

Personal Development Programme of the Stevanovitch Art du Chi method

FLOOR TECHNIQUES

Module 1 : Grasping the Tan Tien (Twice minimum)

- a. Movements of the pelvis, lying down, sitting.
- b. Finding the front reference point: use of finger pressure, the thenar eminence.
- c. Front, Back reference points, the bar, the travelling ball, the 6 reference points linked to the Tan Tien.
- d. Separating the 2 levels of the belly.
- e. Centered Effort
- f. The first abdominals.
- g. Abdominal, sub-umbilical Tan Tien breathing.
- h. Tibetan breathing.

Module 2: Breathing techniques (Twice minimum)

- a. Abdominal, sub-umbilical Tan Tien breathing.
- b. Selective (by level). Controlling the relaxation of the muscles of the inhale.
- c. Endonasal breathing. Awareness of the Lu point through flow of air.
- d. Complete.
- e. Re-Breathing.
- f. Breathing without effort, experienced as a gentle pressure, with no limit.
- g. Oudiana.

Module 3: Relaxation techniques (Twice minimum)

- a. Self massage of hands, face , feet.
- b. Stretching.
- c. Body rolls.
- d. Clock movements.
- e. Relaxing the shoulders, the shoulder girdle, the pelvic girdle.
- f. Basic relaxation (heavy, warm, heart, face). Note, relaxation with beginners to last less than 20 minutes)

Module 4: Small Circuit – Basics. (Twice minimum)

- a. Sensitising the points and mental circuit.
- b. Breathing at each point and tube relationship with Tan Tien.
- c. Unrolling spine on floor.
- d. Shutter technique at each point.
- e. Abdominals.
- f. Separating the 2 levels of the belly.

Module 5: Small circuit using chi – technique. (4 times minimum)

- a. Oudiana, pushing at each point.
- b. The wave
- c. Ram blows at each point of the small circuit
- d. Breathing to the 3 beats
- e. Passis Through
- f. The whole technique (the circuit flows!)

Module 6: The sitting posture (twice minimum)

- a. Comfort first (finding your own posture, relaxed, mobile).
Pressing on the Tan Tien
The vertical axis including the position of the head.
The pelvis ensuring a neutral position for the back reference point.
- b. Internal symmetry

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STANDING TECHNIQUES

Module A: Learning the basic principles using the 11 Health Exercises and the 24 Form. This consists less of remembering and more of experiencing our work. To be repeated many times.

- a. Tan Tien criteria (rocking the pelvis, legs flexed, feet connected to the ground, the gaze).
- b. The step, alternating fullness and emptiness.
- c. The hands, relaxed, supple, awareness of Chi, tiger's mouth, the wrist points.
- d. The face, relaxed, gaze.
- e. The simplicity of each move, doing nothing, hindering nothing (a lifetime!). Controlling the relaxation and logic of the body.
- f. The diagonals.

Module B: Learning the Forms: the 11 Health Exercises and the 24 Postures

Module to be repeated many times.

We favour global learning. This approach to awareness is only acquired through unflagging repetition of the same movements.

The usual memory approach is to be set aside, to allow the use of body memory which we favour.

Learning to follow is essential. We move from the outset from the 11 Health Exercises to the 24 Form.

We dive in to the form and find a way to swim through it. The usual memory approach is a hindrance to proper learning; learning comes in good time.

Module C: Breathing (2 beats) in the form. A minimum of 4 times.

- a. Alternating; Breathing; opening of the rib cage, of movements; lightness (soap bubble).
- b. Breathing flows, with ease.
- c. Playing with some of the Brocades.
- d. Eventually introduce breathing to 3 beats.

Module D: The 4 stages of movement. A minimum of 4 times.

- a. Tan Tien (first in-breath)
- b. Free the 3 limbs (big in-breath)
- c. Rooting the axis (apnea)
- d. Throw the Chi (exhale)

Module E: The Practice

The 11 Health Exercises

The 24 Form

The Maredret Form

Repeat this module many times!

- a. Flow, continuity: each move begins before the end of the previous one and itself continues until it ends even as the next one has already started.
- b. Body language: learning to follow

Module F: Kirikido

A minimum of 4 times.

Practice of the Kirikido allows future teachers to better understand the logic of the moves.

This understanding allows the body and the Tan Tien to become involved in the moves and thus prepares for the free flow of Chi.

Other aspects include speed, which brings out any awkwardness, muscle tone, suppleness, awareness of a stronger Tan Tien...