



**MOVING TOGETHER
with
MOVEMENT AND SOUND**

I feel confident that you will find these DVDs extremely valuable to your physical, emotional and spiritual health. **The most important thing to remember is that you are important enough to give yourself the time and space to practice with these DVDs. Give your self the gift of giving to yourself.**

You have, in these DVDs, an opportunity to study with me. You are having private sessions with me. The only difference is you can control the pace at which you do these practices.

Some of what I do and say on these DVDs is what I've been teaching for the past thirty years. Some of the material has been developed within the past few years because I saw a need in my self, my students and my clients for some innovative approaches to conditioning and working with energy.

None of these DVDs are longer than forty-five minutes so you could do one a day and cycle through them. Once you have a sense of what each one offers, you could decide to break them up and do part of one, two or three of them in each session. If for instance you wanted to work on reducing your waist size, you could do the Chi Kung for the abs every day. You can create your own training routine.

For those of you who have been doing martial arts for sometime, I believe that these DVDs will increase your awareness of your current practice and give you exercises that will help balance your practice. If you have never done Chi Kung, I welcome you to the world of internal energy and mind-body exploration.

Arthur

INTRODUCTION TO YI CHUAN HELIUM BALLOON BODY

A student once said to me, “Why do we sit in class? I can do that at home?” I replied that I sincerely hoped that she does take the time to sit at home. But sitting and standing meditation is crucial if you want to develop internal energy. My Tai Chi teacher T.T. Liang said that the way to immortality is to first, develop a strong foundation, sitting and standing, second, sweat every day, cardiovascular conditioning, and third, maintain a supple spine, gentle stretching. Master Liang lived to be over a hundred.

But it isn't just sitting and standing. How one sits and stands is crucial. My concept of the Helium Balloon Body gives the practitioner a concept that takes away the pull of gravity on the body. Your body is not being compressed and your organs and chi float and move with less and less resistance. Your movement becomes effortless. As you do your sitting and standing, as you float, you become stronger. You are developing a strong foundation. Walking, running, going up and down stairs all become effortless.

If you work in an office and sit for long periods of time, learning how to float as you sit will make your day go by faster and you won't feel so fatigued at the end of the day. Teachers, police officers, sales people all stand for long periods of time. Learning how to float as you stand will make you stronger and not weaker. You could be practicing most of the day with this concept of the helium balloon body.

The first set is one that I teach in the beginner's class. It introduces students to four basic Yi Chuan standing postures. Each posture could be held separately for long periods of time, but by going from one to the other in a set, it gives the student some variety and a chance to experience how each position creates a different chi (energy) feeling in the body. As you manifest the floating, you become stronger, and you can hold each posture for longer periods of time.

THE WALL

There are four parts to the Wall. **Part One** is slow and meditative, while you lean on the wall. Don't be fooled by how simple it looks. Do the three sets of part one and your whole body will feel an inner warmth and your hands and fingers will begin to develop an internal strength that will surprise you. Some of my students who have arthritis in the fingers have found that this one exercise has changed their condition in just a few weeks.

Part Two: I have found that many advanced Tai Chi and Chi Kung practitioners have very little upper body strength. Because of the emphasis on relaxation in these practices, there is very little emphasis on external strength. This lack of external strength creates a lack of balance in the practitioner's chi. If you develop yin energy, you must also develop yang energy. Doing pushups on the wall develops external upper body strength, yang energy, that will create more balance in the your body.

Part Three: When I was in high school, as the captain of the track team and basketball team, I did lots of running and jumping! After many decades of sitting and standing meditation, and hundreds of hours of slow moving Chi Kung and Tai Chi, I found that I couldn't even run thirty yards without getting tired. I knew that I was out of balance but using a treadmill or going out jogging didn't suit me. When I combined walking and running on the wall, I felt renewed and inspired. I realized that the wall was actually giving something back to me. The wall was 'supporting' me. Just as the walls support your house, the wall was supporting me and was giving me back the energy I was exerting and I was regaining my cardiovascular health.

Part Four: Developing explosive energy is crucial for a martial artist. Whether it is for defending yourself or for doing push hands, you must have explosive energy. Again, Tai Chi and Chi Kung develop a soft, slow energy. You become a slow twitcher, your muscle fibers fire slowly. Part four helps you become a fast twitcher. You develop a relaxed strong speed and you feel a relaxed vibrancy. You are ready to go out into the world with energy and clarity.

DRUMMING THE CHI

Drumming the chi is a great 'time to wake up' exercise. Whether you use it as a warm up before class, or a warm down, it puts you in the right space. If you want to do it quickly and vigorously, it is a good cardiovascular routine. You can also do it slowly and gently as an internal massage. Your bones and organs will look forward to the percussion. They will grow stronger because of the drumming. As with all the other exercises, you can shorten or lengthen the time you spend on drumming the chi.

CHI KUNG FOR THE ABS

RELAX, RELAX, RELAX. The mantra of all Tai Chi and Chi Kung teaches is to tell their students to relax, but in relaxing they often collapse. As they collapse, their abdominal muscles get stretched and weak and don't support their organs and since strong abdominals also support the back, your back gets weaker. After many decades of relaxing, I found that I had developed quite a substantial Buddha belly and my students weren't far behind me.

When I decided to try to remedy this Buddha belly syndrome, I realized that I didn't want to get on the floor and do a hundred sit-ups. I also felt that doing sit-ups wasn't cutting it, so to speak. So I developed the chair set and found myself doing it on a regular basis. As time went by, my Buddha belly has gotten smaller and smaller. I still have a way to go but there has been a gradual change and my torso area, my core is much stronger and connected.

INTERMEDIATE YI CHUAN

This set takes as long to do as many Tai Chi sets, twenty to thirty minutes. If you are new to Chi Kung, just do the first part at the pace given to you on the DVD. After awhile try doing the whole set. I guarantee that you will sweat, have shaky legs (a sign that your legs are working and getting stronger) and feel energy moving through your body. Once you are able to go through this set slowly, try doing it at a regular or fast pace. You can also do each section at different speeds. This is a wonderful set to get you to see and experience the wonders and challenges of the inner world of Yi Chuan.

MUSIC

I have been playing and composing music most of my life. When I watch people move, I feel rhythm, hear music and get an enormous amount of joy in seeing the wonders of the body. Many years ago I started bringing my flute to class and would play as my students did their movement. They enjoyed the accompaniment and I saw how it helped them to relax into the movement. So over the years I have composed music specifically to assist them to relax and find the rhythm in their own bodies.

I hope you enjoy the music in the background of these DVDs.

CDs of Arthur's Music

Four Sonatas for Cello and Piano

Music for World Peace

Reflections and Awakenings

Music to calm and enliven your spirit

Solo flute and vocals performed by Arthur

Solitude

Music to nourish your soul

Solo Cello

Passages One and Two

A two CD set. Music to balance your energy centers

Out of the Bagatelles

Twenty-four bagatelles for solo piano – two CD set