



# INTERNAL WUSHU ARTS NEWSLETTER

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## NEW BOOK AVAILABLE

LIANG ZHEN PU by Pa Kua Master Li Zi Ming. Master Ming was the last of the third generation masters of Pa Kua until he died recently in his 90's. This book contains some of the teachings of Pa Kua handed down from the founder Tung, Hai Chuan. This book a book of the pa Kua classics. It's great.

## SHR-FU VISIT

Saturday, June 5th Harvey will be visiting and taking a trip to visit Master Tchoung. Unfortunately, having scheduled the week intensive I can't attend but if there is any chance, all advanced students should go up.

## HARVEY VISIT

Harvey Kurland will be visiting June 3rd through June 7th. If you are interested in private lessons on Tuishou, Applications, Kwan Ping Tai Chi or form corrections let me know ASAP. Harvey, Dave and myself are the only representatives of Master Tchoung in the US.

## WHERE IS THE BLAME?

It's very important to ask yourself this the further you get into the pushing hands. Tuishou is 50/50, cooperation is very important, sensitivity is what we're working on. Aside from studying the basic movements and applications you should be studying yourself. Where does your frustration come from? Your partner? Usually not. There should be no blame, just research and practice! Tuishou is a good time to check your old habits, or your reaction reflexes. The minute you feel frustrated --TIME OUT. Relax, sink, empty your mind, find your own center, and start over. Tuishou is an exercise to refine yourself. Refine your nature and your skills in the art.

## WE'RE IN THE PARK

From now on classes will be held in the park at 58th & Phinney Avenue. The only exceptions hold for the Tuesday and Thursday sessions --IF IT RAINS. If it rains the Tuesday and Thursday sessions will be in our usual room and the PNA. Wednesday and Thursday groups are out of luck if it rains---We'll still be in the park under a tree, I don't have a room reserved for us until October!

## WEEKEND WORKSHOP

Sat & Sun, June 19&20th, 9:30-7pm, \$40 per day club members.. Chi Cultivation in Forms, Tuishou and Applications will e the emphasis. AT: Avant-Gardens, 1795 Hickox Road, Mt. Vernon. Sign up asap!

## SHR-FU

Harvey has found another interpretation of the term Shr-fu/Sifu: A master of apprentices. Students who are training and being trained in the entire system use this term for the instructor. The regular student just attending classes use the term Lao Shr.

## IDEAL PRACTICE SCHEDULE

*TAI CHI MEMBERS:*  
*MORNINGS-* start with a couple of the chi kung movements, then begin the long form. *EVENINGS-* practice your basic steps, long form and work on your latest section.

*PA KUA MEMBERS:* AM - Chi kung, Wuji circle, Inner palms. PM - Eight Changes.

At the beginning of your day you want to warm-up and start the day right. Begin with your favorite Chi kung movements. If there is enough time them begin the long form or the Inner Palms.

When first learning these arts these are the first things taught. Each class begins with the chi kung then proceeds to the solo forms. Each class enforces our understanding of these movements so these are the movements we should be the most comfortable with. If the body is comfortable, and the mind knows the

movement, only then can we relax. In order to permit the chi to flow strongly to strengthen and nurture us the body must be relaxed and the mind focused. So, our chi should flow best with our most comfortable part of the art, the movements we've done longest.

It's important if we practice in the morning to set things flowing smoothly for the day. Starting the day right. Don't think about working on a new movement, or one to perfect. Just practice, calm and focus the mind with the movements for a few minutes. At the end of the day use the forms to cool down. If you have the energy to study and work out - GREAT! If not just go through the form and relax.

It is important to study, train and research the forms but you don't want to give yourself more work. Class time is the time you set aside for learning more movements and correcting the ones you have. There is also time to refine, study, train and work out if your daily schedule doesn't permit it.

## COMMITMENT LEVEL

Some of you are in class just to see what the art is like, just to get a taste to see if it's worth pursuing. Continuing and advanced members be sure your practice will lead you toward your goal if you have one. If you're interested in greater skill, chi cultivation, or centering you can't miss a days practice. If you just practice for enjoyment then practice when you feel you need it. The most simple things elude us: If you have trouble remembering a section-are you practicing it enough?



THE ATHLETE

An athlete is someone whose practice and training are an integral part of their daily life. To them, a workout is as important as breathing. It's necessary in order to feel alive, enjoy life, to be in touch with their bodies and their health. Their health is a primary focus in their life.

The quality of one's life is equal to feeling fit and being comfortable in our body. Our mind and body are the tools for our spirit. They enable our spirit to interact with all things; our body is the mind's tool. An athlete, like an artist, seeks to understand and be able to use all the tools, instruments, and things available to them for expression and exploration in the world. When I refer to an athlete I'm covering a person who works out several times a week regularly to the professional, single-minded athlete.

