

Internal & External Martial Arts-Exploring Opposites©

By Shifu/Sensei Kore' Grate-Five Element Martial Arts & Healing Center-Minneapolis, MN

WARM-UPS

-Loosen Joints- in all Six Directions

Expanding in opposite directions at the same time:

- a) Top of head with Bottom of feet-"Rise to Sink, Sink to Rise"
- b) Front of body with back of body- Mabu Front Punch
- c) Right side with Left Side-Shifting Weight- R/L: a) shoulder width b) lift one leg

INTERNAL SENSING Drills: (with Partners)

- 1) "Clap before the Punch" (right before, right during, right after)
- 2) "Third Eye Open Drill"-close eyes, feel when they reach for shoulder and soft block.
- 3) "Empty-Full" Game (see attached)

EXTERNAL SENSING Drills: (with Partners)

- 4) "Kuzushi Game" Drill-pick a stance
- 5) "Ping Pong" Drill (Using the "Grid")
- 6) "Stay Attached" Drill (Following/Leading/Moving)

External/Internal Arts: Choose a few moves in your favorite form-

- a) Practice your regular speed a few times
- b) Practice OPPOSITE-fast go slow, slow go fast
- c) Share both speeds in a group

END with Discussion



Shifu/Sensei Kore' Grate, Head Instructor & Executive Director©

Five Element Martial Arts & Healing Center

3743 Cedar Avenue South-Minneapolis, MN 55407

612-729-7233

www.femamartialarts.org

Empty Full Game©

Shifu/Sensei Kore' Grate -Five Element Martial Arts School-Minneapolis, MN-www.femamartialarts.org

Objective: This game/drill is to teach centering and off-balancing/uprooting energy.

-Partners face each other with feet shoulder width.

Both partners demonstrate good alignment, with knees slightly bent, back straight, shoulders relaxed.

-Partners raise hands and touch palms together at a relaxed level.

Elbows should be slightly bent.

-Each partner uses their awareness, chi and/or movement to find their partner's center and proceed to uproot/off-balance them.
Any time either partner is off-balanced by being led to take a step in any direction, the other partner "scores" a point.

Notes:

-One can become **FULL** to push into the center of their partner and/or one can also receive/yield to the energy and become **EMPTY**.

-Sometimes the game/drill can exhibit a lot of movement (external pushing), and sometimes it can be very still (internal usage).

-A higher challenge is to have partners stand on one leg and do the Empty/Full Game.

Rules:

-For safety, DO NOT push palms towards the eyes/face area.

-Keep your distance so both partner's arms are slightly bent at elbows-no straight arms.

-NO using finger locks, only use palms for contact.

-When balance is broken, reset to shoulder width (not wider).

