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# △ Stillfire Method: Way of the Rooted Flame

A personal martial flow system blending movement, discipline, balance, and creativity. Designed for strength, expression, and grounding through fluid practice.

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## 🔥 Purpose & Vision

Stillfire Method is a **daily (or near-daily) movement practice** rooted in martial arts, nature-based philosophy, and embodied strength. It aims to restore **flexibility**, **core power**, and **mobility**, while expressing your personal rhythm through dynamic and spiritual movement.

This is not about perfection. It's about **discipline with flow**, **stillness with fire**—a path of grounding and growth.

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## 🌀 Core Principles

- **Rooted Like Earth:** Grounded balance, breath, and stability
  - **Fluid Like Water:** Movement that flows without rigidity
  - **Alive Like Fire:** Explosive energy, intensity, and expression
  - **Calm Like Wind:** Breath control, transitions, and lightness
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## 🏹 Influences & Style

The method draws inspiration from:

- **Tai Chi:** for flow, awareness, energy cycles
- **Aikido:** for redirection, control, and harmony
- **Shaolin:** for intensity, striking, and discipline
- **Stretching & Balance Training:** for mobility and fluidity
- **Weapons Practice:** staff (bo), short staff, nunchaku

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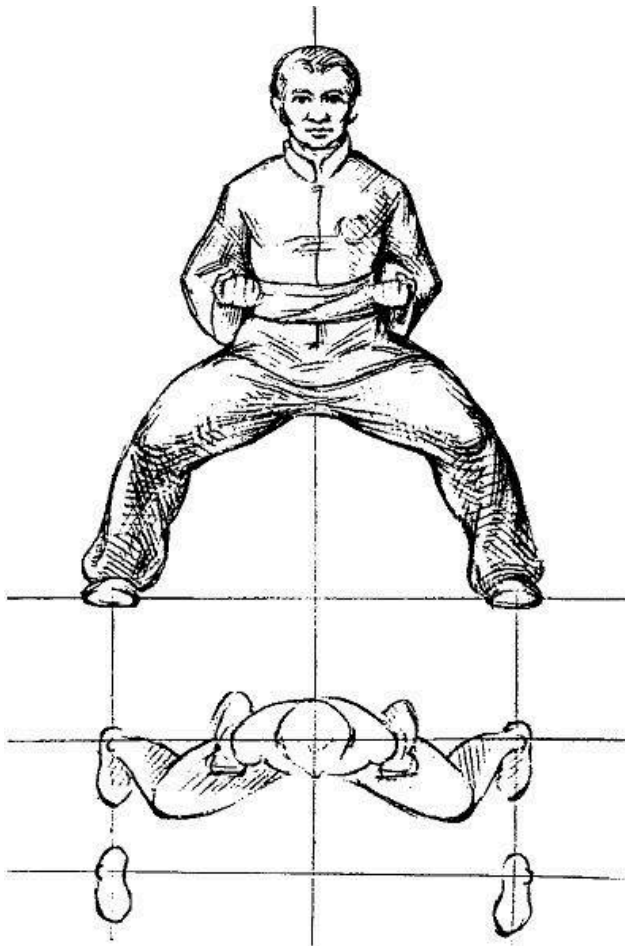
## Structure of Practice

### 1. Opening (3–5 min)

#### ◆ Instructions:

- Stand in **Horse Stance** – feet wide, knees bent slightly, back tall
- Breathe deeply through your nose: **In for 4, out for 6**, repeat 6–8 times
- Try to keep arms in one of these positions:
  - Prayer
  - Barrel hold
  - Fists at hips
  - Reaching out
  - Out at sides
- Begin **light swaying** side to side, transferring weight slowly

“I begin grounded in breath, rooted in self.”



## 🔥 2. Warm-Up (5–7 min)

**Purpose:** Loosen joints, activate flow, introduce energy

### ◆ Instructions:

- **Shaolin Arm Swings** – swing arms across and behind you for 30 sec
- **Shoulder Flicks** – bring fists to shoulders, flick down with energy ×30
- **Horse Stance Shifts** – shift weight side to side, 10 reps
- **Joint Mobility:** Knee circles, ankle rolls, hip circles
- **Heel Kicks + Arm Swings** – alternate legs, 10–15 per side

🎥 Shaolin Warm-Up Routine (15 min)



### 13 Minutes of Body Activation / Loosening Exercises for th...

👉 Shaolin.Online 👉 is the Official Online Training Platform from the Shaolin Temple Europe 歐洲少林寺. You can learn more about our main course, the 12-Month Sel...

📺 [www.youtube.com](http://www.youtube.com)

## 🌀 3. Form & Flow (5–8 min)

**Purpose:** Learn martial movement with mindfulness

### ◆ Instructions:

- **Movement Forms**
  - Practice Tai Chi movement: **Wave Hands Like Clouds**
  - Add basic Aikido **Tenkan** or **Kaiten** footwork (turn and pivot)
  - Grounding stances, rooted steps
  - Breathing through tension
- **Shadow Movement**
  - Martial-style transitions and strikes without resistance
  - Balance holds, explosive bursts, soft resets
- **\*\*Weapon Flow:**
  - Bo Staff Practice **Figure 8, spins, sweeps, blocks**
  - Nunchaku spinning and catches (lightweight practice only)
  - Slow Shaolin postures: **Crane, Tiger, or Horse** stance transitions
  - Flow freely. Feel your movements as transitions between states—not perfect poses.