For most there is a particular motivation, the mind needs to be focused on a goal. This goal can be something like a certain skill, health, or just feeling good. Some people who dabble in the arts, just for fun, get hooked by the increased energy and vigor after practicing. The hook is the fit, healthy, and wonderful feeling the exercise brings about. After a continued period of exercise the body produces endorphins giving what's referred to as the 'runner's high'. The mind and the body get a relaxed and exhilarated feeling...very addictive. This addictive 'good' feeling is why some people train every day, and sometimes to excess.

When you see a trained professional athlete, they make it look easy. There's a strong attraction to be able to move controlled, easily, and strongly in any direction, at any time with no restrictions, just lively. This is one of the wonderful sides of being physically fit, being comfortable in our bodies, agile like a child at play. On one level I'm sure we're trying to re-gain our youthfulness again.

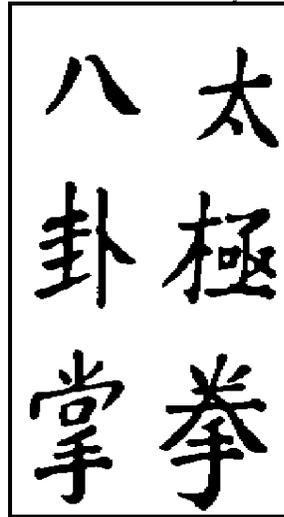
Having a challenge, an obstacle and being able to move beyond it is another part of the athlete's character. Learning new forms, moving passed the point of merely learning or copying the movements but getting to the point of making them yours. Over coming the awkwardness of the beginning level to the point where they flow continuously, easily. In essence conquering the movement and form. (When you practice over years, this is a point where the forms and postures begin to teach us as we practice them.) At first though, there is the challenge of trying to perform one of the kicks controlled, slowly and smoothly. Getting to the point of having the kick under your own control, not rushing the movement because your balance is being lost. Another challenge is for the mind; being able to concentrate 100% on the form and movements as you move through them, without letting anything distract you. The various forms do have certain movements that are more challenging than others. Such as working gradually over time so that your snake does 'creep down'.

This doesn't mean that your Snake Creeps Down will look like your class mates, it means you'll be able to move toward the position within your body restrictions. What's right for your build and strength.

Anytime we practice we exercise our mind and energy in addition to our muscles and bones. One very strong influence is the group 'energy' created when everyone is focused and practicing together. There is a calm yet strong and powerful feeling. This is an opening, a level of generating and exchanging energy. The special Tree Chi Kung works this type of energy. The relaxed, serene feeling you get when hiking or walking in a wooded area has a similar energy exchange. The more you can relax, the greater you permit your energy to flow and, at the same time, you can exchange and gather more energy from what's around you.

All in all it comes down to one thing: a greater understanding of ourselves. As we work with our bodies, the practice, straining, and effort, we come to a greater understanding of ourselves. Are we quitters? Are we perfectionists? Do we create obstacles for ourselves? Are we competitive? How do we face challenges, problems? During practice, many things come to mind. As we advance through the system we face many different situations. We have to deal with many of our feelings and self-analysis. The physical work out also does deep tissue work on our ego, mind and spirit. This is actually of more value to the quality of our lives than just physical health.

Next month the final part: THE TEACHER



**BOOKS:**

- THE TAO OF TAI CHI CHUAN - Jou, Tsung Hwa
- THE FUNDAMENTALS OF TAI CHI CHUAN - Wen-Shan Huang
- \*\*THERE ARE NO SECRETS - Wolfe Lowenthal
- \*\*TAI CHI CHUAN TA WEN - Chen Wei-Ming
- \*\*THE WAY OF ENERGY - Master Lam Kam Chuen
- KI IN DAILY LIFE - Koichi Tohei
- \*\*THE ESSENCE OF TAI CHI CHUAN - Lo, Inn, Amacker, Foe
- \*\*CLASSICAL PA KUA CHANG - Johnson, Crandall
- \*\*THIRTEEN CHAPTERS - Cheng, Man-ching
- \*\*LIANG ZHEN PU - Li Zi Ming
- CHI KUNG Health & Martial Arts - Yang Jwing-Ming

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## CREATING A POWER BASE IN PA KUA CHANG

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If your mind is focused there is nothing you can't do. Our mind is our strongest muscle and power any of us possess. As with anything else, yin without yang is useless, the mind without a healthy body has restrictions. If we can train our mind, body, and spirit each time we practice; each practice generates more power. By power what I mean is developing a harmony of mind, body, and spirit. developing our chi on all levels: physical, mental, and increasing our vitality.

