

Choose your level of practice

0: relaxed – upright– stable – accurate – later also: connected (all parts of the body move as one) – smooth – continuous

5th exercise: simple line of intention brings the center/whole body into correct movement

1: center moves first – waves of movement

5th exercise: contract/breath in/lift
release and sink towards the center/breath out
press the foot against the ground – center– chest (– and in the form: hands) advance

2: mind moves thru the body – lifts and sinks; 5 phase vertical circle; deepen releasing and refine aligning of the body

5th exercise: contract/breath in/lift mind up
release and align lower body to back foot
release and align upper body to center (compress)
press the foot against the ground as you send mind out from the center – hip joint & front knee – breast bone (– and in the form: hands fill and) advance

3: mind moves slightly ahead of the body, listen to internal changes before the body moves

5th exercise: mind lifts thru the body – then body lifts
mind to back foot/body floats - releases and aligns
as upper body falls onto lower body, bring mind up from the foot and listen in and around the center
drop the center & send intention out from the center – listen to back foot pressure increasing as you send mind out from the center – allow a wave to rise from the ground up – pelvis rotates – hip joint & front knee – breast bone (– and in the form: hands fill and) advance

This “second circle” can and should be used in the pushing hands when you meet your partner’s resistance/stability: drop the center to the ground – allow partner to fall as you create emptiness in your upper body and retreat hands (“hands back – shoulders down – center to the ground”) and let the wave of pressure naturally come up thru your own body and transmit into your partner, or use one of the more simple methods (1 to 2) to bring a wave from the ground up.

Training of the intention

- § always close down surface part of the mind first and turn your awareness into the body/listen deeply to internal changes
- § Begin with moving the awareness thru the body
- § move the mind with the movement/maximum peak of waves of movement
- § then with the early stages of the waves of movement
- § then move the mind ahead of movement/with the wave of pressures/pressure changes which precede movement

With deep listening activate and use 4 out of 5 internal sensors

1. joint position (outer accuracy)
2. muscle state (changes from contract – relax to stretch/unstretch)
3. pressure
4. warmth
5. (pain – not used)

Pushing Hands: Change yourself, understand others

- § You will help your partner and yourself most by giving your best possible/most subtle touch and push: concentrate deeply, practise sensitivity, listening and following;
- § if you give you partner a push: make it one clear conscious (strong/subtle) intention;
- § avoid unconscious interactions/intentions by touching your partner/letting her touch before you even remember what to do
- § do the talking (if at all necessary) *before or after* the exercise, not during your attempts