

INTERNAL WUSHU ARTS NEWSLETTER

A.T.Dale - P.O. Box 77040 - Seattle WA 98177 - (206)283-0055

INTERNAL WUSHU ARTS

Newsletter subscription \$10/year
Video tapes available

Seattle

Evenings:

Yang Style Tai Chi - Tues. 7-9:30

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 8-9:30

at: Discovery Park

Sanshou (advanced) Invitation only

PNA

Fee: \$45+3.69tax monthly - one style

Private lessons \$30/hr

Mt. Vernon:

Sundays

Affiliate Clubs:

University District:

Gene Burnett - 547-7293

senior citizen classes available

Cedar Acosta - 721-3139

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

Los Angeles:

Harvey Kurland - (714)796-3332

Nelson BC:

Rex Eastman - (604)352-3714

The above listing is of our family lineage Tai Chi instructors. Since space is limited I'm only listing clubs with direct contact with the Internal Wushu Arts.

BEGINNING CLASSES:

September and October the Tuesday Yang Tai Chi class will be open for new members to join. The next opening will be in February. If you have friends interested please let them know.

The other classes are now treated as individual instructions during class times.

TUESDAY CLASS CHANGE

With the size of the group I have not been able to give everyone enough attention. To start with, Joel will be leading most of the Chi Kung session, this will

give me more time to work with members on the solo forms.

By the time I get to the intermediate/advanced group the time is usually up. Beginning in September I will be adding an advanced class to Yang Tai Chi Chuan Tuesday nights, 9-9:30. During this time I will be testing sections 1-6 and working with Tuishou. This group has gone through the Tuishou progression so I expect you to know (and able to demonstrate) 2 hands, 4 hands, walking (even & odd step), running and circling foot patterns. In order to be a part of this group you must have regular attendance or you may be left behind. For the next few months we will be working on various techniques and applications of Tuishou.

MOVING INSIDE

Officially October is when we move inside completely. As the weather gets colder, darker, or wetter we will begin to move the evening sessions inside. Enjoy the park while you can.

PARTNER CANE WORKSHOP

Gene will be teaching a Partner Cane Workshop on: Fri - Sept 10th 7-9pm, Sat - Sept 11th 3-5pm, Fri-Sept 17th 7-9pm, Sat-Sept 18th 3-5pm. \$45 for all 4 sessions. For more information and sign up contact Gene at: 547-7293.

GENE'S BOOKLET

Gene has made available to club members his booklet on practicing, studying and teaching Tai Chi Chuan. It's an excellent book for beginners and advanced members. Copies are available in my file box at \$5. Look through it, I highly recommend it.

ANOTHER PA KUA BOOK

THE FUNDAMENTALS OF PA KUA CHANG by Park Bok Nam & Dan Miller, \$19.95 was recently released. The book is excellent containing basic drills, principles, and an easy clear explanation of the Pa Kua trigrams and I Ching. Dan describes Park's training under Master Lu Shui-T'ien which was very traditional. Lu Shui-T'ien emphasized using Pa Kua in fighting and

the book gives good training techniques. This book should be part of all Pa Kua students library. Order forms are in my file box.

WORKSHOP

Park Bok Nam will be giving a workshop in Seattle September 11th. Contact Glen Wright (206) 584-4647 for more information.

NEW CLUB FEE

Club fee now includes tax so: \$45 monthly is now \$48.69 and \$50 is now \$54.10.

CLUB DEMONSTRATION Thurs Sept 16th 7:30

This demonstration is to introduce interested people to the arts of Tai Chi Chuan and Pa Kua Chang. We will be demonstrating everything from chi kung to advanced partner weaponry. I will need help about 7pm setting up chairs and talking them down after the demo. Tell your friends!

HOME WORK

If you'd like to know what you need to work on most, just ask. I'll usually give you an idea to what needs work but if I forget ask me and I'll let you know what's priority at your particular level.

MASTER GAO FU

Communications have messed up so we're not sure when master Gao will be here. Efforts are underway however.

AN OPEN HOUSE FOR PLANT LOVERS

Avant-Gardens (my home), is having its fall open house sale SUNDAY September 19th, 10-5. In order to clean out the stock for winter most things will be marked down 50%. Avant-Gardens, 1795 Hickox Rd, Mt. Vernon, (206) 428-5974.

CLUB DEMONSTRATION THURSDAY Sept 16th 7:30

It would take a year to cover all the great and wonderful things that went on at the Kootenay Tai Chi Retreat. Rex has put together the best situation and environment for learning and living Tai Chi Chuan. There was no bad side to it. I highly recommend that you try to make it next year. Start planning now to attend next August!

To start with, the retreat is on a beautiful lake surrounded by mountains. The weather was beautiful, the lake was warm, the food was good, instructors great, and the people were all open and friendly. There was morning group chi kung led by Rex in silence every day which started the day smoothly. Classes in tuishou, applications, and principles were taught by all the instructors throughout the week so we were able to experience different methods of teaching, sharing and looking at the art of Tai Chi Chuan.

