

## **The Jaguar Form**

### **Instruction Details Videoclips**

#### **The Jaguar Form – Aligning the Jaguar**

The first part is always bringing the center of gravity low close to the earth. Okay, so the form starts from our human form.

Suddenly we drop down the center of gravity, a few centimeters into the earth. The dropping of the center of gravity signifies the willingness of the practitioner's decision to enter into the mood of the jaguar. We come down to become a creature of the Earth.

So that dropping down is an internal change that you must feel. So drop down and, at that moment, your mind begins to invite the awareness of these qualities of the jaguar coming to you. Then we begin to gather energy from the jaguar, becoming jaguarized starts here. So you want to have space under your armpit, so you go hollow there, and then you start working out the claw.

And just like the wheels, the tendons protrude from the claws and accumulate energy. And the feet under the shoes, if you are barefoot, also pucker a little. So all 10 claws are doing that movement. And you are standing forward, rounded, tucking the abdominal area inward, towards the spine, and with the center of gravity low.

That's the first unit.

#### **The Jaguar Form – Thrusting Energy**

This is a core unit in the form that can be repeated. He is panting, thrusting and throwing energy. So in this particular one, we're first scratching, gathering and waiting to pounce.

And here you really want to wait, you really want to wait a little longer than you thought you would want, because you are lurking, waiting, holding back until the perfect moment, for action.

Those are the perceptual opportunities to cultivate in this unity, this. And then when we jump, you can grunt very slightly when you do it, so we jump and let out the grunt and throw it.

And then we bring wrist to wrist, left to right, and we flip them over the head as we spin, and then we throw it a second time to the opposite side. This is the union of gathering and taking energy.

### **The Jaguar Form – Sounds**

And these are the sounds of the Jaguar. There are different variations of sounds. One is panting, the jaguar pants and it is very active in the mouth of the belly, breathe hard in and out through the mouth. Another sound is growling, and you can find how it grows and comes to you.

Sometimes the growl becomes loud and then returns to a low growl and you can find variations of the growths of the Jaguar's growls and panting.

And this is the unit of sounds.

### **The Jaguar Form – Reaping Energy**

This unit is ripping energy and growling, Shhhh, shhhh, again. Then you start with your left arm extended and trace the claw back, slowing down as you step back, letting the echo of the growl and movement fade into the silence.

And then you repeat taking a step again crossing your face with your claw. Same principles of how to put the hand in claw, and same breathing principles.

And then you make four or five quick claws in front of your face, Shhh, Shhh, Shhh, Shhh. You can also walk that way. This concludes the unit.

### **The Jaguar Form – Swirling Energy**

This unit rotates and accumulates energy in circles. There are three circles above the head and we always alternate one after the other. Strong movement, strong breathing, very low center of gravity and collecting energy in a very dynamic way.

And with the Shhh we always mark and emphasize the end of each set of 3 arms.

This is the unit of gathering energy in circles.

### **The Jaguar Form – Breathing**

Hello everyone. We begin with the breathing of the 'Jaguar of the Toltecs'. This breathing is a hyperventilation pattern. So, inhale and exhale briskly through the nose, if possible, and into the belly, send the air to the lower part of the abdomen and then activate the breathing very dynamically.

That is the basic breathing.

### **The Jaguar Form – Panting & Kicking Energy**

This unit is called Panting & Kicking Energy, it is a series of five quick pantings, fast and strong abdominal breathing, hyperventilating, lowering the center of gravity and then pushing with the hind legs forward, kicking energy as we take steps.

And you can do any number of repetitions of this unit.

This is the Panting & Kicking Energy unit.

### **The Jaguar Form – Gathering Energy Parrying**

This unit we are gathering energy and parrying it from side to side. Then, in the same low-gravity posture, very hunched over, with a low center of gravity, the hand begins to open and then closes into a claw as it moves across the face. And at the same time that you close your hands, your belly contracts and your breathing adapts to the movement.

