

# NaturalForms

THE TAO  
HERITAGE  
SERIES

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## Philosophy | Qigong | Luohan Animal Movements | Chen Taiji Basics | Five Animal Frolics of Hua Tuo

Ten Zoom Classes, June 23–August 25, 2024

As part of **The Tao Heritage Series**, this seminar will focus on the following areas: philosophy, qigong, Luohan forms, Chen Taiji Silk-Reeling, and the Five Animals of Hua Tuo.

### Philosophy

We'll be discussing Tao, Virtue, Heaven and Earth, naturalness, reciprocal unity, muddledness, mystery, and more.

### Taiji Qigong

These movements are relaxing, easy to do, and will promote the compounding and circulation of our basic energy, *qi*.

### Luohan Forms

This tradition comes directly from my master. The Luohan forms consist mostly of movements patterned after animals, and they can quickly change and strengthen a person's physique.

### Chen Taiji Silk-Reeling

Chen Style Taiji is considered the premier practice of silk-reeling—the steady and gentle way to cultivate and channel *qi*. Where other forms of exercise are linear, these movements emphasize circular and compound actions and twisting motions that stimulate and circulate energy.

### Five Animals of Hua Tuo

Hua Tuo (c. 140–208) was a physician of the Three Kingdoms era (220–265). He was the first person credited with using anesthesia during surgery, and he was also skilled in acupuncture, moxibustion, herbal medicine, and daoyin (a form of qigong) exercises. He is considered the creator of the Five Animal Frolics (*Wuqinxi*)—exercises that improve health by imitating the movements of the crane, bear, deer, monkey, and tiger.

Please see the next page for a full curriculum and schedule.

**Cost is \$198 until June 14, 2024; \$220 until June 21, 2024**

Classes will be held at 11:00 AM–12:00 PM Pacific time. A Zoom invitation with password will be sent on the Friday prior to each weekend. Any reference materials will be attached to the invitations. A link to a video recording will be sent after each class. The videos remain available for at least a year after the conclusion of the series.

Register at: <https://www.dengmingdao.com/naturalforms>

### What People Have Said About Previous Classes

The opportunity to learn from a master and actually see the flow of energy in the forms was amazing. Working with Ming-Dao in this way combined several forces together as we learned deeply about the practices he showed us.

—Claudia B.

This has been a wonderful course with a teacher whose mind is so fluid, and inclusive; whose balance is palpable, and whose teaching is rich with metaphor. This almost renaissance tapestry he wove was and will be an inspiration.

—Jane H.

Thank you for another great class. I appreciate your ability as a teacher. Your comprehensive discussions and form instructions are valuable to both the beginner and more advanced students and teachers. Thank you again, I look forward to the next series.

—Patricia L.

**Deng Ming-Dao** is a writer, artist, and teacher. He is the author of numerous books on Taoism, including the best-selling *365 Tao*, *Scholar Warrior*, and *The Lunar Tao*.

Ming-Dao has trained in Chinese martial arts since 1975. His teachers have come from Beijing, Hong Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many workshops in Chinese martial arts and Taoist wellness techniques.

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## SCHEDULE AND CURRICULUM

### Class 1: June 23

Philosophy: Defining Tao 1  
Warm-ups and Taiji Qigong  
Luohan Forms: Cow, Cat, Gecko  
Chen Taiji Silk-Reeling: Beginning Posture  
Five Animals of Hua Tuo: Crane, part 1

### Class 2: June 30

Philosophy: Defining Tao 2  
Warm-ups and Taiji Qigong  
Luohan Forms: The One-Legged Crane, Crane Spreading Wings, Clumsy Scholar  
Chen Taiji Silk-Reeling: Buddha's Warrior Attendant Pounding Pestle  
Five Animals of Hua Tuo: Crane, part 2

### Class 3: July 7

Philosophy: Defining Tao 3  
Warm-ups and Taiji Qigong  
Luohan Forms: Wusong Pulls the Vein of the Tiger, Maiden Taking Off Her Skirt, Farmer At the Waterwheel (bicep curl)  
Chen Taiji Silk-Reeling: Lazily Putting on Clothes  
Five Animals of Hua Tuo: Bear, part 1

### Class 4: July 14

Philosophy: Heaven and Earth: Cosmology  
Warm-ups and Taiji Qigong  
Luohan Forms: Mating Lizard (dips, elevated push-ups), Diamond Push-Ups, The Baby Monkey  
Chen Taiji Silk-Reeling: Single Whip  
Five Animals of Hua Tuo: Bear, part 2

### Class 5: July 21

Philosophy: What is Virtue?  
Warm-ups and Taiji Qigong  
Luohan Forms: Steel Ox Plowing the Field, Demon Closing the Door (wrist press), The Running Monkey  
Chen Taiji Silk-Reeling: Cover Hand and Strike with Fist  
Five Animals of Hua Tuo: Deer, part 1

### Class 6: July 28

Philosophy: Defining the Natural: Turning from an anthropocentric view  
Warm-ups and Taiji Qigong  
Luohan Forms: Mating Frog (squat variations), Demon Riding the Unicorn, Mother Ape Carrying Her Baby  
Chen Taiji Silk-Reeling: Cloud Hands  
Five Animals of Hua Tuo: Deer, part 2

### Class 7: August 4

Philosophy: Understanding reciprocal pairs  
Warm-ups and Taiji Qigong  
Luohan Forms: Stretching Frog, Frog Walk, Frog Jump  
Chen Taiji Silk-Reeling: Kicks  
Five Animals of Hua Tuo: Monkey

### Class 8: August 11

Philosophy: Understanding unity  
Warm-ups and Taiji Qigong  
Luohan Forms: Rolling Log, Fisherman Rowing the Boat, Eel  
Chen Taiji Silk-Reeling: Cannon Fist  
Five Animals of Hua Tuo: Tiger

### Class 9: August 18

Philosophy: The Muddled and Mystery  
Warm-ups and Taiji Qigong  
Chen Taiji Silk-Reeling: review  
Five Animals of Hua Tuo: whole set review

### Class 10: August 25

Philosophy: Summation  
Warm-ups and Taiji Qigong  
Chen Taiji Silk-Reeling: review  
Five Animals of Hua Tuo: whole set review