My head is still swimming with all the information and learning I got from the week. This phenomena was named: Learn a little, forget a lot. Aside from running this retreat remarkably smoothly, Rex lead a sharing and philosophical session every day. I wish I had a tape recorder going because his insight and creative approach to the various topics was mind expanding. It helped me move out of areas I was stuck in and explore some I'd never thought of. He lead several visualizations and meditations during these sessions that were also extremely helpful.

Alec Witzaney was a guest instructor from Calgary. Alex is a Hsing I specialist and also does Chen Pan Ling Tai Chi Chuan and Pa Kua Chang Wang Hsu Chin method. It was a pleasure for me to meet a Hsing I person who embodied the principle of the internal arts instead of merely the forms. Alec is a big guy, over 6', and displays quite a bit of power in his Hsing I, but his touch was as light as a feather in Tuishou.

One benefit from this retreat the entire club will reap is a workshop and contact with Mike Smith, a Chen Tai Chi, Pa Kua Chang and Wing Chun instructor. Fortunately for us he's recently moved to Richland BC and I hope he'll be visiting us often. Mike's skill at the freehands applications is exceptional and he has great drills to help develop FA JIN. His creativity, enthusiasm and joy while teaching makes the art seem easier to learn, club members are in for a treat.

Everyone at the workshop was warm, friendly and open. After the first day of introductions, even though we may not have remembered each other's

*When your life is in
accordance with basic
goodness, then you
develop natural
elegance.*

C. Trungpa

name, we were family. Members from all styles and backgrounds together studying and sharing the principles of Tai Chi Chuan. There

were a few who had never had Tai Chi before and some with many years of teaching experience. This retreat wasn't so much on the shell of the forms as the true spirit and principles of the internal martial arts. This is a very rare thing to have 66 people nurturing each others art. The free time was spent practicing, swimming/bathing in the lake, hiking, discussions, or just enjoying the sun.

Take some time and ask Cedar, Joel or Karen K. what their impressions were. We were all touched very deeply.

SUNG & HSU

The usual translation I've heard, and give, of Sung is to relax deeply without collapsing so there is a heavy feeling. Hsu is sinking into a posture to the point where you can feel the chi to sink and store.

Over the last month, as I've been working with the advanced group, it finally dawned on me that Sung was in the muscles and Hsu in the joints. We can't Hsu (store chi) if we don't have Sung. Hsu is in the joints it gives a certain looseness within the joints that develops the more we relax.

In the three levels of advancement the first is relaxation, the second is circulating the energy, the third is increased awareness.

Once the muscles are relaxed and soft, we begin to notice how tight and stiff our joints are. As the joints begin to loosen up the chi flows freely throughout our limbs. Tuishou is where we really begin to open and loosen the joints.

Felicia mentioned the actual translation of Sung is 'to release' not merely relax. In Norwegian the words meaning relax literally mean 'to get rid of'. Hsu translation is 'letting go'. By letting go of the tension in the joints the energy is permitted to store and settle. If the muscles aren't relaxed and free then the joints can't loosen either.

Master Gao fu would describe all movements as stirring up the silt. At the end of each posture as we sung we permit the silt to settle, the chi sinks naturally down to the Tiantien giving us power for the next movement. As we practice mindfully we begin to notice the clear distinction between Sung and Hsu.

A LESSON IN LETTING GO

Over the years I've emphasized the value of doing your 'own' forms after you know the choreography.

This is the time when you begin to develop the true art, the inner art. The only exception I've said was when following a master and flowing with their chi and style, opening yourself up to their practice.

Rex taught me a valuable lesson in letting go during the retreat on the value of following someone else's forms. Throughout our lives as we practice, we continually try to release and let go of our excess tensions and bad habits, continually refining our form. Of course as soon as we let go of one there is another we begin to notice. Just as our muscles tend to cling to tension our mind clings to certain habits and ideas: this is the way it should be done, this is my form, my style, my, my, mine, truth.

Part of the practice during the week was following and opening ourselves up to other forms and styles with no judgment, no anticipation or assumptions. One great exercise was standing face to face with someone who's form you didn't know and try to mirror their form. In order to follow correctly we had to 'listen' and observe outwardly without any preconceptions, just letting go. Even if the movement was recognizable, the idea was to open up to the possible subtle variations in order to learn and expand our own possibilities. Go with someone's flow, surf their movements: BEGINNER'S MIND.

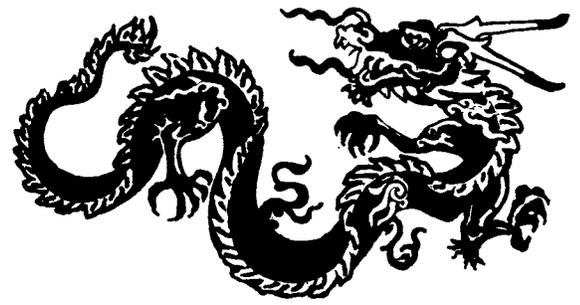
In a beginners mind there are many possibilities, in the experts there are few.

