



**“ALLOW YOUR INNER  
WARRIOR TO BLOSSOM.”**

—MASTER DUNCAN WONG

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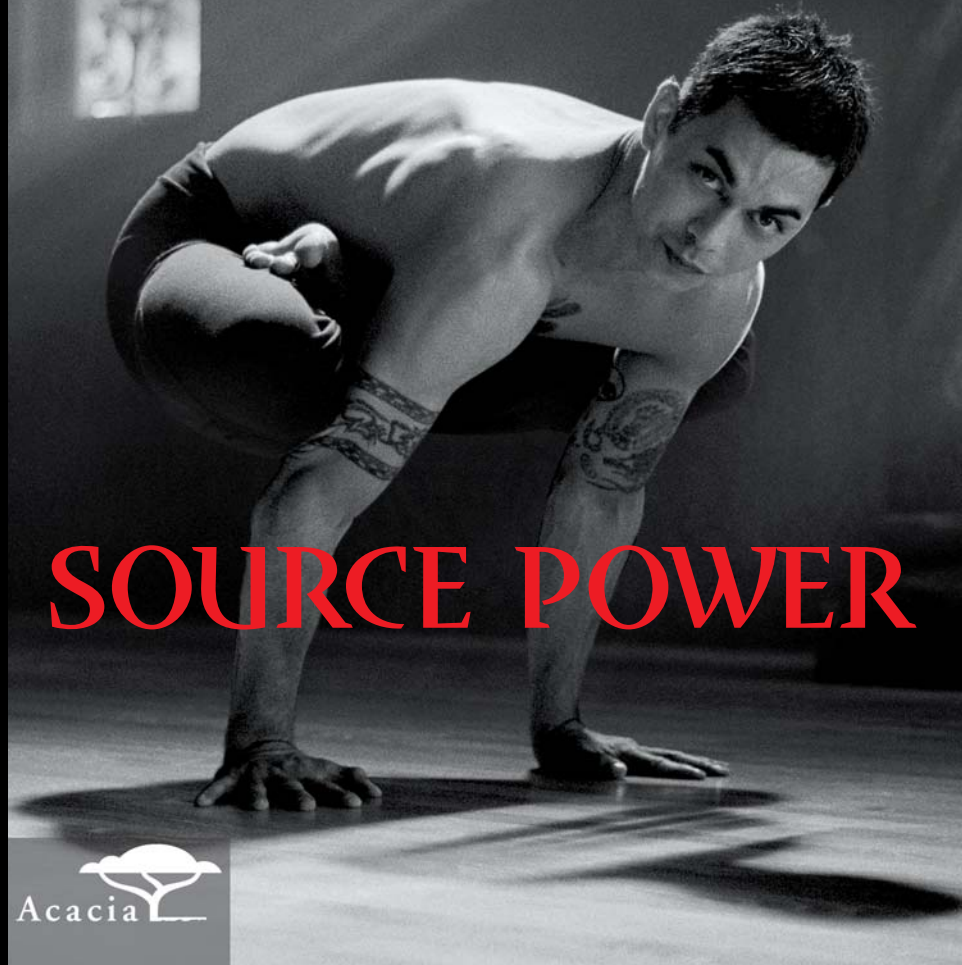
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Because of individual differences in physical conditioning, consult your doctor before attempting these routines or any other fitness program. If you experience any pain or discomfort during these routines or any other fitness program, you should stop and immediately consult a physician.



**氣** DUNCAN WONG  YOGIC ARTS™

**“TRANSFORMS AND ENERGIZES  
BODY-MIND-SPIRIT IN A CREATIVE  
AND EFFECTIVE SYSTEM.”**—*Shiva Rea*



**SOURCE POWER**





“YOGIC ARTS IS A LIFESTYLE PRACTICE THAT AWAKENS...

