



Tibetan Kungfu Podcast

TKF 08



Building The Kung Fu Frame

Podcast of Tibetan KungFu

TKF 008

Tibetan Kung Fu Podcast



"I Practice To Be A Better Person First
and A Better Martial Artist Second."

Thank You For Being Part of the
Podcast of Tibetan Kung Fu

Podcast Today

- ◆ You can find our social media links in PDF, website, or type in Tibetan Kung Fu and we will show up.
- ◆ Last couple episodes have been heart-mind work. This week lets get into tendons and bones
- ◆ Today we will look at how we build the Kung Fu Frame, for both health and combat.

Thank You to Subscribers and Feedback from Last Week

- ◆ A huge thanks to Dwight and Kat for making the workshop a success.
- ◆ Thank you to Leah, Dawn and Autumn for providing the kind feedback on the BaGua for Beginners Workshop we held this past weekend and to all of you for participating.
- ◆ It seems that a monthly Bagua Class for meditation and framework building would be supported and we will move forward.
- ◆ Thank you to Acupuncturist Jim Eclezko for the email
- ◆ Jean, Scott and Travis as always, I appreciate your support.
- ◆ It helps us when you subscribe at Itunes, Stitcher and leave an honest review.

Upcoming Events: Tai Chi

- ◆ Tai Chi Beginners Course,
- ◆ 4 consecutive weeks
- ◆ starts Wednesdays, August 6th at 10 am.
- ◆ One hour Class,
- ◆ www.tibetankungfu.net/taichiforbeginners



Upcoming Events: BootCamp

- ◆ Kung Fu Boot Camp
- ◆ 8 consecutive weeks
- ◆ starts Monday August 18th, 7pm
- ◆ one hour, conditioning, stretching, agility, Choy Li Fut Kungfu
- ◆ www.tibetankungfu.net/kungfubootcamp



Upcoming Events: Meditation Workshop

- ◆ One 90 minute Workshop
- ◆ Address Questions about Meditation
- ◆ Saturday August 23rd, 1pm
- ◆ Webpage not up yet but will be tibetankungfu.net/mindful

Current Students

- ◆ If you are a current student and want to participate in a course or someone you think of like family, get with me about your reduced participation fee.

Kung Fu Frame

- ◆ Good Kung Fu is built from the ground up, inside to outside.
- ◆ Many arts teach from outside to inside. Putting the emphasis on the bags, opponents, and techniques.
- ◆ That is like trying to get to the root of the tree from the leaf. Its not naturally developed that way.
- ◆ Go from the root (you) to the leaf (outside).

Fascia Physical

- ◆ Fascia is the soft connective tissue that connects your entire body to itself.
- ◆ Physicist Serge Gracovetsky, October 4, 2007, at Harvard Medical School discussed how the recruitment and synchronization of muscle, tendon and ligament work.
- ◆ Using high-speed communication cells, the bones can call for support, the soft tissue recruits muscle and tendons, but to maintain stability they don't fire at once, they take turns in support.
- ◆ This opens the window of explaining how posting, Zham Zhuang, whether for health or for combat can increase muscular tone and strength, increase leg power, and improve integration of the neuromuscular system into activities.

