

**INTERNAL WUSHU
ARTS
NEWSLETTER**
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FROM NOW ON

This newsletter is intended to help give information in learning, practicing, and pursuing the NEI JIA. In class we have a limited time to cover a limited amount of information. The newsletter is intended to give additional information to all members at various levels. Hopefully you'll find re-reading some of the past newsletters will give you a different perspective and insight than it did when you first read it, also this should change year to year.

The last few newsletters have been quite frustrating to me. Yes, learning how to use the new computer did have something to do with it, but most of the frustration came from the limitations of space. Trying to fit everything on one full page had me sometimes shrinking the type to fit it all in. Though this may have worked for some writings some of you had to go out and buy a magnifying glass to read it. A few times I had to cut some of the writings down to fit into the newsletters or re-word some things. Looking at the last two newsletters I wasn't too happy with the results of having to limit what was written SO it's finally time to expand. Beginning with this issue the newsletter will be two pages when needed. I may not be able to fill them each month (I can always enlarge the type) but I don't have to condense or limit what I write. I also plan to include more local information and events. The Taoist Studies Institute sponsors many workshops and classes valuable to all students of the NEI JIA, I will try to keep a current listing of the current workshops.

If you are interested in past issues I have a booklet available for \$5.00 of all the issues from June '89 to December '91.

**KOOTENAY LAKE TAI CHI
RETREAT**

I will be one of four instructors at this week long retreat. Aug. 8-14th. The other instructors are: Rex Eastman, Mike

Smith, A.J. Witzaney. \$315 US includes lodging, vegetarian meals and instruction. Registration forms are in my file box. Enrollment is limited so sign up ASAP.

WEEKEND WORKSHOP

I am planning on this summers weekend workshop around June and another for September. Last year it was so successful I plan on running each weekend on a theme like last years. Last year we worked on opening the joints and loosening up. These workshops are not intended for new beginners, you must be through section two in the Tai Chi or the Pa Kua Eight Changes. The June workshop will be on CHI KUNG gathering, using and focusing energy in the NEI JIA.

WORKSHOP REPORT

My trip to Redlands CA was great, Harvey has a very nice group of people in his club. The workshop was on Pa Kua Chi Kung one day and the Striking Applications of Pa Kua the second day. Time just flew by. Everyone had a good strong foundation so the workshop and lessons moved quickly covering more than I though I'd be able to. Thanks Harvey. I look forward to more visits. It was a nice vacation for me. My next visit will be mid May.

ANNIVERSARY DINNER

March 5th, 7pm at Louis Cuisine Chinese Restaurant (15th Ave NW by the Ballard Bridge), \$12 each pre-paid by March 2nd.

MASTER TCHOUNG VISIT

Saturday, March 13th

GREAT NEWS! Shr-fu's book is almost completed. This book, last I saw, contains the long form, Tui Shou and San Shou. It has taken about 15 years for the books completion to meet Shr-fu's standards.

MORNING SESSIONS

Bring warm clothing and gloves to the morning classes. As the weather gets less rainy we will begin to practice outdoors. Once the weather gets consistently better we will move to Discovery Park. Saturday sessions will also be outside on nice days. SKAGIT VALLEY CLUB same thing, we will be outside from now on.

SEATTLE CLUB FEE

The monthly club fee is \$45 for one style per week. There are no breaks, I have to pay the rent regardless of how many classes you attend or miss. If you know a month in advance you will be

missing part of a month please let me know a we may work something out. I can't afford to do a per-class fee.

VIDEO NIGHT

Friday, March 26th, 7pm, 3625 Magnolia Blvd W. Basement apartment, bring munchies.

SAVE A TREE

I will no longer have a supply of the forms and handouts available in my file box. I will give you a print out of the various forms as you begin them, please hang on to them. In the next year I will also be compressing much of the forms and information onto one sheet. This means that the old handouts with partial instructions of the movements will be deleted.

YANG TAI CHI GROUP

As I work with the beginning groups and have the rest of you begin the long form, you don't have to follow the group. The only reason for doing this is if you don't know the section well or if I'm leading. It's much better for you to practice the form at your own pace and level. This way you are doing "YOUR TAI CHI" not the Tai Chi of the person who's leading. If you are following you are only using 50% of your concentration on your practice and form, the other 50% is watching and following.

HOMEWORK

As I work with you on the various form and exercises I will try to remember to give you instruction on what you need to work on the most. Where to put your priority when you practice on your own. If I forget this please ask. At each level and each form there are various exercise to help strengthen and support the form or the movements you are learning. Since everyone in the class is at a different level I can only do this when I work with your individual group.

FIGHTER, POET, MARTIAL ARTISTS, SCHOLAR, ATHLETE, TEACHER

Everyone is drawn into the arts for various reasons. Many of the old masters started because their life and health was in jeopardy. Master T.T. Liang started Tai Chi as a last resort. His teacher, Cheng, Man-ching needed to strengthen himself from illness. Everytime Cheng, Man-ching got better he stopped practicing and after a while his health got worse so he had to begin again. Others are drawn by the self-defense, invulnerability, fear no person myths. These masters of old being invincible with super-natural powers and intuition. The ideal of never having to fear any situation motivates us to do and try many things. These are the most common reasons people begin the art, out of necessity, promise or fear.

