



木 火 土 金 水

Harmony

Balance

Wellbeing

ChiBall®



Autumn - Gathering

Movement Notes



ChiBall®

Autumn Seasonal Class Movement Notes

Gathering		
Music composed for the ChiBall Autumn Gathering Class		
Track	Energy Phase	Discipline
1. Golden Air	Rising Yang	TAI CHI-QI GONG
2. Brilliance	Radiant Yang – Part 1	CHIBALL DANCE
3. Letting Go	Radiant Yang – Part 1	CHIBALL DANCE
4. Expansion	Radiant Yang – Part 2	YOGA
5. Life Lines	Radiant Yang – Part 2	YOGA
6. Smooth Movement	Descending Yang	PILATES
7. Breath of Life	Rising Yin	RELEASE
8. Receptive Thoughts	Rising Yin	RELEASE
9. Mirrored Light	Condensed Yin	RELAXATION

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ChiBall Autumn Class Notes

How to use the DVD and notes

- This DVD has been filmed as a mirror image of your teaching – when practising, mirror the direction of movement and follow the instruction of the voiceover.
- When reading the notes and watching the DVD, move in the direction written or said (i.e. right), but you will eventually SAY THE OPPOSITE when teaching to your class (i.e. “left”).
- If you are unsure about exercise execution, watch the Autumn Class section for the sequence of movements, or refer to the Technique Points section of the DVD. Also refer to your Practical Intensive Teacher’s Manual for more explanation of the movements.

Study Tips

While everyone has their own ways of learning movement, we have put together some tips that may help you to effectively study and develop your teaching practise.

1. Spend time **listening** to the music so that you become confident with its pace, feeling, and changes.
2. Refresh your knowledge of the movements by **re-reading** their explanations in your Practical Intensive Teacher’s Manual.
3. **Watch** the “Autumn Class” section and follow along with the **movements**, as if doing the class.
4. **Watch** the “Autumn Class” section again, this time while **reading** along with the notes.
5. Make these notes yours by **adding your own comments**, thoughts, cues, and markings (stars, coloured highlights, etc.) to help you learn and remember the moves and sequences.
6. Using only your notes, listen to the music CD and **practise performing** the movements and sequences. This will help to identify where you still have questions and need more practise.
7. Continue to view and practise along with the DVD and/or CD as needed. Start to **speak aloud** while practising, and integrate your own cues with your movements. Reflect on the feelings and imagery that comes to mind while performing the moves and sequences.
8. Refer to the “Technique Points” DVD section once you are comfortable with the sequences to get **additional detail** on posture and execution, or as questions arise during your practise.
9. You may like to invite friends or family and deliver a trial “test class” in a safe and comfortable setting.

If you have any questions or difficulties, our Master Trainers and staff provide support and answers to your questions through the forums in the **Online Teachers’ Community Area** of <http://www.chiball.com/education>.

Please contact education@chiball.com for any other questions, or if you would like assistance setting up your online account.

Autumn (Rising Yin)

NORTHERN HEMISPHERE: WEEKS 42 - 51
SOUTHERN HEMISPHERE: WEEKS 18 - 28

Organs: Lungs & Large Intestine