Learning the movements and forms are really a very small part of our training and learning. Learning the movements is actually stretching and strengthening our muscles and getting our mind 'into' our bodies. Once this is accomplished, i.e. when the movements flow easily, then the work begins.

### HARMONIZING MIND AND BODY TO DEVELOP CHI

You may be able to develop a strong chi flow and still have no power, no reserves. The first step is to develop the TAN TIEN, our center, 1 1/2 inch below the navel. This is our physical center, our balance point. It is also our psychic center where we can draw, store and gather chi. It's the hub of our wheel, physically and energetically. In order to nurture this reservoir there are two quick method in addition to our daily practice. One point meditation and Tan Tien breathing exercises. Practiced for six months daily they will establish a sense of centering and rootedness. In order to begin to feel energy in the Tan Tien your body habits must begin to change as does your concentration.

Relaxation and correct body alignment is first required. Learning to let go and drop your shoulders, keep your head top like a flame reaching upward so you don't lean in any direction. All the points in the Pa Kua and Tai Chi classics lead us to developing the Tiantien. The other half is permitting the mind and chi to sink and circulate from the Tiantien so it isn't dispersed.

No matter how many forms we know, how many years we've practiced, or how strong we are physically there is no power, no Jin, without proper focus. All that's needed is correct practice! Unfortunately there are many pieces that need to be coordinated for our practice to be correct. Simply put, if you practice mindfully, consistently and sincerely your practice is in the correct direction.

The progression of our Pa Kua sessions follow the advancement of the arts progression. Following this progression we're building one brick on the last brick.... Everything not only supports the next step but also generates power and energy for the next step. Practicing the changes or various forms are fine but it's best to build up to them through the warm-up progression in order to achieve the best possible results.

Begin with the Chi Kung in order to loosen up the muscles and get the kinks out. Next is the most important step: Walking the Wuji circle. Breathe deep, focus on the Tiantien, empty the mind and walk. As the mind gets

*Your practice  
is only as good  
as your focus*

distracted re-focus. This may be on the physical requirements first: hips tucked, scissor step, fire rising, water sinking. RELAX. Breathe deep, mind to Tiantien, emptiness, keep walking. Too many people get caught up in the Eight Mother Forms, the 'Bells and Whistles' of the art.

Distracted by what they think is Pa Kua. Similar to Tai Chi, the forms aren't the art, they are the exercises needed to approach the gate of the art. The Mother Forms can be learned easily but without sufficient build up and preparation they are merely body movements, no chi kung, no real Pa Kua, no power, no art. If you have a half an hour to practice it would be best to practice 20 minutes of walking the Wuji and 10 on the Mother Forms. Actually the last ten minutes would be better spent on the Inner Palms.

Begin each day with the Wuji walk, move into the Inner Palms, then walk the Yin Yang and the Tai Chi, forget the changes. Walking the Wuji you center and sink the chi to the Tiantien. Moving into the Inner Palms begins to circulate the chi throughout the body. When you learn to move through the Inner palms smoothly you are developing a sense of the Chan Ssu Jin. Without this spiraling of the chi we have no power, no applications. When you begin to feel the flow of the Chan Ssu Jin the movements and postures become your teachers. You can feel where the energy is, how it circulates and flows, where it reaches and where it doesn't. The postures are only important so far as they can get you to this understanding. From here you begin to divide the energies, try to expand the flow into a more complex pattern: the Yin and Yang diagram. The mind and body have more complex maneuvers, yet you seek to maintain the centeredness and flow you've established. If you practice daily, you should find that with each week it's quicker to get the feeling of sinking and rooting. You should also find it easier to maintain the Silk Reeling energy throughout your practice. Though the movements many vary the calm centeredness and stability just get stronger.

Only after this should you move to the next level, the Mother forms. Once you are consistent and can maintain this with the Mother Forms then you move to the next level of complexity: weaponry, Dragon palm etc. It doesn't matter how large your collection of forms is, quality is all that matters.

Walking the Wuji and moving into the Inner palms takes about 15 minutes. This is a nice morning ritual to clear your mind and focus before getting on with the day. If your goal is to either become good at Pa Kua or to strengthen your chi this is the way to do it. Consistency is as important as concentration. If you're just interested in developing your center and chi then the Zhan Zhuang is all you need to practice, *every day*. If you don't have room to circle in the morning then the Zhan Zhuang and various Chi Kung are the next best thing.

