



Derek Notman: Understanding Energy and Structure



Derek is a martial artist and instructor, trained in a variety of practices such as Tai Chi, Qi Gong, Bagua Zhang, and others. He is passionate about teaching traditional wisdom through embodied practice. In this session, discover how to use the embodiment of Tai Chi and the philosophy of Yin and Yang to bring your mind and body into harmony.

TOP EMBODIMENT TIP: You're going to be in your body for the rest of your life, so you might as well invest some time in learning how to use it well.

Seek Clarity, Not Complexity: Where There's Depth, There's Mystery

Repetition and mindfulness of practice is what leads to change. Embodiment, or In-Body-Meant, asks us to bring our attention onto and **into** our body. Relearning how to sense and feel with greater clarity creates a cascading effect throughout the body. Learning to stand is one of the fundamental practices as proper vertical alignment creates a container that we can relax into. The better the structure, the better our energy is able to move.

The Four Basic Principles:

- 1. Unifying the Body** - Connecting the upper and lower halves of the body by stretching the spine using directed opposition. Once the desired posture is attained, drop into stillness and silence, maintaining the stretch. This creates conditions of pressure within the body and teaches us how to stay with it, keeping our attention fixed. The body disciplines the mind and pressure leads to change.
- 2. Separation** - Recognition that we live in a world of duality and mirror opposites, for instance separately observing Yin and Yang. Yin tissues are those that gather downward and sink, while Yang tissues are those with an evaporative, rising quality. Once a strong sense of the two within the body is attained, we can feel the balance between them, leading us to stand in the bones, letting the tissues fall away and rise up. The attention is focused on the intention of standing in a particular shape or form without moving, while simultaneously dropping into a deep state of listening and awareness.
- 3. Relationship and Integration** - Integrating the three sections of the body so that the three become one and the one contains the three. This helps us learn to reorganize our bodies by balancing the two poles: the body falls until it rises, and rises until it falls. Recognizing and embodying this balance within ourselves allows us to better balance what is outside of ourselves. The three sections of the body (legs, torso and arms) are harmonized and brought into unity when all actions of the body (flexion, extension and rotation) are unfettered, and planes of motion (sagittal, frontal and rotational) are clarified.
- 4. Manifesting Shape through Form and Structure** - Traditional practices teach us to bring together structure and relax into it. Stand in the bones, move through the joints, and lead the body with the mind.

Resources

- ❖ **Courses:** A variety of classes and courses are available. Use the code "Embodiment" for 20% off.
<https://courses.islandphysicalculture.com/collections>
- ❖ **Website:** <https://www.islandphysicalculture.com/>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

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