And each time, and as the claws tighten, the back of the legs tighten too. The entire body participates in preparation and readiness. This is the Jaguar getting ready, ready. This means that we prepare ourselves in life to face any situation that comes our way. This is an attribute of the Jaguar. It can be a very, very low and soft growl. The energy is gathered in this way.

This is the Gathering & Parrying Energy unit.

### **The Jaguar Form – Packing Energy**

This is the unit where the energy is stored, packaged. So it can be placed anywhere on the shape, but it's also a nice way to finish. Yes. So we collect energy from below.

We pack it up starting from the top, and then we come to a posture where we 'step out of the Jaguar', raise the center of gravity back to human, and stand in a way that contains all the attributes of the jaguar, but back into a human form. , very upright, but with confidence and ease.

The center of gravity of the chest upwards is raised again and the claws are kept behind the body because although we return to human form, we have incorporated the Jaguar.

So we retain the attributes of the jaguar, and this is the distinction of this form with other forms in which we enter the consciousness of other animals or living organisms like a tree, but we leave humanity and try fully to assemble that other particular consciousness.

In this case, in this form, we do not, we always remain in a human self, but we incorporate the new energy, that is what we mean by becoming Jaguar. We are humans. A warrior man or warrior woman who has invoked these attributes in himself.

### **The Jaguar Form – Gathering Energy Over The Head**

This unit is collecting energy above the head, notice, my posture is very low, very low, even lower, and I bring my arm above my head, and as I lower them, gathering the energy, I begin to slowly scratch. until reaching the central position with the center of gravity very low.

And then I relax while I change arms. And there's a lot of movement in the shoulder blades, and I want rotation in the trunk, not just an arm movement, but the entire trunk involved like a Jaguar gathering energy above its head.

### **The Jaguar Form – Pulling Energy to the Earth**

This unit is bringing energy from the earth. The jaguar is ready to jump. One more time. Shhh... So we are again, preparing to attack, preparing to attack.

Another way of facing, another way of grabbing energy. And this time we jump in and bring it down very quickly, but then slow down to a very slow pace as you crawl towards the land. And you bend your knees and you can bend them to the floor, or bend down a lot. And then once you're here, the center of gravity, very close to the Earth. Then we tear the energy backwards, upwards. Shhh... With the claws. One more time. Shhh....

This is the unit that Brings Energy to Earth.

### **The Jaguar Form – Gathering Energy Over The Head Walking**

This unit is accumulating energy above the head, but walking. It's like the unit Gathering Energy above the Head. The same principles, but getting started. Always the arm opposite the opposite leg, and the movement gains intensity as the arm comes forward with the claw and then relaxes when changing sides.

It goes and relaxes, and the jaguar moves forward. It can also be done by going backwards.

This is the Gathering Energy Overhead Walking unit.

### **The Jaguar Form – Wheel II**

This is the second wheel with hand in claws, same idea, either with one hand or alternating. You should also make the same straight wrists with claws.

Explode your tendons, let the energy flow through your arm from the floor to your belly. From the belly to the blow. That's the address. Always hooked on the energy of the ground. It carries the ascending force of the earth. Send it through the soles of your feet, pack it into the lower part of your abdomen, and the force with the jaguar's breath sends the shaking of the arm through the claws to move the energy around you in a wheel

This is the second wheel on the Jaguar.

### **The Jaguar Form – Wheel I**

This is the Jaguar's first wheel. The position of the hand is in a claw, and it is very particular because there is no flexion in the wrist, neither backwards nor forwards, it is straight.

And then you stick out the tendons so they really show and the energy can flow through the forearm directly, without interruption. You go from the bottom of the earth, you feel the forces of the ground rising from the earth through the soles of your feet to the lower part of the abdomen. The force of the contraction of the lower abdomen, and the breathing in the lower abdomen, bring the impulse which then passes through the wrist to the claw. That's the burst.

And that's how we move energy. It can also be done with one hand alone and any number of repetitions and combinations.

This is the Jaguar's first wheel.