Initially I didn't realized what an excellent awareness practice this was. In order to follow correctly I had to put myself aside and permit the other person's form to move me. It doesn't matter whether the other person is advanced or beginning, there is still great value in learning to let go and just be aware. In a group situation, it's not only beneficial but also polite to the group leader to stay in-sink with their movements. This also makes it less confusing to any beginners in the group.

Everything has it's own value. Practicing and studying your own form is definitely the way to increase your relaxation and get in touch with your art. At the same time following another's movement and form helps increase your awareness outwardly which will aid in applications, healing and learning to harmonize with others.

I'd like you to take some time this month and pair up with a classmate or friend and try to mirror their form as they practice.

Thanks Rex



RULES FOR BEING HUMAN

You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.

You will learn lessons. You are enrolled in a full time informal school called life. Each day in this school, you will have the opportunity to learn lessons. You may like the lessons or think of them as irrelevant and stupid.

There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The 'failed' experiments are as much a part of the process as the experiment that ultimately 'works.'

A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.

Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

'There' is no better than 'here.' When your 'there' has become a 'here' you will simply obtain another 'there' that will, again, look better than 'here.'

Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen and trust.

You will forget all this.

As I'm fond of say, EVERYTHING IS CONTAGIOUS. If you're around someone who's very hyper, you may find yourself bouncing off the walls eventually. If an extremely negative person joins a group the energy of that group slowly gets drained and ends up down. At the same time if someone very positive enters a group they can lift the energy and spirit of that group. Whichever energy is stronger effects the other.

If we practice Tuishou with someone tense or angry we may begin to tense up and feel uncomfortable. Noticing his before it takes effect enables us to work on grounding, relaxing and neutralizing the energy before it's too late. If it's too strong we may have to leave the room, change partners, or sit out of the particular situation. If we can recognize the energy or attitude early then we can defend ourselves against it or try to neutralize it. In our daily life we're exposed to many different attitudes and energies. Every person we encounter has their own energy field. If we're tired or weak we may sometimes feel like we're bombarded or pulled in all directions. This means it's time to rest.

Everything we do, no matter how small has some effect on the environment and situations around us. Every action sends out ripples like in a pond. Instead of *trying* to change things or manipulate situations the best we can do is to be centered and relaxed. The more we try to calm the waters or control the ripples the more ripples are created.

With the media and advertisements telling us what beauty is we miss true beauty; the beauty of our spirit. When things are going perfect and we're on top of the world we radiate a genuine beauty from the center of our being. This beauty radiates upon everyone we encounter. It's expressed in our eyes, smile, posture and body language. I'm not talking about pestering others to cheer up and being 'in their face' that we are happy. Just the overflow of living our lives and trying to handle each situation from our center. The energy is flowing strongly outward creating positive change.

Aikido master Koichi Tohei was the most noticeable to effect this type change that I've yet seen. As he walked through a crowd in the airport you could see people's attitude lighten up. It was like a ray of sunshine spreading through the crowd as he walked through them. It's one image I'll never forget.

In the internal martial arts we never seek to control the attacker. We try to 'listen' and understand the direction of their force, surf it and either neutralize the aggression toward us, move out of the way, or blend with it and guide it away. As in

relationships, the more we try to control our attacker the more they control us. The bottom line is: *we can only work to control and refine ourselves*. By doing so, we can effect positive change.

The more relaxed, calmer and centered each individual is the more relaxed, calmer and centered the society will be. We can't force someone to be relaxed. We can only set an example by our lives, attitudes, and interactions. If someone expresses interest then we can share what's working for us, that's all. Then it's up to them and time.

It's impossible for us to be centered, relaxed and 'happy' all the time, at least if we live in the real world. It is possible, however, to work at nurturing a positive centered base to help strengthen ourselves and thus create a better environment. As we become healthier in body and mind we nurture our spirit and become internally stronger. The fact that we're studying these arts is a big step in that direction. In Zen there is a saying: "There is no need to try to achieve a certain state, merely taking a posture indicates that state." As we become self-aware we have certain tools and methods to help us center, clear our thoughts, or help change a certain direction of our energy for the positive. The form, meditation, breathing methods, visualizations are just a few.

Though we may not be able to go out and be visibly active to help change things, we're nurturing the root. This is the beginning of becoming good planetary citizens.

**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
- **THIRTEEN CHAPTERS - Cheng, Man-ching
- **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
- **LIANG ZHEN PU - Li Zi Ming
- **FUNDAMENTALS OF PA KUA CHANG - Park Bok Nam/Dan Miller
- CHI KUNG Health & Martial Arts - Yang Jwing-Ming
- VITALITY, ENERGY, SPIRIT A Taoist Source book - Thomas Cleary
- SHAMBHALA - THE PATH OF THE WARRIOR - Chogyam Trungpa

NEWSLETTERS:

- PA KUA CHANG JOURNAL - High View Publications, PO Box 51967, Pacific Grove CA 93950 \$20/year
- T'AI CHI MAGAZINE - Wayfarer Publications, PO Box 26156, Los Angeles CA 90026
- QI: The Journal of Traditional Eastern Health & Fitness - Insight Graphics, Inc., PO Box 221343, Chantilly VA 22022