

INTERNAL WUSHU ARTS NEWSLETTER

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CLUB DEMONSTRATION

This was the best demonstration we've ever had, THANKS! Everyone's performance was more than great, it was perfect. Now I expect this from you in all classes.

Dave Harris' participation made this even more special for me. In my view Dave is one of the best. A true master of applications. His skill level is so high he reminds me of a magician working with an attacker. THANKS DAVE.

A special Thanks to Gene's group. I really appreciate you conquering your nerves to help me out with the Demo. Zhang Jie's performance was great and a nice surprise being treated to two Chinese Folk Songs.

To help re-cover costs in advertising I will be selling VHS copies of the Demo for \$15.00 this month.

THE GLOVES ARE OFF

S.E., Joel, Bruce and Gene have all received teaching certificates from me and very soon from Master Tchoung. What this means is that they don't have the luxury of forgetting a their forms. As your SUE SHUNG and SUE JIE they need to set not only an example of mindful practice, but also a text book definition of how the various postures and forms should look and be done. I will be watching your forms much more closely now and expecting much, much more.

ADVICE FROM CHENG, MAN-CHING

- Push as if your feet were hands
- Energy gathers from the yung chuan
- Never will a push

- Trying to push = desire
- All movements come from the legs
- Visualize the image evoked by the posture
- Chi arrives at different points simultaneously
- Every part of the feet are relaxed

SIFU VISIT OCTOBER 24TH SATURDAY CLASSES AT PNA NOW

MT. VERNON CLUB:

You may want to invest in a pair of gloves since the weather is getting colder. On very cold days we will be working on Tuishou in my office space. Sunday session is the only one open to new members now until spring.

WINTER ON ITS WAY

All predictions I've heard so far seem to indicate we'll have either a snowy winter or a COLD and snowy winter. Seeing the squirrels rip the bark off the trees in the park this last month makes be somehow believe it. Since I commute from Mt. Vernon there may be a possibility I can't make a class or the PNA may be closed. 1st make sure I have your current phone # 2nd know my home and city phone # 3rd call me or the PNA if in doubt I will have a phone list of all club members available to set up a phone network.

TUISHOU AND SANSHOU MEMBERS

The Tuishou and Sanshou are intermediate and advanced levels of the NEI JIA, as the classes progress you will need to be more alert and diligent in your practice. In the

martial arts being alert can mean the difference between being hit and not. In the Saturday class I will not be calling for your attention when we move on to another technique, nor will I repeat explanations or techniques if you weren't paying attention. This is partly due to force you into an increased alertness but also to enable me to stay on track. The partner forms and exercises take so much concentration, energy and focus on my part I can't have people at too many levels in one session. If I have too many levels in one session I can't go into greater detail about each technique etc.

The partner forms are the most difficult to teach as well as to learn. If you miss a class be sure you catch up on last weeks lesson. You can't afford not to practice these forms either. Along with remembering the form for yourself, you need to know how to partner it and what form your partner is doing. The less you practice or the more you miss the farther and farther you get behind. It snowballs quickly. Practice as many repetitions as you can with as many people you can. Knowing the movement isn't enough, you have to get beyond thinking about it. This only happens after a million repetitions.

ARGUE FOR YOUR LIMITATIONS AND SURE ENOUGH, THEY'RE YOURS!

USING YOUR MIND

As a beginner you have the right to forget and play with the various forms. You may not know if you like the various styles and arts or what, if any, commitment you want to make to practice or studying. All that is required is to try your best.

Continuing members, those well into one of the forms have a responsibility to practice. The farther you get into a form the more you need to practice. This practice is just for memorization of the movements and forms. You come to class to get the new movements and gain greater insight into the old ones. Perhaps get some inspiration from the senior students. When you've finished the form is when you really start. This is where you begin to study the NEI JIA, the flavor of Pa Kua, Chen or Yang Tai Chi. You need to use your mind to study each movement, how to root, stay connected, focus, the application, extension of the chi etc. Without mindful practice all you'll get is the exercise benefits of the arts. With the various classics, teachings,

teachers and readings you can delve into understanding your own art and Tao.

You should not blindly follow your teacher or their instruction. Does it make sense for you? Do they really know what they are talking about? Does their skill level prove what they are saying? Do they demonstrate what they teach? Does it fit your schedule or commitment level? Does the class and style fit the classics?

