



Five Phase Theory

Five Phase (Wu Hsing) creative and destructive cycles reflected in (Oriental) Chinese religion, philosophy, medicine, astronomy, health and martial Sciences.

The creative cycle, Water creates Wood, Wood creates Fire, Fire creates Earth, Earth creates Metal, and Metal creates Water. The creative cycle of the five phases is a never ending generative process. The destructive cycle Earth destroying Water, Water destroying Fire, Fire destroying Metal, Metal destroying Wood, and Wood destroying Earth.

The (Geometrical diagram) is dynamic. A dynamic interplay between the five phases and additionally, there is a continuous flow of *yin*(-) and *yang*(+) aspects of each of the unique phases. And thus they cannot be considered as representing static concepts. A dynamic interplay which is seeking balance or harmony. The constant movement of the five phases in the never ending search for “perfect” balance can form a complex web of checks and balances. In *Hsing-I Ch'uan*, (*Mind Form Boxing*) each of the five elements is associated with one of five basic striking techniques, Five Directions or five fists.

Example, force applied in a, (vertical plane), up-down-height (*p'i ch'uan-Splitting*) to the Metal phase. Force applied in a (horizontal plane), forward and back -Longitudinal (*peng ch'uan*) *crushing-smashing*, corresponds to Wood and force applied on a (inclined plane) Front to back – Longitudinal (*ts'uan ch'uan*) *Separating-Crossing-Gathering*, corresponds to Water, Dispersing-centrifugal (exploding) corresponds to Fire.

The Hsing-I Ch'uan (intention shape boxing) practitioner uses the destructive and creative cycles as research tools to built attack and defense. The cycles (Philosophy) generate strategies, Example: The creative cycle the principles of "joining", "following", "adhering", "sticking", and/or "guiding." These principles all describe the player's ability to follow, guide, stick to, adhere to, or join with the opponent's force. The destructive cycle the player's ability to damage, destroy or lock the opponent and/or cut off the opponent's power.

NMS trains the player how to get from (GSF) to the (GSC) Geometrical strategic Crossing to the indirect attack phase of the encounter as rapidly as possible. As depicted in the five phases model, the "adhere" and "deflect" components are usually applied through circular movements (crossed) while the "damage" component is applied in a direct, spiral linear fashion. The concepts are (GSF) footwork, (GBW) bodywork, and (GSC) handwork. The five phase map correspondence as a research device. (1) Example: (Lines Within The circle) when to change from the circular to the linear and vice-versa. (2) Example every player who has two arms and two legs starts out with the same set of "numbers." The skillful, efficient, and effective application of those numbers dictates the outcome of a physical encounter, and methods of health development. The Oriental Internal theorists were the scholarly ancestors who took the Oriental theoretical models and applied them to the art of Taiji Chuan (Grand ultimate Boxing), Hsing Yi Chuan (Mind Form Boxing) and Pa Kua Chang (Eight Trigram Palm). NMS learns the theory and apply it. No matter how sound the theory, it does not do the player much good unless it can be applied. (Realistic and Practical). Martial and Health Sciences have three levels (skin) superficial, (tissue) internal-intellectual and (bone) internal-heart.

NMS Philosophy = (Eight Trigram Palm) Bad Gua Zhang + Wu Ji theory (Principal) +Ying Yang (Tai Ji) theory + I-Ching (Book of changes) + Five Phase (Wu Shing) theory.



Natural Motion Systems “Martial & Health Sciences”

The "research" component of NMS training and the principles and theories which form this component provide the player with the tools necessary to continually strive to perform the art with more speed, more power, more efficiently, and more efficaciously (evolution). NMS Geometrical diagrams are the road Map Space, distance, timing, syncopation, movement, evasion, opening, closing, set-ups, rhythm, angles, combinations, targeting, and all other strategies is drawn from the NMS theories.

