



INTERNAL WUSHU ARTS NEWSLETTER

A.T.Dale - P.O. Box 77040 - Seattle WA 98133 - (206)283-0055 - subscriptions \$12/yr. © all rights reserved

AVANT-GARDENS SALE & HARVEST FAIR October 7th, 10-5

With special speaker Constance Perneyi on Gardening for Wildlife. Tree & Daylily sale and several assorted vendors with crafts. Avant-Gardens, 1795 Hickox Rd, Mt. Vernon exit 224, R turn, L turn, R turn 1/2 mile.

FALL 1995 CLUB PAYMENT SCHEDULE

Basic fee \$55.00 monthly.
1st additional hr class (another night 1 hr session) \$65 monthly.
2nd additional hr class \$70 monthly
Club fee is due the **first** week of each month since bills are due the second week!

MISC. SESSIONS OCTOBER 13TH - Friday 7-8:30 ENERGIES OF THE INTERNAL ARTS

Researching and playing with the various 'energies' /techniques of Tai Chi and Pa Kua
Sign up required Cost \$10

WISDOM OF THE GREAT ROUND MIRROR

Cultivate your mind like a mirror.

1. A mirror will reflect absolutely any object which comes before its surface, it will not refuse to reflect any object but all are equally accepted.
2. There exists no distinction between good and evil, big and small, beauty and ugliness, sacred and profane for the mirror. The mirror reflects such huge things as mountains and oceans, in the same way it will reflect a tiny insect. This is an equality of acceptance, there exists no value judgment, definition or concept, only the object is reflected.
3. The mirror reflects the mountain as a mountain, and the ocean as an ocean, it accepts things as they are without changing them.
4. The mirror never keeps a reflection after the object is removed. It returns to its peaceful state ready to reflect anything that comes up without sticking to anything.

CLUB ITEMS AVAILABLE

Sifu's book - contains O'mei chi kung, Yang short form and partner form.	\$35.00
Pa Kua Chi Kung - this booklet contains basic principles of chi kung, Pa Kua 8 chi kung and 8 zhan zhuang instruction.	\$8.00
Club T-shirts - limited supply	\$15.00
Video tapes of our various forms- list available	\$35.00
Gene's Tai Chi book - a great guide for beginners and advanced members	\$10.00

ZHANG JIE CLASSES

Master Zhang Jie has established the SEVEN STARS STUDIO / I Ching Association of Washington. He is teaching classes in Chi Kung, Tai Chi and Pa Kua . He is located in NE Seattle. You can contact him at 368-0699

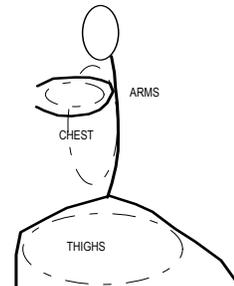
Sun Lu Tang's Study of Pa Kua Chang \$ 19 - translated by Joe Crandall & Helin Dong copies available from Victor.

IN MEMORY OF KOBAYASHI SENSEI

Rod Kobayashi was another great martial artist, master of Aikido that I had the good fortune to learn from. Unfortunately he visited Seattle only

briefly but he made quite an impression with his skill, technique but particularly his energy. He was part of a generation of Aikido masters that I don't think we'll see again. His generation was trained by the founder of Aikido and their Aikido training was wholistic: technique, energy work and effectiveness. Kobayashi sensei's circles were tiny, so tiny that you couldn't see them, all you knew was that you were air born once you attacked him. His touch was so light you didn't feel his technique. Fortunately for us he spent his life teaching so his personal teaching and understanding of Aikido will continue through many students. His teaching sprang from the belief that growth only comes through spontaneous and natural sharing.

INTERNAL ARTS BASICS



The three constant curves

A STUDY GUIDE TO PA KUA CHANG GETTING A GOOD START - PART II

by A.T.Dale

*First Perfect One Thing Above All Else
From the Simple to the Complex,
the most important to the least*

1. WUJI POSTURE
2. WALK THE WUJI CIRCLE
3. PRACTICE THE INNER PALMS
4. PRACTICE THE FOOT PATTERNS AND DRILLS
5. TRAIN THE BODY IN THE 8 CHANGES
6. PARTNER PRACTICE

There is really no such thing as an advanced movement or form; for when a master practices the basic; it is an advanced practice and the movements are advanced. On the same subject however, there are some movements and forms that require a strong sense of balance, strong flexible legs, and an agile body to be practiced safely or correctly without injury. They are not 'advanced' but the requirements and difficulty in their practice is greater. For instance: the Dragon Palm, Liang-I or the Seven Star Short Staff train quickness, lightness and fluidity that can create physical problems for an untrained body.