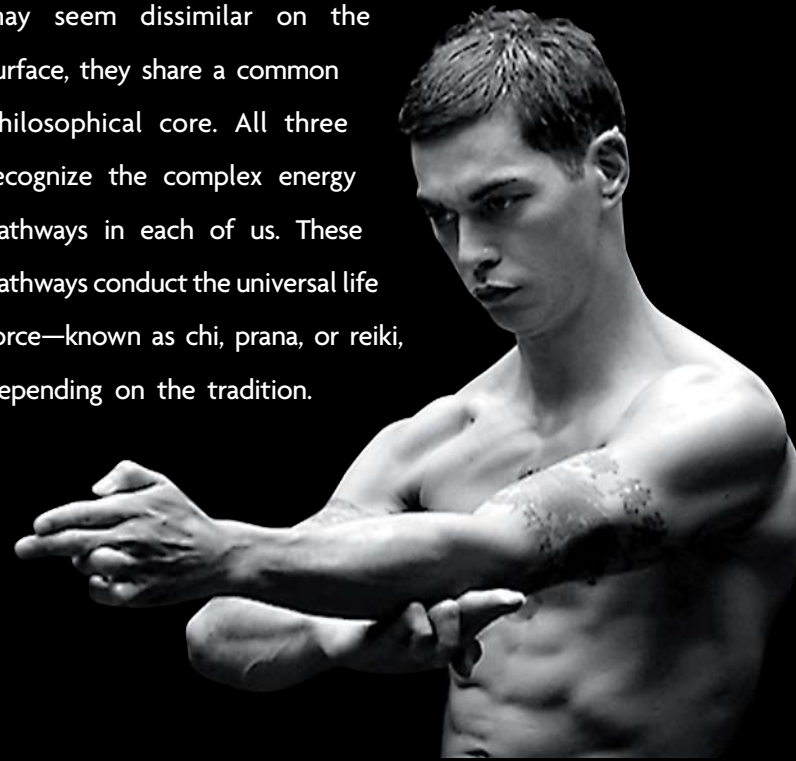


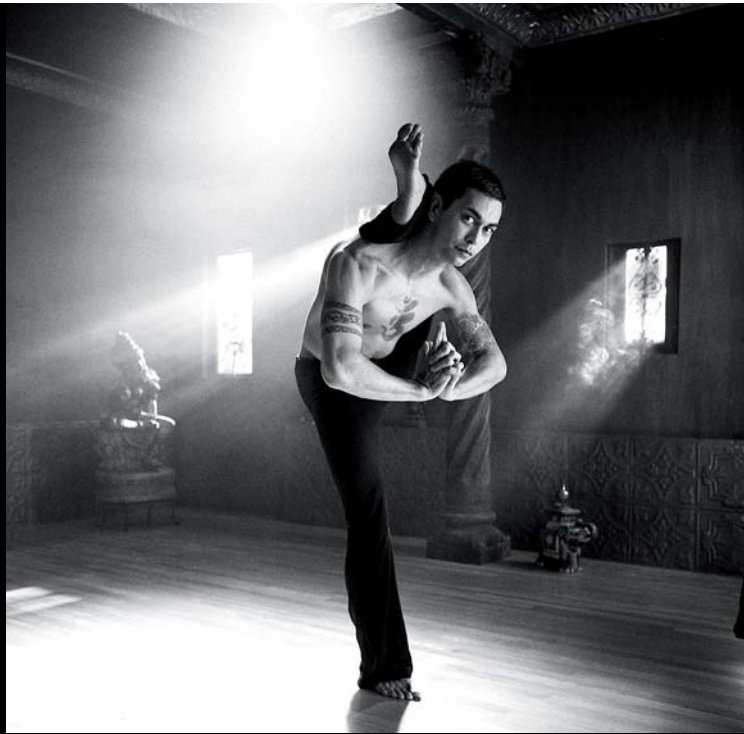
...AND HONORS THE COURAGE TO LOVE INSIDE OUT.”

—MASTER DUNCAN WONG

WHAT IS YOGIC ARTS?

YOGIC ARTS SYNTHESIZES SCIENCE, spirit, and art. It compassionately embraces three ancient, revered traditions—Korean Buddhist martial arts (Kuk Sool Won), Ashtanga yoga, and massage therapy (Thai and shiatsu). Although these traditions may seem dissimilar on the surface, they share a common philosophical core. All three recognize the complex energy pathways in each of us. These pathways conduct the universal life force—known as chi, prana, or reiki, depending on the tradition.





Through specific disciplines of mind and body, Yogic Arts directs the practitioner towards a higher level of consciousness not as commonly accessible by any single tradition alone. It represents the confluence of three powerful schools of thought.

The ancient practice of observing and learning from nature forms the foundation not only for the martial and healing arts, but also for yogic techniques. In both disciplines, students strive to achieve a higher somatic and ethical consciousness, one beyond impulses and reflexes. They explore the limits of physicality to attain a greater sense of self. Martial artists and yogis use similar meditation techniques to unify mind, body, and

community. The training and self-awareness that the martial artist practices, day in and day out, differ in no way from the training and self-awareness of the yogi.