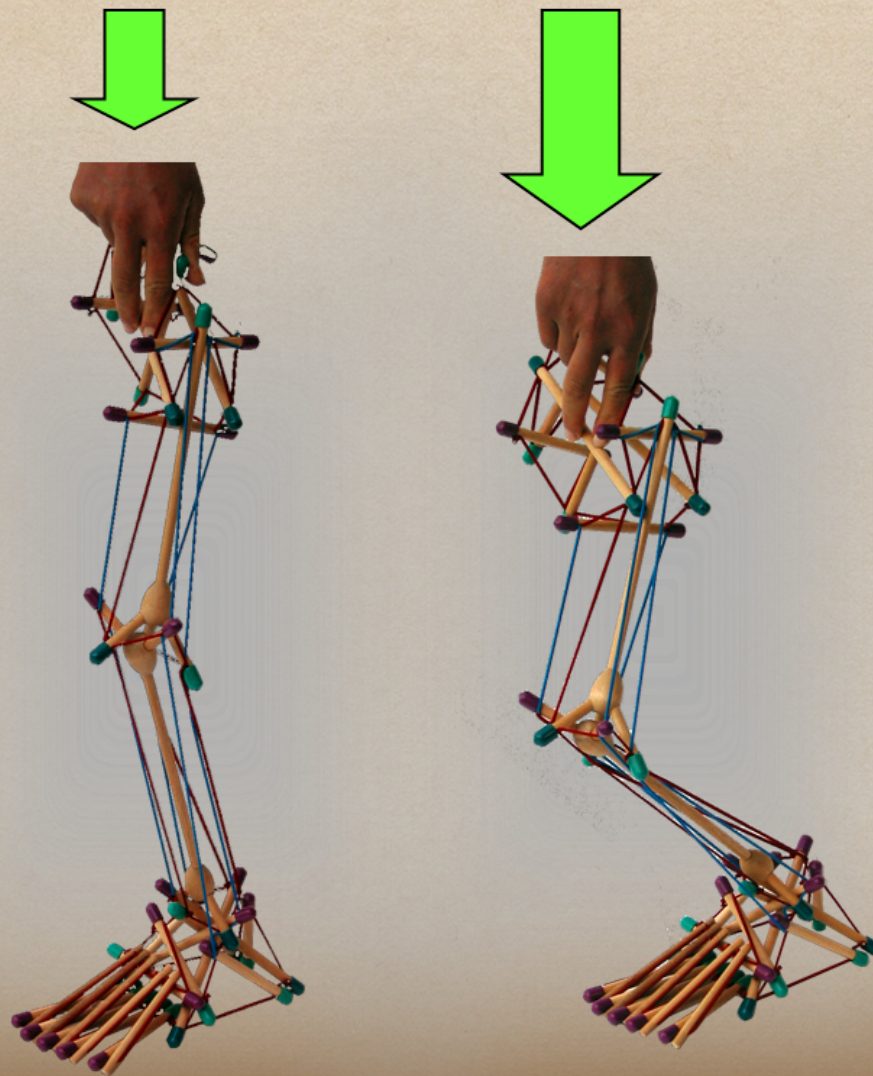
Fascia Energy Path

- ◆ Fascia (aka: Collagen) has been indicated in many studies
- ◆ Moves faster than nerves and can integrate body into single unit.
- ◆ Athletes call it the zone, when body and mind move as one.
- ◆ Provides Springy "Peng" energy

Fascia Energy Path

- ◆ Fascia is also indicated in medicine and health demonstrating how our memories and emotions get literally woven into the fabric (fascia) of our being.

Collagen & energy



No need for muscles. Bones and ligament suffice to maintain structural stability.

All forces are decomposed into compression and tension

Fascia and Framework

- ◆ By taking posture and working the mind with it, you activated the fascia.
- ◆ The tendons and ligaments get called for support, increasing strength, without muscular bulk.
- ◆ Dad called 'farmer strong'

Emphasize Framework

- ◆ Whether student practices Hop Gar, Tai Chi Chuan, Hsing Yi, Yi Chuan, Bagua or other art here.
- ◆ You must exercise the framework.
- ◆ Those who come to the Yang 9 Tai Chi Course will start very mildly to support health.
- ◆ Those who come to the Kung Fu Boot Camp, you will not be starting so mildly :)

BaGua Tendon Time

- ◆ During last week's workshop, we dedicated time to 2 of 8 separate framework exercises we use regularly.
 - ◆ Twist Like Rope
 - ◆ Rotate and Push Palm
- ◆ They could feel the expectation rise, some began sweating, even though they weren't moving.

