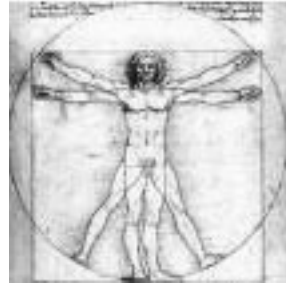




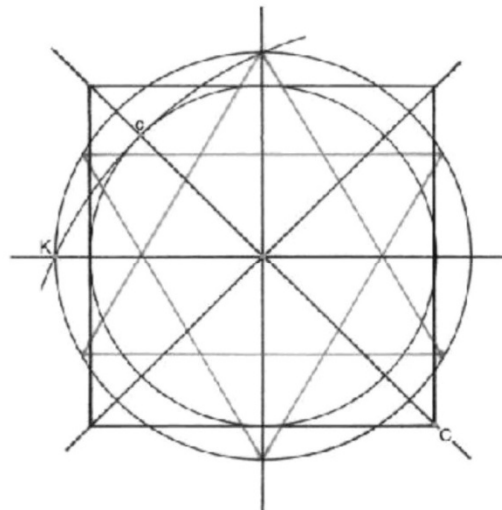
AIKIDO CORK OPEN CENTRE



There Are No Secrets

T'AI CHI CH'UAN
yin discipline
RELAXING

CHI KUNG
cleansing
DETOXIFYING



TAOIST MEDITATION
harmonizing
BALANCING

AIKIDO
yang discipline
ENERGIZING

T'ai Chi Ch'uan – The Supreme Ultimate

Meditation in Action – Action in Meditation

“A journey beyond the known into the unknown”

“The perfect man has no self, the holy man has no merit, the sage has no reputation.”

- Chuang Tsu

Working Document – Taoist Journey

Booking Agent:	YOUR inner self
Master Traveler and Tour Guide:	Detlef Decker
Duration:	Ongoing
Final Destination:	Unknown
Preparation:	Cork Open Centre Mondays and Wednesdays 19:30 – 21:00 (all levels) Fridays 19:30 – 21:00 (Seminars)
Traveler:	YOU

“Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace.”

– The Way of Love from The Bhagavad Gita

PHASE 1 - KNOWN ASPECT OF JOURNEY

Teachings:

Handed down from my teachers:

- ✓ *Taoist Grand Master Ahn*
- ✓ *Grand Master Yu*
- ✓ *Grand Master Lew*
- ✓ and other teachers I was allowed to share my journey with.

Teachings/Tools included:

- ✓ Yang Short Form
- ✓ Yang Long Form
- ✓ Chen Long Form, Sword
- ✓ Knife
- ✓ Double Stick
- ✓ Staff
- ✓ Round Chi Kung
- ✓ Tantric Nei Kung
- ✓ Chi Kung 1
- ✓ Taoist Meditation
- ✓ Cloud Hands Chi Kung
- ✓ Swimming Dragon Chi Kung
- ✓ Falun Dafa Chi Kung
- ✓ Push Hands
- ✓ Shaolin Forms

PHASE 2 - JOURNEY

Option 1 – Daily Journey

“Master Ahn’s Basic Package”

- ✓ Meditation 30 Minutes
- ✓ Yang Long Form 60 Minutes
- ✓ Chi Kung I 30 Minutes
- ✓ Weapons 10 Minutes

Excursions (Optional):

- ✓ Chen Long Form 10 Minutes
- ✓ Silence 30 Minutes

Option 2 – Daily Journey

“Master Ahn’s Survivor Package”

- ✓ Meditation 30 Minutes
- ✓ Yang Long Form 60 Minutes
- ✓ Chi Kung I 30 Minutes
- ✓ Tantric Nei Kung 50 Minutes
- ✓ Weapons 10 Minutes

Excursions (Optional):

- ✓ Chen Long Form 10 Minutes
- ✓ Silence 30 Minutes

Option 3 – Daily Journey

“Master Yu’s Warrior Package”

- ✓ Yang Long Form 60 Minutes
- ✓ Weapons 20 Minutes
- ✓ Shaolin Basics 10 Minutes
- ✓ Shaolin Forms 15 Minutes
- ✓ Meditation 30 Minutes

Excursions (Optional):

- ✓ Chen Long Form 10 Minutes

- ✓ Silence 30 Minutes

Option 4 – Daily Journey

“The Intimate Journey”

- ✓ Meditation 60 Minutes
- ✓ Silence 60 Minutes
- ✓ Communication with Nature 60 Minutes

Excursions (Optional):

- ✓ Extended Silence 1 Day
- ✓ Extended Silence 1 Weekend
- ✓ Extended Silence 1 Week

Option 5 – Daily Journey

“The Buddhist Journey”

- ✓ Falun Dafa Chi Kung 120 Minutes
- ✓ Lectures 30 Minutes

PHASE 3 - UNKNOWN ASPECT OF THE JOURNEY

EXPERIENCE

- ✓ Silence
- ✓ Emptiness
- ✓ Wisdom

MANIFESTATION

- ✓ Optimum Health
- ✓ Body-Mind-Spirit Harmony
- ✓ Oneness
- ✓ Being in the Zone
- ✓ Past-Present-Future being One

UNDERSTANDING THE PROCESS OF THE JOURNEY

Note: *“An integral being knows without going, sees without looking, and accomplishes without doing.”* **Lao Tzu**

PART 1 - KNOWN

Phase 1 Learning Forms

Note: *“You are led through your lifetime by the inner learning creature, the playful spiritual being that is your real self. Don’t turn away from possible futures before you’re certain you don’t have anything to learn from them. You are always free to change your mind and choose a different future, or a different past.”* **Richard Bach**

Phase 2 Refining Forms

Note: *“When the lowest vertebrae are plumb erect, the spirit reaches the top of the head. With the top of the head as if suspended from above; the whole body feels itself light and nimble.”* **Tai Chi Classics**

Phase 3 Studying the Art

Note: *“The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self.”* **Einstein**

PART 2 - UNKNOWN

Phase 4 Manifesting the Art (forms will become formless)

Note: *“You need not leave your room. Remain sitting at your table and listen. You need not even listen, simply wait. You need not even wait; just learn to be quiet, and still and solitary. The world will freely offer itself to you to be unmasked. It has no choice; it will roll in ecstasy at your feet.”* **Franz Kafka**

Phase 5 Living the Art (art will become artless)

Note: *“I am that, you are that, all this is that and that is all there is.”* **Unknown**