🎥 Bo Staff Figure 8 Tutorial



### STAFF SPINNING for Beginner Tutorial - Technique 1 Figu...

Staff Spinning Tutorial Playlist: [https://www.youtube.com/playlist?list=PLYsd9yakcZDr4C0dMCe8Y25lIddkQThXxBeginner Staff Spinning Technique tutorial lesson 1...](https://www.youtube.com/playlist?list=PLYsd9yakcZDr4C0dMCe8Y25lIddkQThXxBeginner+Staff+Spinning+Technique+tutorial+lesson+1...)

[www.youtube.com](https://www.youtube.com)


 Wave Hands Like Clouds



### Cloud Hands Tai Chi Tutorial with English Instruction | Tai ...

Cloud Hands Tai Chi Tutorial with English Instruction | Tai Chi Qigong | In Focus Cloud Hands is a Tai Chi Qigong movement meditation also known as Wave Hands ...

[www.youtube.com](https://www.youtube.com)


 Shaolin long form - beginner



### 五步拳 · Wu Bu Quan (5 Stances Beginner Form / 1. Secti...

This is an introduction and follow-along training session of 五步拳 · Wu Bu Quan, which can be translated as the 5 Stances Form / Practice. It is well known in ...

[www.youtube.com](https://www.youtube.com)

 Shaolin long stance with names



### Five Stance Form 五步拳 (Wu Bu Quan) Tutorial 1 - Kung ...

The Five Stance Form (Wu Bu Quan) is the first Wushu form that all beginners learn. This tutorial covers the 5 main stances and 3 hand positions. This short W...

[www.youtube.com](https://www.youtube.com)

Optional: Play ambient or traditional instrumental music (e.g., shakuhachi flute, shamisen).

## 4. Strength & Core (5–7 min)

**Purpose:** Build strength where it matters

### ◆ Instructions (2x rounds):

- **Wall Squats or Air Squats** – 10–15 reps
- **Standing Core Twists** – Use resistance band or light weight, 10 each side
- **Bo Staff Front Raises** – lift slowly to shoulder height, 10 reps
- **Standing Leg Raises** – forward and side, 10 each

- **Plank (Knees or Wall)** – hold 20–30 seconds

## 5. Grounding Ritual / Cooldown (3–5 min)

**Purpose:** Return to breath, settle energy, anchor intention

### ◆ Instructions

- **Standing Stillness** (Wu Ji posture) – arms at sides or slightly raised
- Perform slow **arm raises with breath** – inhale up, exhale down (3–5 reps)
- Close eyes, breathe softly, feel rooted
- Place one hand over the other at your center

“I carry this strength into my day.”

Wu Ji posture:



## ✂ Equipment & Tools

- **Bo Staffs:**
  - 6' for full-body extension and grounding
  - 4' for tighter indoor forms and precision
- **Grip & Ends:**
  - Consider **3D-printed** or rubberized tips to protect floor and prevent splitting

- **Grip Options:**
    - Athletic tape (cloth-based, no residue)
    - Tennis racket grip tape (durable, slightly cushioned)
    - Vinyl wrap or paracord for stylized grip
    - Fully wrap staff if internal adhesive is weak
  - **Nunchaku:** lightweight foam or wooden, for expressive form—not impact use
  - **Mat:** basic yoga mat or outdoor surface
  - **Optional:** resistance bands, light weights for targeted drills
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## **Personal Modifications**

- Prefer **standing work**, flowing transitions, minimal floor contact
  - **Training outside** preferred when possible for connection to earth
  - Focus on **core**, **shoulders**, **hips**, and **balance**
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## **Progression Plan**

### **Early Stages (Weeks 1–4)**

- Consistency > intensity
- Refine warmup and flow sequences
- Work with single weapon (staff)

### **Mid-Stage (Weeks 4–8)**

- Introduce dual flows (hand and weapon)
- Begin layering explosive movements into soft transitions
- Focus on martial form + self-expression

### **Evolving (Ongoing)**

- Develop personal movement sequences
  - Expand to multiple weapons or styles
  - Journal reflections after practice (emotional/physical notes)
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## Practice Mindset

- Train with **curiosity and intention**
- Allow the method to **evolve naturally**
- Reconnect with your **inner fire** while staying **rooted in presence**

“Stillfire isn’t just a way to move—it’s a way to *be*.”

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## Resources & References

- 🎥 Advanced Staff Techniques



### BO STAFF | How to Get a Bo Staff FOR FREE!

I am currently volunteering on a property in North France called Chateau Bellenau. I'm working in their garden for 7 hours a day in exchange for housing and...

 [youtu.be](https://youtu.be)

- 📁 Obsidian Folder: Martial Arts/Stillfire Method/
  - 📖 Practice Journal Template (TBD)
  - 🧠 Note: Add photos or sketches of staff grips or stances as you develop your flow
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## Disclaimer

This method is not a substitute for professional training. Consult a qualified instructor before attempting any exercises. Use at your own risk. I am not responsible for any injury or harm resulting from the use of this guide. Practice safely and listen to your body.