THE BASICS

WALK THE CIRCLE,
JUST WALK AND KEEP WALKING
then . . . walk some more

If you are sincere in studying the art, the real art, in order to gain skill and connect with the knowledge of the art, the past teachers and the founder you'll never get bored with the basics. You can never walk the wuji pattern enough. As we practice mindfully there is a constant process of learning as well as training, conditioning, meditation, and chi kung work. In Zen you sit, in Pa Kua we circle.

Can you step into a pool without causing ripples? The same is true of our practice and how it relates to chi kung. You can't practice the internal arts without nurturing the chi flow or your inner self. The depth of this nurturing depends upon how correct and mindful your practice is.

STANDING OR WALKING - feel, listen, empty

First be sure your body structure is correct and corresponds with the principles of the art.

UPPER: is your head suspended from above, level? Don't tilt your head. Is your neck relaxed? Straight but still loose, don't lift the head top to the extent where your neck is stiff. The gaze generally is open, scanning level (though with some

mediation movements eyes may be focused downward).

MIDDLE: shoulders soft and down. Don't hunch your shoulders. Elbows are hanging down, like a rope suspended loosely between two poles. Palms are extended but soft, filled with energy, not limp or stiff but *alive*. The energy of the palms will vary but the intent is as if you are in a dark room seeking the light switch; your intent extends beyond your hands to sense the wall before you touch it.

LOWER: sit the waist, slightly tuck the hips, knees bends, thighs working. Feet listening to the ground, gliding like a snake through the grass.

YOUR CIRCLE OF POWER

*Don't Stand On Tip-Toe,
And Don't Squat Too Low*

In all postures and positions you should be comfortable. You may feel your legs working but there should be no pain or stuckness, or a great effort needed to move out from one posture into another. Slowly, as time and practice go on, you will gradually get lower and the postures will become more exact. This is a result of practice not a requirement of practice. The requirement of practice is to keep the body safe, alignment good, balance centered, mind present, energy sunk. If we are in a comfortable position we are within our 'circle of power', this means we can apply our body strength easily and comfortably, we're not reaching too far away from the body, or leaning too far one way resulting is a weak and dangerous position (and very bad habits).

Now, just walk. Feel the alignment of your body as you circle. Relax the upper body, sink the hips, feel the ground and connect with it. As your practice improves and you are able to hold the basic position correctly, semi-easily then you need to just walk and empty your mind. This permits the chi to flow as it should and begin to store in the tan tien. This practice strengthens the entire body as well as the mind and spirit. As you walk, your mind and body become one, this permits your spirit to strengthen. As this happens it's similar to a turbulent surface of a lake calming so you can see the reflection of the moon clearly, exactly. The reflection we will begin to notice is our own self, our higher self. If you don't have this then it's no use going further. You won't be able to support the advanced levels since

you won't have a deep foundation or a clear view of yourself.

Pa kua study guide continued:
WHAT TO WORK ON

WEEK TWO

FROM THE SIMPLE TO THE COMPLEX

*There is practice which ingrains the form into memory
Then there is study which gains depth.*

first: WUJI

Patience, quietness. Don't rush into any of your practice sessions (any of them!). Permit the dust of your mind and eagerness to settle so the water becomes clear. Stand in the wuji posture for a few seconds or minutes until your breathing is smooth and quiet. Focus on your tan tien, focus on your breathing, focus on being here *now*, or just empty your mind. Linger here for a while. Seek quietness or emptiness before you continue.

then: . . .

Gather the mind, body and spirit in the tan tien. Sink, sit, bend the knees and then walk. Walk the wuji circle. (the hand positions are either pushing down the earth (a.k.a. lion emerges from cave), monkey holds cauldron or hands floating on water.

LEVEL 1

Practice the correct stepping (inside foot directly forward, outside foot slightly toe-in). Let the ball of your foot 'listen' to the ground as it snakes forward. Relax the ankles. Keep the weight stable on the back leg, sit into the ground. When you stop don't wobble, you should be able to stop anytime, any position with the weight controlled by one leg, no momentum pulling you into the next step. The knees are bent easily and the hips are tucked slightly. Walking should work your thighs but still be comfortable and light. Sitting too low, forcing the Pa Kua Chang positions creates too much tension, instills bad habits, and blocks chi flow. Work as you walk but don't strain.

LEVEL 2

Upper body relaxed, empty. Pressure if any is in the legs and the tan tien. The shoulders, chest, neck and arms are soft, loose and empty. The upper body shouldn't be effected by the walking, it should be going along for the ride. Your legs and hips are the car, your waist, chest, shoulders and head are just sitting in the car.

LEVEL 3

The arms and palms are soft, loose, relaxed but alive; energy fills them but minimal muscular tension. The energy fills the arms, palms and fingers like yeast causing bread to rise. The mind is calm and focuses on the tan tien. Breathing is soft and natural.

