

## On The Mist Phase – Sensei Sylph Dominic Hawkins - Feb 2018

When getting a feel into the qualities and parameters of each of the Phases of study, in Hoshinden we aim to return to the fundamental Kata (pattern) at the White Belt level in order to meditate upon the feeling and characteristics of this particular phase, especially in contrast to the other phases if we have been spending the previous month focusing on a particular way of moving.

The White Belt level techniques are the fundamental Kata in each Phase, and the Kata is designed to be a simple and quick technique which can be practiced alone as a Qi Gong style of meditation, or with a partner as an applicable martial art technique.

Looking at the Mist Phase, we are studying the characteristics of the dividing point where Expanding Energy is becoming Contracting Energy. The Expanding Phases are contracting towards the Contracting Phases and Mist lives right on the line.

The quality and characteristic feeling of Mist Quality can be described with words such as:

Mutable / Changeable / Thickening / Quick / Whippable / Twisting / Whirlpooling / Spiralling / Corkscrewing / Disorienting

The qualities of Mist generally rise from the Hips and the Feet as they cause the body to rotate and corkscrew. Hip motions govern the movements and techniques for Mist Phase, as we focus on the martial art applications of fast and shocking hip-twists. Strikes and blows generated from the Feet through the Hips. The Feet have a great and solid connection with the Earth in order to allow this, and the downward push of force into the ground from the body structure is the support to the upward/outward strikes and blows delivered by the upper body.

Mist techniques generally seek to surprise the training partner and it utilises the idea of setting up “chess moves” ahead of time. For example, the follow up strike or motion is always ready once the first motion begins, since it is through the alternating twisting of the body through the Hips that the power is generated (and stored) ready to “untwist” and deliver a secondary strike, and so on and so on.

Mist Striking tends to target specific nerve strike points (Kyusho) and Acupressure Points (Tsubo) via the strikes from open hands and fists, elbows, backfists, holding-key-strokes, shoulders, knees and kicks. Similar to the Contracting Phases, Mist's strikes tend to be additive and flow-on effects from a previous strike. For example, a fist strike to the chest might transform into an elbow strike to the sternum and then a backfist to the chin. An entire chain of strikes and movement can be delivered all using one “charge” of the twisting Hips, so that a flurry of powerful strikes with power generated from the Hips with a strong foundation of grounding to the floor can be fairly continuously delivered.

Its' primary point of focus on the body (the main area of the body that it is seeking to manipulate directly/indirectly) is the lower back / sacral.

Following the dualistic model of reality which all of the Phases follow, Mist Quality can be constructive and destructive relative to the circumstance of application, and it will either be Freshening and Invigorating (Constructive Aspect) or Oppressive and Suffocating (Destructive Aspect), both to the giver (Tori) or the receiver (Uke) of the technique.

A strong feeling of foundation of the Feet and flexibility of the Hips comes with Mist Phase, as well as the sense of the body's striking and motion energy extending out and then retracting back to the consolidated centre, almost as if surrounded by a complete sphere of elastic which always return to its' original position after each whip.