### MY WORKSHOPS

- ◆ **WEEKEND WORKSHOP** - Sat & Sun, June 19&20 9:30-7pm. \$40 club members per day/ \$50 non-members We will be working on Chi Cultivation for health, power and application. Sign up sheet in my file box. People are looking for car pooling, if you plan to drive up please give someone a lift. YOU MUSH HAVE A FOUNDATION IN: Simplified, Section 1 or 8 mother forms.
- ◆ **WEEK INTENSIVE** - May 31-June 5, 8-10:30am & 7-9:30pm. Chi Kung, Tai Chi, Tuishou, Pa Kua, Weaponry-Seattle.  
AM Tue Wed Thur Fri Sat  
PaKua TaiChi Pakua TaiChi TaiChi  
PM Mon Tue Wed Thur Fir  
PaKua Y Taichi C Taichi PaKua Y Taichi
- ◆ **ADVANCED GROUP** - June 25th, 7-9, long form and tuishou-SEATTLE!
- ◆ **SUMMER RETREAT** at KOOTENAY LAKE - Aug 8-14, \$315 includes food, instruction and lodging. Brocheurs are in my file box. I will be one of four instructors. The emphasis is Tai Chi Chuan.

### STOPPING SHORT

One of the most basic and important principles in these arts is that of being relaxed, loose and soft. As a beginner, this is one of the most difficult aspects of learning the various Internal Wushu. Though this is a very important step but not the end of our training.

It's very easy to get stuck in various areas of the art and parts of practice. Some people get stuck on collecting the various form disregarding the internal aspect and the quality of the forms. Though it takes a long time to be able to relax and stay soft in our basic form, this can also be a trap to get stuck on. If your only interest is in health and meditative issues this is fine. If your interest goes beyond this into the higher skills of the art then this is just one of many steps in the system.

Once you begin to relax and feel how the chi inflates your fingers, hands and Tan Tien you need to move to the next step. Chi has many levels and many aspects. Each level is more refined and powerful than the last, there is a more focused and directed level beyond just feeling the body fill with chi.

The next step is doing something, directing the feeling of Chi and weaving it in various ways through the forms. In some movements the Chi is directed specifically through the finger tips. Others focusing it directly out the elbow, sinking it through the yung chuen, lao kung, pai hui ...

Similar to a muscle; you stretch slightly, then relax, stretch & relax. Beyond this you may twist slightly as you stretch, coil as you relax. There are many combinations.

First, you relax and permit the chi to circulate. After this practice there is a feeling of 'inflation' with the chi throughout your body.

The second step is to focus the chi using the various applications and uses of the forms. This is one reason why it's important to know the applications even if you aren't interested in the martial aspects of the art. The applications focus the mind and guide the chi along specific pathways.

The next step is feeling and learning how to store and release the chi efficiently. This is a very advanced level and requires that the movements and forms be known completely. And the above levels accomplished.

### YANG TAI CHI ADVANCED GROUP

For the next month I will be checking the quality of your long form. Before we move onto the Sanshou your basics of 1-6 must be solid. In addition the quality of your forms as well as memory must be solid and consistent. If your long form is poor there is no way you'll be able to move on to the subtleties and advanced movements of the Sanshou. At the same time your Tuishou basics and understanding must also be solid and comfortable. You you have trouble remembering four hands, or adapting your movements with others you're not ready for the Sanshou. The Sanshou involves the structure and movements of the long form with the sensitivity of the Tuishou in a more complex pattern. You won't have time to think about your form, you have to focus on your partner's movements.

### INTERNAL WUSHU ARTS CLASSES:

#### Seattle

Evenings:

Yang Style Tai Chi - Tues 7-9

Chen Style Tai Chi - Wed 7-8

Pa Kua Chang - Thurs 7-9

at: PNA 6532 Phinney Ave N.

Summer: 58 & Phinney Ave N (Park)

Mornings:

Yang Style Tai Chi - Wed 9-10:30

Pa Kua Chang - Thur 9:30-11:00

at: Discovery Park - ph# 283-0055

Sanshou (advanced) -Sat 10-12

PNA

Fee: \$45 monthly - one style

+\$5 additional styles

Private lessons \$30/hr

#### Mt. Vernon:

Sundays

Affiliate Clubs:

#### University District:

Gene Burnett - 547-7293

senior citizen classes available

Cedar Acosta - 726-9355

#### Vashon Island:

Deborah Goldhaft - 463-3601

#### Tacoma:

Betty Jones - 564-8121

Randy York - 564-5810

#### Snohomish area:

Shaun Munger

P.O. Box 202

Sultan, WA 98294

Application specialist:

Dave Harris - 782-1170

PNA 6532 Phinney Ave N.

highly recommended