Zhang Jie told me a story about his first arrival to the US. Someone came for a lesson in Pa Kua and this individuals movements were very weak, high, and small. Zhang Jie corrected his form but the students insisted this was the way his teacher taught. Curious, Zhang went to visit this students previous teacher and sure enough, this guy was copying his teacher, same form & execution. The forms were Beijing Pa Kua but not very good at all, the basic principles were not being followed as far as the proper walking and arm extension. This teacher had been over to Beijing and studied with Zhang's teacher for a month and came back to teach what he had learned. Since

this individual didn't speak Chinese, he followed the movements and was corrected seldom. It turned out he brought back a form as a 70 year old man practiced it!

Liu, Hsin-Han, Zhang's teacher is in his 70's. He no longer works-out he just practices his forms. He doesn't do the low snake creeps down or the low twisting movements anymore. He teaches but he can't demonstrate the full range of the forms due to his age thus this individual learned the movements but not really correctly.

The NEI JIA are methods not styles. We have certain individual body restrictions and requirements laid out in the classics and various teachings. These teachings guide our practice to be correct and safe. My Snake Creeps Down is low for several reasons: 1. I been practicing for 24 years. 2. My body is in good condition 3. I practice daily 4. I started young so my muscles were trained early. When

you learn a new posture though you try to copy me you have to listen to your proper body mechanics and restrictions. BACK STRAIGHT? KNEES OVER TOES? NO STRAINING?

If we practice mindfully and gently things will come, *but very slowly*. Over the years your Snake may creep down low but don't expect it today. You need to slowly stretch and limber up with the form as you practice daily. As we practice we are actually re-making our bodies, old habits die hard.

Don't just try to copy what you think the movement should look, feel how your position should be; COMFORTABLE no strain. Then gradually move further into the posture. Don't try to become your teacher or steal the form the way they do it, find your own NEI JIA.

FAMILY AND CLUB ETIQUETTE

During Harvey's visit he was able to spend two days visiting and talking with Master Tchoung. Part of the visit covered the proper titles to use when addressing Master Tchoung, club members and related instructors.

Lets first start with proper pronunciation. The word SIFU is pronounced Seh Fu or Shr Fu not See Fu. The terminology below refers to a family style martial art. This means a complete system handed down from Master to disciple, or in a club/group context instead of merely a class or coaching situation. Currently the term Lao Shr (teacher/coach) is used in China since the government insists on loyalty to the government. Any other loyalty to a group, individual family, or religion is discouraged. The reason for this is that the various martial art families were very political. The Shaolin Temple was burned to the ground for training and harboring the underground resistance to the existing government.

The Tai Chi Master Tchoung teaches isn't in the forms but in studying the Tao. It's not a system of exercises or merely martial arts but of personal growth that needs a foundation to nurture the individuals interested in learning and studying this wholistic system. This teaching takes place not only in demonstration of the postures and forms but in contact with the master, verbal and non-verbal communication. The direct transference of this knowledge is a very large part of the instruction.

When visiting Master Tchoung members of the club should call him SUE YEA. This means grandfather/master. Your teacher is SIFU (father/master), your great grandfather/master is TAI SUE YEA. So members of my club be sure you call Sifu, SUE YEA. Gene's, Deborah's, Betty's and Shaun's students should call him TAI SUE YEA.

The club has always been a family and helped each other out as a family should. Members correcting each other or teaching and sharing lessons. Here is the proper terminology within the club. SUE SHUNG or SUE JIE = older brother older sister referring to members who started before you did (even if you are more advanced in the art). SUE DI and SUE MEI are your younger brothers and sister.

When you talk to your teachers classmate you use their last name then Sifu. So when Harvey was visiting you should have addressed him as Kurland Sifu. You also use this term when talking about another teacher of a family art. You use the term SIFU for only your teacher.

	TAI SUE YEA	
	SUE YEA	
	SIFU	
SUE SHUNG		SUE JIE
SUE DI		SUE MEI

All this is of course based upon Confucianism, traditional Chinese Family views. The other side to this is if a member is disrespectful to his Sifu or sue yea that member is considered an outcast of the family. An old Chinese saying Master Tchoung told Harvey: CHINESE PEOPLE ARE VERY RESPECTFUL OF THEIR TEACHERS. IF SOMEONE SHARES THEIR TEACHING WITH YOUR ONCE, THEY ARE YOUR TEACHER FOR LIFE.