

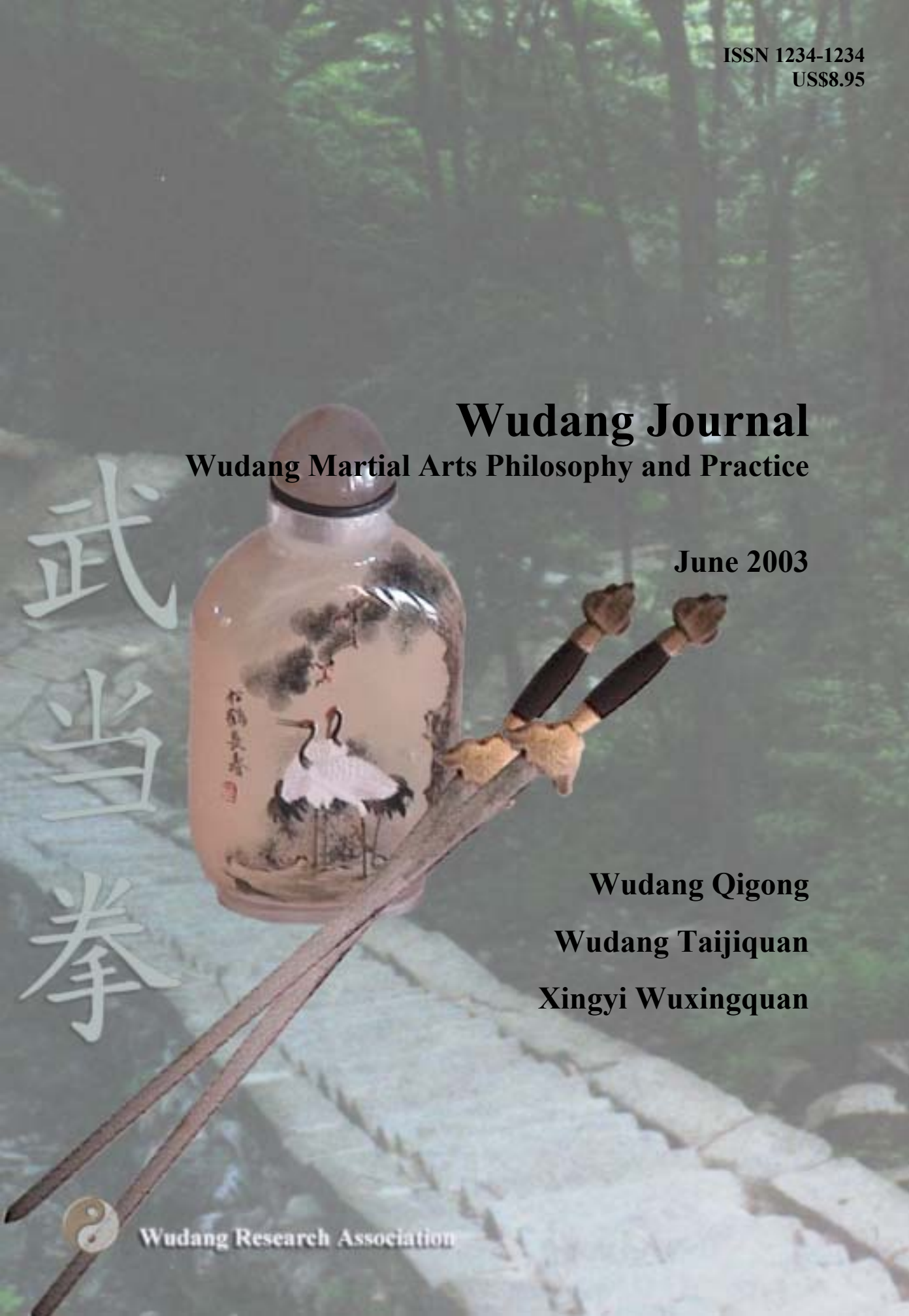
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Wudang Journal

Wudang Martial Arts Philosophy and Practice

June 2003

Wudang Qigong
Wudang Taijiquan
Xingyi Wuxingquan

A glass snuff bottle with a painting of a crane and a sword with a scabbard, set against a background of a stone path in a forest.

Wudang Research Association

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Wudang Journal

Wudang Martial Arts Philosophy and Practice

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Copyright and contact
information

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From the publisher:

Welcome to the Journal of the Wudang Research Association. This Journal is the product of several years of preparation and many more years of study. We hope it will become a way to collect and gather together a variety of materials on the philosophy and practice of Wudang martial arts.

Hope to build and develop. Welcome your comments and suggestions.

Also interested in articles about traditional Wudang martial arts from other authoritative teachers and sources.

Thank you,

Terri

Wudang Qigong (Sets 1 and 2)

This is the beginning of the Wudang Qigong set. This is an instructional piece, so all the step by step instructions go here. Also need to add in more photos.

Put both here to make up for starting in February 02 – would be nuts to try to offset for month.



**Wudang
Taijiquan**

**Xingyi
Wuxingquan (5
over 5 months,
linking
form?>12)**

Medical Benefits of Taijiquan and Qigong Practice

From Qigong book and part from Medical Book. Tie in with research available through site and libraries.

Push Hands article? Other set from magazines/books? ?Chinese only?

Questions from Discussion Boards (link? Back to boards?)

Other discussion – self defense??

Other item or section??

**From the Dao Te Jing,
Chapter 11**

*Thirty spokes will converge
In the hub of a wheel
But the use of the cart
Will depend on the part
Of the hub that is void.*

*With a wall all around
A clay bowl is molded;
But the use of the bowl
Will depend on the part
Of the bowl that is void.*

*Cut out windows and doors
In the house as you build;
But the use of the house
Will depend on the space
In the walls that is void.*

*So advantage is had
From whatever is there;
But usefulness rises
From whatever is not.*