Rotate

Push

Palm

Developing
Framework
Through Stillness
and Movement

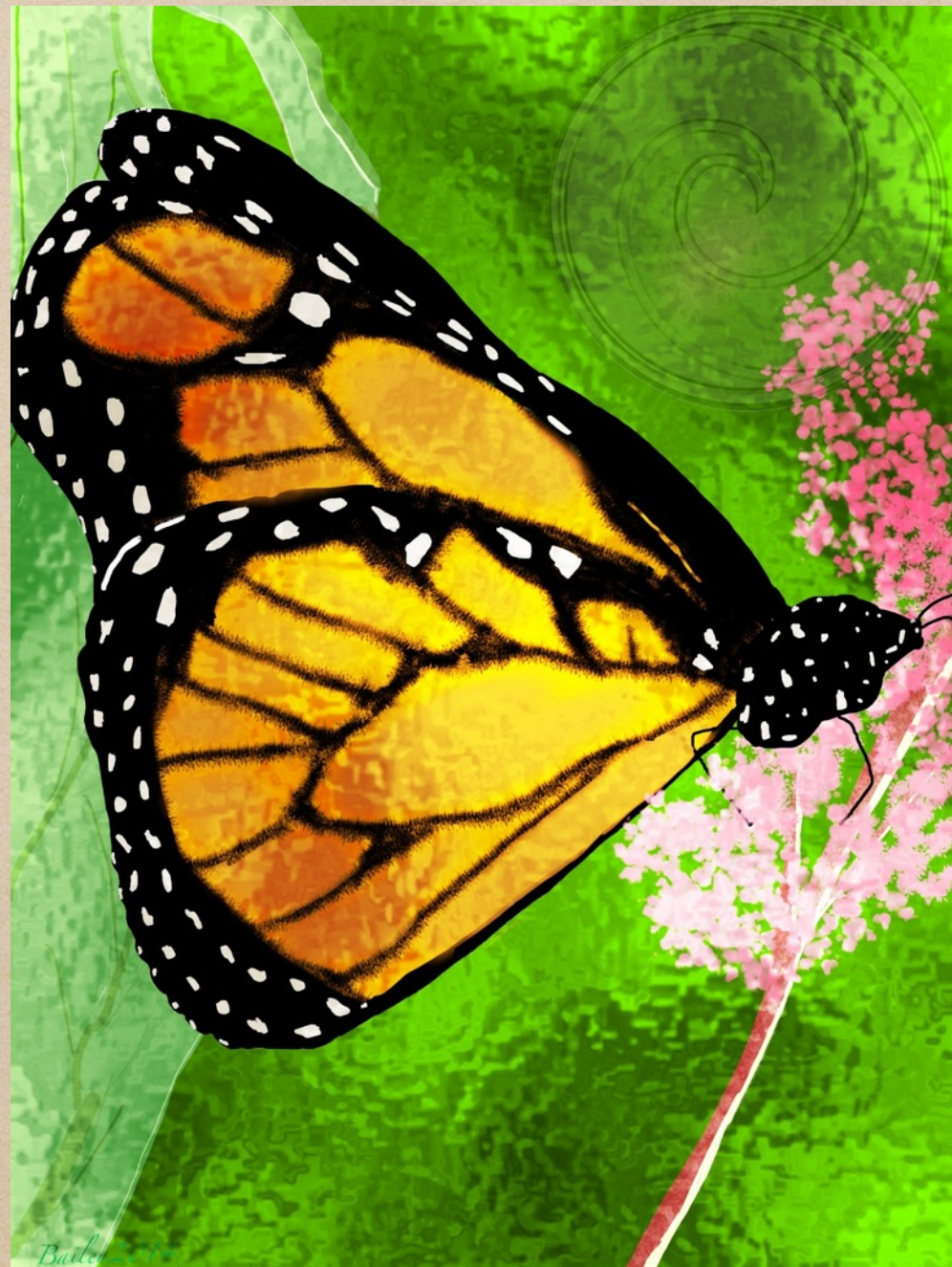


The Yang 9 Course Fascia

- ◆ Through mild - moderate training you will get introduced to framework and moving.
- ◆ We often do what is called a "Box Set" in our Tai Chi.
- ◆ Emphasis is placed on framework
- ◆ Strength, stability and integration is enhanced.



New Developments



C.T.A.

- ◆ Regardless the style of martial art you practice, put a premium on building from the inside out.
- ◆ Practice Zham Zhuang of whatever style you may engaged in.
- ◆ If you don't know it, and want to learn fundamentals of this integrative mind-body exercise, let us know.
- ◆ Every day, a little gain



Resources

- ◆ Yang 9 Tai Chi Course
- ◆ Kung Fu Boot Camp
- ◆ Artwork - From BaGua Workshop and our Haap Mantis
- ◆ Spring (Butterfly) - Bailey336,
- ◆ printed with requested permission



Resources Mentioned

- ◆ Fascia is also indicated in medicine in such research presented by:

- ◆ Energy Medicine

- ◆ [Our Ibooks Link](#)

- ◆ [Our Amazon Link](#)

- ◆ Feelings Buried Alive Never Die

- ◆ [Our Ibooks Link](#)

- ◆ [Amazon Book Link](#)

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