

FROLICS OF THE FIVE ANIMALS

INTENSIVE WORKSHOP WITH GRANDMASTER KHOR



The Five animal frolics was a ground breaking exercise system created by legendary Chinese physician Hua Tuo. It provided the fundamentals for subsequent Chinese Qigong, and also provided the foundation for the development of the Shaolin Martial arts.

"Han Dynasty, Hua Tuo (A.D.110-207), was an outstanding medical Doctor and became known as the "Father of Traditional Chinese Medicine". He researched the physical activities of animals specifically the characteristics of the Tiger, Deer, Bear, Monkey and Bird. He also combined the theory of the energy flow and distribution of the meridian lines with the physiological functions and pathological changes of the human body, and its relationship between the movements of these five animals and the five major organs of human beings.

"The Bird Frolic develops balance, lightness, and agility. It cools and relaxes the whole body, balances the heart-energy, gently stretches the ligaments, and releases the spine. The Bear Frolic develops deep-rooted power. It creates greater leg strength, fortifies the bones, and develops energy in the kidneys, which is the body's fundamental source of vitality. The Monkey Frolic develops suppleness and agility, quick witted, alert, and nimble. The Deer Frolic develops grace and relaxation. It gives a long stretch to the legs and spine, creating an open, expansive movement with very flexible muscles and bones. The Tiger Frolic develops muscular strength. It strengthens the waist, muscles, and kidneys and builds internal power."

The Crane - develop balance, lightness, agility, gently stretches ligaments and spine.

The Bear - creates greater leg strength, fortifies the bones and develops energy in the spleen.

The Monkey - develop suppleness and agility. Strengthens the heart.

The Deer - develop grace, stretch legs, spine and sinew. Strengthen bones and kidneys.

The Tiger -develop muscular strength, sinews and liver and builds internal power.

The preview of this workshop at this year's seminar was a huge success and now Grandmaster Khor is offering a one day intensive and comprehensive workshop. Learn this Qigong set and enjoy the health benefits for years to come.

A pre-requisite for people interested in teaching the "Five Animal Qigong" art.



Saturday 26th November 2011

Time: 10am to 4pm.

Drummoyne Public School, Rawson Street, Drummoyne.

Cost: \$99.00

Book with instructor or ring the office on 9797 9355.

Email : aatc@optusnet.com.au