The artist/poet is very different, (This also includes those seeking methods of meditation). With an artist the attraction is beauty, insight and experience. It's not the promise of what's to come, but the journey of now, the joy, peacefulness and centering. part three

In a way this is a Beginner's Mind. The Here and Now, just Feeling, Experiencing. As with all things this covers many, many levels of mind, body and spirit. The forms have an elegant beauty in their movements. The various postures are named to give you insight into the energy of the forms, they draw images and feelings such as: STORK COOLS WINGS, EAGLE PIERCES THE SKY, SNAKE DARTS OUT TONGUE, MONKEY OFFERS FRUIT, DRAGON DIVES INTO THE SEA, LION POUNCES ON FOOD, KWAN KUNG STROKES HIS BEARD, SHOOTING STAR FOLLOWS THE MOON

All of these conjure up different images and feelings as you practice the movement with the visualization of the names. What are the characteristics and powers of: a lion, a snake, a stork, an eagle An old martial arts saying is: "Understand the spirit of an eagle and you will move swift like an eagle". In Pa Kua the motto is: Move like a Dragon, See like a Monkey, Sit like a Tiger about to spring. The mind changes like an Eagle.

The forms and movements themselves have a tranquilizing flow to them and helps us access our inner self. When our mind calms down and relaxes as we practice, at this point our 'inner wisdom' or 'body wisdom' is permitted time to communicate with us. If we don't have special expectations the forms and postures have lessons to teach us but we need to be alert in the here and now. Too often after learning a form it's ignored while you practice it, it's not studied. The only thought is on the next movement or the mind wanders away from what we are doing since we already 'know' it. As we get into our forms we can 'listen/feel' to our chi flow like the waves going in and out on the beach. The yin and yang of the movements moving our bodies like the moon moving the ocean. The calmer we become the more access we have to our subconscious and our creative self.

All this is a nurturing of our creative and core self. Art has no end, just as our forms, no beginning, no end. This is these are 'Arts' instead of 'Style'. Art has many expressions,

constantly changing. The forms you practice will be completely different next time you practice, if not it's dead, it's not NEI KUNG (internal work), no flow. One of the first things I read about the NEI KUNG was: A practitioner seeks to understand the patterns and flow of life. As one becomes more proficient in the art their life becomes art and they become an artist of life.

If the principles you learn in class don't help and nurture your daily life the class has no true value. The forms and movements have a creative flow to them, like a poem, a song, a sculpture or a painting. As time goes by this creative calm flow can be our daily life.

next month the Martial Artist

GOODNESS OF WATER

The best of mankind is like water;

Water benefits all things and does not compete with them.

It dwells in places that all disdain, Wherein it comes near to the Tao.

In dwelling, the Sage loves the earth;

In his heart, he loves what is profound;

In relations with others, there is kindness.

In words, there is sincerity;

In government, there is peace;

In business, there is ability;

In actions, he chooses the right time.

It is because he does not contend that he is without reproach.

THE POET AND ARTIST

ANOTHER ARTIST IN OUR MIDST

March 13th for 4 weeks Kathleen Dolan will have her art displayed at the QUEEN ANNE GALLERY CAFE' (2nd & West McGraw Street 2A). Congratulations!

THE TAOIST STUDIES INSTITUTE HAS THE FOLLOWING WORKSHOPS HAPPENING:

- ◆ Mar 7, WILD CRAFTING by Eaglesong Randles 784-5632
- ◆ Mar 13-14, CHEN TAIJI CHUAN Master Zhang Xue Xin, \$60/day or \$110 both
- ◆ Mar 21, 10-3p SELF-DEFENSE FOR WOMEN, Women only, \$35
- ◆ Mar 26th SHAMANIC HEALING LECTURE, Ken Cohen, \$5, 7pm
- ◆ Mar 28th SNAKE CHI KUNG, 9-4p \$60, Ken Cohen.
- ◆ April 24-25 TAOIST WALKING CHI KUNG, Harrison

For more information call Harrison's studio 8007 Greenwood Ave N. 784-5632

FOCUS

The minute you enter the class or even the building it's time to focus, enter a new world for the duration of the classes. In Aikido and many Japanese Martial Arts there is a 10 minute meditation period to empty the mind so you will focus and be 100% here and now. As we begin the chi kung you should begin this focus. What you expect the class to be, what happened just before you came to class, or what happened that day should be forgotten so you can make the most of the class and practice. On one level the class should be a vacation from the rest of your day, ideally this should be true with each of your practice. In the Martial Arts the phrase LEAVE IT OUT ON THE HOOK is very important. When you walk into the club you empty your mind and begin your practice. Try to limit your discussions to the technique or form you are doing at the time and save the other conversations for after class. For a beginner this usually isn't a problem, you have so much to think about and learn you have

This is one of the most advanced of all our Chi Kung methods. Sometimes called Tree Standing Master Tchoung calls it DING GUNG, Stillness Work. On the one hand this is the easiest Chi Kung, at least to remember, but it's actually the most difficult since it works all levels at all times. If you can't concentrate and focus your mind it becomes impossible. The difficulty of focusing, concentrating, and calming your mind, softening and relaxing the body give this Chi Kung its power.

