

1. Strong intention pulls on the body, body moves: sit back filling the lower back
2. Mind changes, goes quietly to back foot
body loosens, knee aligning, release & align lower back
gently connect lower back/sacrum **back (!!!)** & down (last 1/3), light back foot pressure appears
3. Mind rises from the back foot - subtle pressure (fullness) filling the waist,
while the shape of the upper body changes (release & align),
listen in & around center, free & flexible pelvis
4. Deep intention out, drop & rotate center, center pressure increases, shoulders drop, a clear wave of expansion follows, open hip joint - chest - wait until hands fill
Intensify intention
a: subtle pressure expands thru the body to top of the head, fingertips & feet
*b: mind extends into the sphere**
5. Center (sacrum) connects into front foot
[lower back fills with rising pressure]

**refinements from day 3+4*

Extra pushing hands

A. Patterns:

Hand circles neck, continuous shoulder stroke

B. practising issuing (intercepting moves)

1. push against the arm offered in "peng" position (touch approx. at wrist and elbow):
respond with split, step to rt (sink as you step), brush knee, aim for cheek/head
2. push up along elbow: rt elbow out, up & back, push lft low & rt high, drop center and step towards your own arms (don't lean forward!), arms elastic