

## **April 16, 2016 - Presentation by Shifu/Sensei Koré Grate**

### **Centering & Sensing with Internal & External Qi**

Shifu/Sensei Koré Grate will lead us through gentle movements to help us understand and explore deeper levels of working with internal and external Qi.

#### **WARM-UPS**

Loosen Joints- in all Six Directions

Expanding in opposite directions at the same time:

- a) Top of head with bottom of feet
- b) Front of body with back of body
- c) Right side with left side

Shifting Weight- R/L:

- a) Shoulder width
- b) Lift one leg

#### **CENTERING & SENSING Drills (with Partners)**

- 1) "Empty-Full" Game
- 2) "Clap before the Punch" (right before, right during, right after)
- 3) "Ping Pong" Drill-Kuzushi (find off balance)
- 4) "If they want to Come, Bring them, if they want to Go, Send them" Drill

We will end with a group discussion.

#### **Biography**

Koré is Executive Director/Head Instructor of the Five Element Martial Arts and Healing Center (formerly Feminist Eclectic Martial Arts) established in 1994 as a 501c3 non-profit organization in Minneapolis. F.E.M.A. celebrated its 26th year of teaching students the art of Wu Chien Pai and laido in 2015. Their mission statement reads; "FEMA is dedicated to the empowerment of all people through martial arts, wellness, personal safety and self defense so we may have a more peaceful community and planet."

Koré has been training in the martial arts for over 40 years.

Please reach Koré at [shifukg@femamartialarts.org](mailto:shifukg@femamartialarts.org) or 612-729-7233