



April 22, May 6 & 20, 2023

Three 2-hour Online ZOOM Sessions

## *Wuduanjin* 5 Section Brocade

Join Master Sam Masich for three two-hour Zoom sessions teaching the *Wuduanjin* from the 5 Section Taijiquan Program. These simple exercises are perfect for preparing for and augmenting your *taijiquan* practice.



### Session Three

#### Section Four: Peng, Lü, Ji, An; Section Five: 5 Words Neigong

The 5 Section Brocade (*Wuduanjin* 五段緞) prepares students for exercising the forms and practices of the 5 Section Taijiquan Program. One's outer structure and inner state affect one another reciprocally. A naturally-aligned physical structure arises from an internal state of self-composure and self-composure is greatly influenced by the situation of one's physical form. For example, if one's stance and posture do not accord with one's skeletal and muscular structure, one cannot 'feel at ease.' Similarly, if one is emotionally unsettled it is difficult to find dynamic alignment in the body.

#### Warm-up with the 'Five Words of Self-composure'

Five Words Brocade practice sessions 'warm up' and 'cool down' by reflecting on the 'Five Words of Self-composure.' The five words are: 'breath,' 'calm,' 'centre,' 'root,' and 'energy.'

Prepare for the five brocades by raising and lowering hands while practicing the five words of self-composure.

#### Section Four: *Peng, Lü, Ji, An*

1. Raising *Peng* & *An*
2. Forward *Peng* & *An*
3. *An* to *Lü*
4. *Peng* to *Ji*
5. *Lü* to *Ji*. *Ji* to *Lü*

#### Section Five: Five Words *Neigong*

1. Hands to sides (palms down)
2. Hands crossed (front)
3. Hands to sides (palms up)
4. Hands press down (together)
5. Hands press down (apart)

**End:** Cool-down with the 'Five Words of Self-composure' — Breath, Calm, Centre, Root, Energy  
Cool-down from the five brocades by contemplating the five words of self-composure.

[Downloadable from the MIAM Store!](#)

#### Taijiquan Core Principles (Level One)

Buy individual sessions or, buy all four and receive a Coupon Code for a free T-Shirt!

#### Taijiquan Core Principles (Level Two)

Buy individual sessions or, buy all four and receive a Coupon Code for a free T-Shirt!



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