

The Path to IronSpirit

Breath and movement are the key to IronFlower Wellness Method and although the practices listed here come from different sources and methods each is a way to the same goal: physical, spiritual and emotional fulfillment.

All Shaolin Method Classes (listed below) will be taught by Shifu Tahoe

Iron-Body Sculpt: The goal is to redefine ones appearance by firming all the muscles and achieving a very low percentage of fat in the body. A series of repetitive movements against low weight, elongate the muscle and produce heat, which in turn burns fat and dehydrates excess water.

Aero-Flex: Called **Tong Zi Gong**, a skill of flexibility, balance, elasticity and agility. This method was influenced by dharma (Buddha), and opens the pathology of energy channels in the entire body, and the pathway of spiritual equilibrium.

Iron-Abs: Maximize your core-stability through breath control techniques while you architect Ladder Abs. Nowhere that we know of, can you experience as many different ways to diesel your repertoire of midsection armor with **“Iron Qi”**

Pole Jumps: A skill enabling a person to overcome gravity. The upper and lower body will become lean and flexible. The posterior anatomy will be more defined for both genders and exhibit great endurance ability. One who practices this task diligently should be able to jump eight to twelve feet high in a year.

Nei-Jia: This method consists of three major internal styles of Chinese martial arts. Born in the east and practiced by two of the most respected Kung-Fu schools in China, the Shaolin and Wu-Dang. These temples are the most skillful in the art of “Bagua Zhang” (Dragon Boxing), “Tai-Ji Quan” (Grand Ultimate Body Motion), and the famous “Xing-Yi Quan” (The Five Elements Methods or The Intended/Mind Boxing). An overlying internal martial arts that harnesses the use of one’s whole body power against the opponent’s more vulnerable angles through a mind-body alignment.

Tai-Ji: The grand ultimate body motion is an art enabling fluid movements to emerge from perfect body alignment and equilibrium. The flux of the universe’s energy becomes channeled through the practitioner promoting optimum health.

Bagua Zhang Infinity Boxing or the Eight Diagram Technique can only be paralleled to a dragon swimming. Powerful, graceful advances and counters executed while orbiting ones opponent are but physical components. The magnetic field exerted on the earth by the moon as it orbits creates many known and predictable phenomena. Bagua Zhang enables ones own magnetic field to influence his opponent and harness energy from heaven and earth.

Qin-Na: Grabbling, locking and the option of breaking is the intention of this martial system. The body’s mobility is controlled through joint manipulation from a complete grasp of skeletal arrangement. This technique aids in the disabling of ones aggressor without much physical exertion.

AeroFist: A system of hand techniques emphasizing the development of speed, endurance, accuracy and cardiovascular fitness. This is a mandatory precursor for the successful practice of Iron Palm.

“Breath is the essence of all mankind. To nurture and gain vitality is to freely ground oneself in the flux of our atmosphere. We as humans are swimming in the atmosphere of air, like fish swimming in the sea of water.”