LEVEL 4

As you walk put your mind in the tan tien. Think of pushing a table with your lower abdomen as you walk. Keep the energy sinking into the tan tien so your hips and legs feel heavy and solid while your upper body is soft and empty.

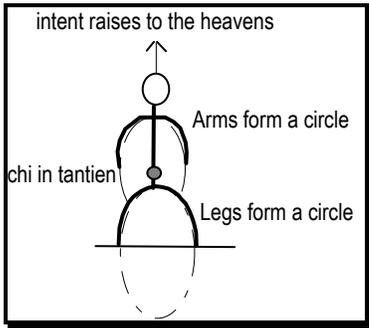
NOW - just practice walking 15 minutes each direction, do this twice daily for a least at week. I prefer to count the circles or steps instead of watching the clock. Walk 32 circles one way then 32 the other is a good way to start. If you can circle with no distractions in your mind, discover your center, and calm your spirit there is no limitation to the depth of your Pa Kua Chang skill, understanding, or accomplishments. If you are an experienced practitioner, ignore your other forms for this period. Put all your energy into the simple walk. Don't scatter your energy between the many. Nurture the root of the many, return to the one. At least for this period of time. If your mind wanders then inhale from the lao kung points and exhale into the tan tien as you walk a right circle and inhale to the tan tien and exhale through the lao kung points as you walk a left circle.

NOW JUST WALK FOR THE NEXT WEEK/MONTH

TAI CHI MEMBERS:

The body requirements are the same. For this week/month practice your basic stepping pattern. Slowly, quietly and controlled. If you know of a room with creaking floor boards try practicing there without making a sound. Practice the forward step, side step or back step. Always gently and moving from your center.

WUJI MEDITATION



A GOOD DIET IS IMPORTANT TOO

© Harvey Kurland, M.Sc. 1995

I attended "The Health Show" at Disneyland Hotel and immediately afterward decided I'd better get my diet together. The event featured such notables as Robert Pritikin. Drs. included: John McDougall, Julian Whitaker, Jim Barnard, Bill Evans, William Douglass and David Schardt from CSPI, etc. . . They all agreed that exercise was important. Regular exercise being a major component of a health program. Resistance training was also recommended to prevent osteoporosis and age related problems. They all agreed that a high complex carbohydrate, low fat diet was important. The Western rich diet makes people sick.

Some basic ideas emerged. First, *Trans fats* (margarine and partially hydrogenated oils) and saturated fats should be reduced in the diet. Trans fats, which were pushed as butter alternatives, are now considered particularly bad. Unfortunately trans fats are not listed on food labels. Trans fats are implicated in both raising cholesterol and increasing cancer risk. Use olive oil, flax seed and canola oil instead.

What are some bad foods? According to Schardt of CSPI Fetticini Alfredo has 97 grams of fat (there are 9 calories per gram of fat = 863 calories from fat), Kung Pao Chicken had 76 grams, a tuna sandwich had 56 grams and buttered popcorn has over 100 grams of fat (OVER 900 FAT CALORIES). Air popped popcorn or using a teaspoon of "I can't believe it's not butter" spray only gives two grams of fat.

Coronary artery disease prevention through exercise and diet is an area I did extensive research on in the 1970's and 1980's when I was a graduate student, then as Director of Exercise Physiology for the National Athletic Health Institute and as Wellness Director for the Community colleges of Spokane. I reviewed most of the literature on diet and heart disease and found merit in Nathan Pritikin's program.

The presenters said the key is a diet that was 70% complex carbohydrates, i.e. not sugar or refined products, 15% protein and 15% fat. Some believe even less fat, but that is hard to achieve. Monounsaturated fat, e.g. olive oil, is now recommended over polyunsaturated fat and saturated fat. Cholesterol is found only in animal products and most of the experts agreed it is best to eliminate animal products from the diet. There are

those Drs. that believe some metabolic types should eat some meat for optimum health.

The basis for a healthy diet is 5 to 9 servings (about a half cup = one serving) of fruits and vegetable per day and 10 to 12 servings of grain per day. They all agreed that a vegetarian diet was the healthiest. Some of the experts believe that refined sugar can raise cholesterol levels too.

Then the controversy started. The Pritikin and CSPI group believed that supplements were not necessary. Whitaker and McDougall leaned toward the use of supplements and not using aluminum products, including aerosol deodorants. Another group promoted an all raw food diet with religious fervor. Pritikin's group would be happy to see people just eat 5 servings of vegetable per day and didn't care if it was cooked. One idea is that raw food has enzymes which benefit the health. Chinese would say this is ch'i and Indians would call it prana. Enzymes are destroyed by cooking at over 167 degrees F. But the Pritikin program and spin offs, such as Ornish and Whitaker, seem to work, cooked vegetables or not.