For several generations the Yang Tai Chi family kept the Zhan Zhuang as their secret. They would only teach and train family members these movements so none of the students could challenge their skill and power. Yang, Cheng-fu permitted one of his disciples access to much of the family training. Little did he know this disciple was a blabber mouth and seeking some fame for himself. We owe Mr. Blabber Mouth a great thanks. Our Tai Chi tradition has always used the Zhan Zhuang. Master Tchoung would have us stand 45 minutes to 1hr the first year. The only other application of the Zhan Zhuang to be used was Pa Kua and then only walking the circle (these are the INNER PALMS). 20 years ago public Tai Chi wasn't associated with this CHI KUNG.

Whether for health, healing, meditation or martial arts this training is very important. At first the mind must calm down and relax. Next you'll feel the tension, stiffness in your muscles and posture. Adjust your posture to find a bit of comfort. The soreness and pain will immediately go to the points of excess strength and energy being used within the posture. You can use your breathing to help relax and soften the area. Our muscles cling to tension, as you stand for a period the tension begins to burn out, deeper and deeper. This permits the chi to circulate freely. When you open up and relax you'll begin to feel a comfortable warmth circulating in your body and focusing to the palms and feet.

The first stage is to adjust your body and open things up. The next level is the Chi training and exercise visualizations described below. If you are interested in becoming stronger in your art or advancing your skill, energy and sensitivity levels the Zhan Zhuang is a necessity.

no choice. Continuing members need to develop a beginner's mind.

If for some reason you're very tired it's OK to drop out, sit down or leave the room. Don't push yourself beyond what your body wisdom tells you. But

try not to interfere with another's practice.

MY WORKSHOP SCHEDULE

Meditation series on Sundays at AVANT-GARDENS, MT. VERNON, 10-11:30AM, (\$5 per session for club members) \$10 NON-MEMBERS.

1. Breathing Meditation Methods, Mar 23rd
2. Imagery Meditation Methods, April 18th
3. Energy Meditation Methods, May 23rd

◆ LONG FORM

there has been interest in a workshop on the long form 1-6. This will be late March or April. Let me know if you are interested.

◆ INNER LEVELS TUI SHOU - Friday, April 9th, 7pm, \$10.

◆ WEEKEND WORKSHOP - Sat & Sun, June 19&20 9:30-7pm. We will be working on Chi Cultivation for health, power and application.

Remember THE MIND LEADS AND THE CHI FOLLOWS. *HOLLOW* = empty the chest, curve the arms. *ROUND* = tuck the hips (ming men) curve the thighs. *LIFT* = raise the head top gently.

1. **WUJI** - this was Master Gao-fu's favorite. WUJI is the beginning of beginnings, the empty circle, in emptiness all things are possible, emptiness is completeness. Stand easily Comfortably, Relax totally, Drain your strength into the ground, Empty your mind, Exhale your tensions and strength into the ground.
2. **MONKEY HOLDS CAULDRON** - feet shoulder width, legs & arms loose/soft. *HOLLOW* - *ROUND* - *LIFT*. Breath IN - tantien expands OUT chi to palms
3. **LIFTING UP THE MOUNTAINS** - front stance, feet flat, body loose. *ROUND* - *HOLLOW* - *LIFT*. IN- Yang chi draws into the palms Lao kung point. OUT- sink chi to tantien.
4. **UNIVERSAL POST** - feet shoulder width *SINK* - *ROUND* - *HOLLOW*. IN- tantien expands, OUT- chi to palms
5. **PRESS DOWN MT TAI** - horse stance, knees very bent *ROUND* - *HOLLOW* - *LIFT*. IN draw the Yin chi from the earth through the palms OUT sink chi to tantien.
6. **RAISE HANDS** - back stance, *ROUND* - *HOLLOW* - *LIFT* focus on finger tips IN- tantien expands, OUT- chi to finger tips (the breathing can be opposite on this one. The above breathing is to focus the chi. If you want to work solely on storing the chi inhale from the finger tips and store in the tantien.
7. **RIDE THE TIGER** - foot presses the earth, *ROUND* - *HOLLOW* - *LIFT*. IN- draw chi into palms OUT- sink chi to tantien.
8. **HOLDING THE BASKETS** - feet shoulder width, *ROUND* - *HOLLOW* - *LIFT*. Mind empty, breath easily, relax.

Begin holding each posture for 4 breaths each after one month increase to 6 breaths, eventually to 10 breaths. I find this is easier than watching the clock. This also keeps you completely focused on what you are doing.

If you have difficulty thinking about all the pieces then just relax, move into the posture and empty your mind. As you become more advanced you'll find the visualizations greatly effecting your chi flow.