The combative elements of martial arts, which yoga embodies in its “warrior” poses, become physical tools or active metaphors for resolving our everyday inner battles. In Yogic Arts we strive to overcome our limitations and eliminate our inner adversaries—uncertainty, inconsistency, and unconsciousness.

As we practice on the mat, unifying and linking these ancient techniques into flowing forms, we achieve greater calmness, clarity, and confidence.

### WHAT IS A MUDRA?

IN YOGA, THE TERM “mudra” means gesture or seal, such as an old-fashioned wax stamp on the flap of an envelope or a rubber gasket that keeps a compartment airtight. For example, in Yogic Arts we practice a yogic mudra by placing a soft fist into the belly and bending forward. This creates a sealing contraction in the lower abdomen, which engages the source power there and secures the space between the sit bones, forming the “asana” or seat of this yoga mudra.





These days, mudra generally refers to a hand position, such as touching the tip of the index finger to the tip of the thumb. This develops awareness and recirculates vital energy during seated meditation.

Traditionally, mudras also include positions of the feet and the body, and even deeper positions or states of mind. In martial arts, many hand-striking positions—as well as ancient Buddhist Gung Fu meditation movements and stances—have their roots in yoga. Yogic Arts draws on these traditions for its crossover mudras chosen for their healing properties.

On the human body, striking and healing pressure points are one and the same. The originators of these time-tested disciplines observed this truth very early on, which reminds us that the intention behind the action creates the outcome of that action. For this reason, a classical hammer-fist hand position from martial arts can easily become a dragon-claw mudra in Yogic Arts. Its mechanics engage the core strength of the shoulder blades to recirculate energy throughout the arms and central body.

For practical purposes in this work, the term “mudra” identifies various hand postures chosen for their technical importance and resulting biomechanics.



INTENTION MUDRA



DRAGON CLAW



GROUNDING MUDRA



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AWAKENING MUDRA



CONTEMPLATION MUDRA



MIND CLEANSING MUDRA



YOGIC SEAL



CUPPING PALMS MUDRA



GOLDEN BALL MUDRA

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### HOW IS STANCE DEFINED?

IN MARTIAL ARTS, stance is commonly used to refer to standing poses, specifically lower, bent-legged standing postures. These include “cat” and “horse” stances and are perhaps the most influential contribution to the yogic standing poses for their capacity to awaken a tangible bandhic, or core trunk, experience in the practitioner.

### WHAT IS BANDHA?

- 10 DERIVED FROM OUR ENGLISH TERM “TO BIND,” bandha is the yogic term for the points of core musculature where central pivotal joints engage, such as the conjoining of the sit bones and the upper pelvis and the lower ribs and the spine.



### THE MAN BEHIND THE METHOD

**A**FTER EXPLORING North America by motorcycle as a young teen, Duncan Wong came full circle back to his Northern California roots. There he sought solace from modern life in the Sierra wilderness, connecting with Native American cultures and spending time on American Indian reservations.

In his late teens, Duncan began studying yoga, which led him to Buddhist sword master Kwahn Jang Nym of the Kuk

Sool Won martial arts family in San Francisco. After a decade of pilgrimages to the jungles of southern India and of study with Master K. P. Jois of Mysore, Duncan was authorized by Master Jois to teach Ashtanga Vinyasa yoga, a powerful method that involves synchronizing breathing and motion with a specific series of classical postures. The flowing circular harmony, known in the Kuk Sool Won method as Won Hwa, was in keeping with Duncan’s own training and formed the basis of his synthesized method. From Master Su, Duncan received his black-belt teaching degrees and lifelong Buddhist influence.

Duncan is also certified in the Jivamukti method, a psycho-kinetic yoga method that stresses source teachings from the Vedic texts and other teachings of the ancient mystery schools. He attributes his asana-goddess connection to Sharon Gannon and David Life of the Jivamukti Yoga Center in New York City.

He draws his vital kundalini-shakti-pat, or awakened source energy, from master Sri Gurumayi of the Siddha yoga tradition.

After researching and exploring Thai and shiatsu healing methods, Duncan created Yogic Arts, a synthesis of Yoga, martial arts, and massage. The celebrated performing artists who are his students and life mentors reflect his devotion to the arts and have helped mould his style of excellence and empowerment.

Duncan now lives in Shanghai, China, where he teaches students from around the world. As the only authorized resident Ashtanga Vinyasa teacher in China, Duncan makes his teaching home at the Y+ Yoga Center in Shanghai. His passion for Japanese culture and community are expressed through his work at his mother base, Studio+Lotus8 in Tokyo.

He welcomes all light warriors with basic athletic ability.

