

***What is Natural Motion Systems Alliance (Study Group)?***

***Why is NMS a study group?***

***Why is NMS a research or practices group?***

***What is Natural Motion Systems Alliance (Study Group)?***

***A Senior Study group member that leads junior study group members (chapter)***

The goal of NMS is to take the Essence of the Wisdom (natural laws and principles) and Knowledge found in Martial and Health sciences (thru motion and movement) to practical and Understandable stages. This will allow both practitioners and non- practitioners to reap great benefits from the results. NMS provides different recourses in the form of: text format, visuals (DVD, videos, photo), online tutorials (e-classes), seminars-workshops, Private and group classes, for learning and researching (applied research) in the Martial and Health Sciences. NMS focuses on Understanding, development and training, networking among each other and begin sharing this knowledge with the general public.

These sciences have been brought to a more practical, understandable, focused and oriented towards needs of evolution. NMS is shared in a way conducive to understanding, using and researching the latest and traditional training techniques. As a Martial and Health sciences enthusiast or practitioner (player), we must keep in mind that we must provide and extend respect to the practitioners of the Martial and Health sciences regardless the style or systems. Through this respect we will open our mind and be free of prejudice, thus allowing everyone a path for continuous improvement and evolution.

Natural Motion Systems or NMS is dedicated to all the researchers that have come before us. It was through their pursuit for self-knowledge- Wisdom (understanding) to preserve, practice and Prorogation that has led us to where we are today. If systems of Martial and Health sciences are researched it will be discovered that there is a common thread among all of them. The Essence will be seen.

### **Goals?**

To gather, research, Practice and disseminate the Martial and Health Sciences. With Sincerity, integrity and in accordance with the principles and standards set by The NMS Study Group Alliance . To create cohesive core groups of researchers and practitioners who are Training diligently during and between workshops and seminars. To ensure regular contact with the study group (alliance) members.

### **Structure?**

#### **NMS study group Coordinators**

keep NMS Senior study group members (Chapter leaders) informed of NMS Alliance activities and will ensure that Information is properly relayed to all members.

Natural Motion Systems "Martial & Health Sciences"

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#### **NMS study group Senior Alliance Members**

Are Current Active students of NMS ,

Lead junior NMS study group members (Chapters) keep informed of their alliance activities ,and will ensure that Information is properly relayed to all members.

#### **NMS Junior study group members**

Are Current Active student of NMS,

Practice and disseminate the Martial and Health Sciences.

With Sincerity, integrity and in accordance with the principles and standards set by The NMS Study Group Alliance . To create cohesive core groups of researchers and practitioners who are Training diligently during and between workshops and seminars.

### **Responsibilities ?**

#### **NMS study group Senior Alliance Members**

Study groups exist to encourage regular practice and research among interested Students and practitioners, as well as to provide a definite location and group for Organizing regular study meetings (scheduled). Networking with NMS study group Coordinators

#### **NMS study group Coordinators**

Will help organize (Resources and Research) text format, visuals (DVD, videos, Photo), online tutorials (e-classes), seminars-workshops, private and group classes, for learning , practicing and researching (applied research), Health and Martial sciences.

**The NMS study Senior group and Coordinators** reflects the integrity both those organizations seek to Maintain.

### **Requirements ?**

#### **NMS study group Coordinators , and**

#### **NMS study group Senior Alliance Members**

Sponsoring the following workshop schedule:

I. Once (1) per calendar year, will host a person (guest instructor) Example :Master Su Dong Chen.

Selected by NMS Alliance for a weekend workshop. The focus of these workshops

Will be on NMS as a tool of understanding and its practices.

II .Quarterly per calendar year, each study group will host NMS Coordinators (guest instructor) for a workshop. Material covered will be structured Towards the needs of the group.

III. Study group Seniors will attend an annual training workshop with NMS Study Group Coordinators. This will take place over a weekend during the annual Workshop (gatherings).

This is to ensure that NMS senior study group members knows study group coordinator Personally, is able to guide their progress, and Make suggestions for their groups. NMS SGA matters (affairs) will also be discussed during this time.

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### **Natural Motion Systems Mission Statement**

Follow the Tao (the way)

Cultivate its ways,

And find **yourself** at peace.

Cultivate in your soul,

The Tao brings peace to **your life**.

Cultivated in **your home**,

It brings peace to those you live with.

Spreading it to your friends and neighbors

It brings peace to **your community**.

Spreading through communities,

It brings peace to **your nations**,

Spreading through the nations,

The Tao brings peace throughout **the world**.

How do I know this?

Because it begins with you and me.

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### **Lao Tzu**

#### **Frequently Asked Questions?**

#### **Why should I start a study group?**

Starting a registered study group ensures maximum contact with NMS resources dedicated to the development of Martial and Health Sciences, skills in study groups, so that their practitioners will (understand) learn the art in a correct (understandable) and timely manner.

Every one is welcome to have your own study group. You can be a registered study group and enjoy the benefits of a registered study group. As mentioned above, there will be workshops open to the public which you can attend to increase your skill in the martial and health sciences.

**I have been teaching a different style or system for years, and in this style I am and should be referred to as shirfu / sifu?**

All Practitioners should use terms such as, Service, 'share', 'show', 'demonstrate', and 'lead'.

When in doubt, clear the language of NMS.

NMS refrains from the terms grandmaster, master, and etc...

NMS Coordinators, Senior Study group, and junior study group, are also not referred to in these terms and must refrain from using them in reference to themselves, NMS Senior Study group coordinators are expected to live by the codes of modesty, humility, integrity, sincerity and honesty, especially in reference to their skill in NMS.

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**Why should I follow your rules?**

You shouldn't follow the rules if they do not fit with your situation.

Practice NMS enjoy it, take workshops, and use the knowledge you learn however you would like to. ( Co-Create)

**I don't live in North America?**

**Can I start a study group?**

Anyone is welcome to start a study group. NMS is more than happy to list international groups.

**I practice other martial arts or must I only practice NMS?**

You are welcome to practice other martial and health sciences and arts. There is no "This or that" mentality in NMS. In fact, NMS actively encourage research all Martial and health sciences,

Empowerment-This is a very open minded systems.

NMS believes it is important to know a Players style to be better able to understand other players.

**Natural Motion Systems Slogan.**

From the form to its Essence,

From Tradition to its Evolution,

From pursuit of limit to the research of Possibility.

NMS a way of understanding.

Current NMS Alliance

NMS Coordinators

Shen Gung (Elio) and Eugenia Tarrago (Ewa)