Supplements were recommended by Whitaker and Douglass. I had an interesting conversation with Dr. Douglass who graduated from Loma Linda Medical School. He believed in raw food and lots of supplements. He took several thousands mgs of Vitamin C a day. He warned against milk other than non-fat milk due to xanthine oxidase in the fatty part of the milk which he believes is implicated in heart disease.

One supplement used to prevent heart disease was flax seed oil. It seems to be the new darling of the oils, now taking the place of fish oil. This is used instead of normal oils as part of a very low fat diet, not in addition to a fatty diet. Most of the benefit comes from the low fat, high fiber diet, not the pills.

Dr. Douglass had some specific recommendations for fibrocystic disease. He recommended iodine (kelp), Soya products, and vitamin E supplements in addition to a low fat diet and vitamin C. One spectator recommended filtering the chlorine out of water as that competes with iodine. Also not using caffeine and alcohol was suggested.

Dr. Whitaker was adamant about nutritional supplements to prevent or treat heart disease. He recommended every day: 10 to 12 - 8 oz. glasses of water. (Not tap water)

Vitamin A - 5000 units (Note: toxin in large doses)

A GOOD DIET CONTINUED:

Beta Carotene 5000 - 25,000 units per day.
Vitamin C - 3000 to 6000 milligrams (research has shown 300 mg to lower heart disease death rate)

Vitamin E - 800 to 1200 IU (research shows 100 IU has an effect in lowering mortality)

Selenium - 100 to 200 mcg (toxic in high doses, gives horses the blind staggers)

Folic Acid - 400 mcg (in theory blocks homocysteine production) plus 25 mg of B6 and 40 mcg of B12.

Magnesium 1000 mg - balanced with 2000 mg calcium (not carbonate, but gluconate or citrate versions ration 1:2 mg:ca)

Coenzyme Q 10 - up to 120 mg/day.

MANY GOOD MULTI VITAMINS CONTAIN THE ABOVE AMOUNTS.

He also recommends 4 to 5 grams of Arginine on an empty stomach (may precipitate herpes) on occasion.

flax seed oil - 2 tbs. (can be used as a salad dressing)

Barley green power 2 to 5 teaspoons per day.

Whitaker promotes chelation therapy (EDTA) for heart disease and Alzheimers disease. This is very controversial and research doesn't seem back him. But Douglass adds that its benefits is in getting rid of heavy metals, such as lead, in the body. Whitaker also uses saw palmetto for men with prostate problems and he uses Vanadyl sulfate for diabetes.

Soya bean products were recommended by several presenters and one has made a little multi level marketing venture out of it. Earl Mindell was promoting Soya bean products. Soya beans seem to reduce the risk of breast and prostate cancer. I wrote about the benefits of Soya a couple of years ago in the IWA newsletter. It has similar effects to taxol in preventing breast and prostate cancer. But the research is based on groups that do not eat much animal protein or fat. Adding Soya beans to a high animal fat diet probably will not be as effective. In cultures who eat Soya beans and a high complex carbohydrate diet, the risk of prostate and breast cancer is low. Their cholesterol levels are low too. When they move to a Western country their rates of cancer increases to that of the locals. Studies have shown the same trend in heart disease. The causative factor is the Western high fat diet. Genetics and possible viral exposure are also

implicated. Fatty foods magnify the effects of genetics. Do not expect supplements to reverse the effects of fatty foods.

The Chinese eat a low fat, high complex carbohydrate diet, mainly vegetables and rice or noodles. Typically their cholesterol levels are very low. The same can be said for the Japanese. As soon as these groups move to a Western country and start eating a higher fat diet, they get high cholesterol levels. They also walk more. T'ai-chi is a low impact, low intensity aerobic exercise. Chinese use it more to balance the body's energy. My research has shown it is similar to walking 3 mph. Research shows that this type of exercise done regularly will benefit the health. To get the benefit it has to be done regularly, 3 to 6 days per week for 20 to 60 minutes per day. if you don't do it, you won't get the benefits.

To sum up: Eat a low fat diet. Eat 5 to 9 servings of fruits and vegetable per day , raw if possible. Eat 10 to 12 servings of whole grains per day. Take a good multi vitamin & mineral supplement. Always check with your physician before trying a new diet or exercise program.

Good health to you.

Harvey Kurland received his Masters Degree from the University of Washington and has dedicated himself to public health issues for the last 30 years. He has degrees in public health education and exercise physiology. He is a certificated chief instructor of t'ai-chi ch'uan by Grandmaster Tchoung Ta-tchen and teaches at the University of California at Riverside and Loma Linda University. He also holds certification from the American College of Sports Medicine and International Sports Sciences Association.