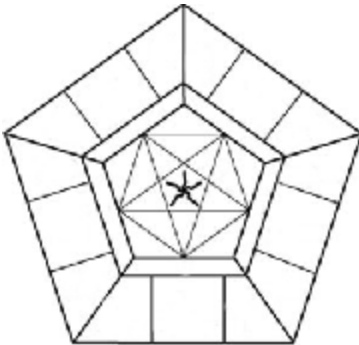
Creative Cycle



Destructive Cycle



The five elements Wu-xing





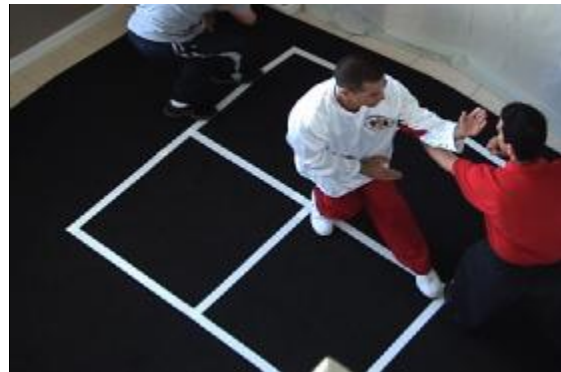
Natural Motion Systems "Martial & Health Sciences"

Geometrical strategic stepping/ longitudinal motion





Natural Motion Systems "Martial & Health Sciences"





Longitudinal Motion / Front to back – is Represented by the element of Wood

In all applications there is must be the representation of strategy, tactic, and technique. These are developed through the practice of stationary research, static research, and research in motion.

The NMS researcher must keep in mind that the demonstrated is for strategy purposes only. The demonstrated sequences are only for education purposes. They are not sectioned or defined techniques.

- 1.1. Application
 - 1.1.1. Solo
 - 1.1.1.1. Feet Only
 - 1.1.1.2. Hands Only
 - 1.1.1.3. Total Body Work
 - 1.1.2. Partner
 - 1.1.2.1. Feet Only
 - 1.1.2.2. Hands Only
 - 1.1.2.3. Total Body Work
 - 1.1.3. Partner – Motion
 - 1.1.3.1. Single take down
 - 1.1.3.2. Double take down
 - 1.1.4. Free flow
 - 1.1.4.1. Longitudinal
 - 1.1.4.2. Combo – Longitudinal & Longitudinal
- 1.2. 8 Transformational Form
 - 1.2.1. Solo
 - 1.2.1.1. ** 3 Section Longitudinal
 - 1.2.2. Partners
 - 1.2.2.1. ** 2 Section Longitudinal / 1 Section Longitudinal
 - 1.2.2.2. ** 8 Transformational Stance Sequence Longitudinal
 - 1.2.2.3. ** 8 Transformational Stance Sequence Longitudinal

The Five Elements may also be thought of as five phases, stages or processes.

These are indicative of the refining, cyclical progressions of change in movement as well as awareness. As the NMS player goes through the steps of the (sequence) form, he is symbolically stepping on or through the Five Elements as conveyed through the Pa Kua (Eight Trigram/Transformation) pattern (mandalapada). Four of the elements lay on the cardinal points of the Pa Kua (Eight Transformations pattern) with the remaining element being at the center of the Pa Kua (Eight Diagram). “It said that the player "walks on water." "The five become one”. This statement "five become one" implies an equalized, balanced convergence from extremities to a singularity (unification/universal/uni-one). A focused manifestation (intention). This is the synergy of the whole, unified, and focused.

Each of the elements in and of themselves may be utilized as a focus for concentration (mind). When used in such a manner they have a "tangible effect on the way in which we perceive ourselves and the world."



Natural Motion Systems “Martial & Health Sciences”

Buddhist conception of five elements: (pancadhatu) elements of earth, water, fire, Air, and Space/ether. Are symbolic of human understanding in which we need to integrate into our being. Example; Propriety, wisdom, benevolence, Righteousness, and trustworthiness. Sanskrit term for good health (samadhatu) “balanced elements”.

Five Element Theory - The five basic elements (phases, stages or processes) of Eastern cosmology are:

Metal: Tactics. Lungs (Air) breathing methods. Characteristics splitting, Up and Down, vertical power. Summer.

Water: Fluidity and adaptability. Kidneys and spleen. Characteristics, front to back/ longitudinal power, drilling. Spring.

Wood: Pancreas. Forward and back, longitudinal power. Characteristics smashing / crushing. Space.

Fire: Liver. Speed and power, Centrifugal power. Characteristics expansion/explosive. Fall.

Earth: Mother of all elements. Stomach. Stabilizing/stances. Characteristics crossing/centripetal power. Winter.

