

NEWSLETTER

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<http://members.aol.com/ATDale/internalwushuarts.html>

NEW ADDRESS
INTERNAL WUSHU ARTS
P.O. BOX 77432
SEATTLE, WA 98177-0432

FORM COMPLETION
Partner Tai Chi Sword:

Russ Fish, Dennis Sharp
Derryl Willis

Yang short form:

Anne Helmholz, Derryl Willis
Kathleen Taylor, Robin Atkins
Donna Plantholt

NEW VIDEO OUT

PKC-6 ☆ Pa kua weapons: 7 star short staff (sections 1&2), Continuous turning sword, Batlet \$35.00

PKC-7 ☆ Pa kua 64 palms \$35.00

This fall I will be do a new Chen Tai Chi video including the 24 form, 48 form, sword, Pao Chui, and Broadsword.

MIDNIGHT PRACTICE

Autumnal Equinox intensive: Monday, Sept 23, 7-midnight, tuishou practice.

NEW CLUB SHIRTS

see page #2

CLUB PICNIC/DEMO/OPEN HOUSE Invite friends!

Instead of having a club demonstration at the PNA we will have an OPEN HOUSE (class session) on Sep 7th, Saturday 11-1. I would like all members to come and have a practice

session at Woodland Park Zoo, north entrance area (59th & Phinney Ave). Those who would like to demonstrate either individually or with a group let me know. I'd like all club arts and forms demonstrated during this open house.

I WILL BE GONE

Aug 11-17th

I'll be at the Tai Chi Camp. Classes will continue to meet and practice. Take this opportunity to study and share each others learning and study methods.

NEWS!

The world just gets smaller thanks to the internet and the web. Derryl found a wonderful sight dedicated to Chen Tai Chi Chuan.

[Http://members.aol.com/HR111/ChenHome.html](http://members.aol.com/HR111/ChenHome.html)

This site contains more information on the history and practice of Chen Tai chi than I've ever seen. I've learned quite a lot from it. If you visit this site send email to Herb Rich thanking him for the site. There's been a lot of effort put into it. The following information is from this site.

☞ The 1994 International Annual Meeting of Tai Chi Chuan awarded the title of "da-shi" Grandmaster to Master Feng Zhi Qiang (Gao-fu's teacher).

☞ Master Feng Zhi Qiang announced the formulation of his style of Chen Tai Chi Chuan named: Chen Shi Xin Yi Liu He Tai Chi Chuan. This is

his system combining the teachings of his two primary teachers:

Chen Fa Ke (Chen Tai Chi Chuan) and Hu Yao Zhen (Xin I Quan/Hsing I Chuan). His complete system includes:

Tai Chi ruler

*24 & *48 solo forms

24 & *71 Pao Chui forms

tui-shou, *Sword, *Broadsword, Long staff, two person staff.

*(what I've learned so far from Master Gao-fu.)

A LETTER FROM MASTER GAO-FU

I finally have Master Gao's letter translated and she's doing fine. She has a new address so please don't use the old one. I will have copies available of the new one in my file box. Aside from scolding me for not coming to visit she request we write more. She's primarily studying chi kung in depth with grandmaster Feng and is still enjoying practice.

Full moon – new moon
high tide – low tide,
summer – winter,
spring – fall,
day – night,
yin – yang,
balanced on change,
energy in limbo.
Examine then your pockets.
Reflect then on what's inside.
R. Atkins 6 May 1996

1996 FALL SCHEDULE

New classes

Beginning Yang Tai Chi: Mon 6-7pm

Beginning Chen Tai Chi: Wed 7-8pm (background in yang tai chi or pa kua recommended)

T'ien Shan Chi Kung: Thurs 9-10:30am

Liang - I Chuan: Sat 9-9:45am (a good grasp of tai chi or pa kua is a must)

Basics/Beginning - Saturday 10-noon will still continue as a beginning class for yang tai chi and Pa Kua

Tuesday Continuing Yang Tai Chi:

will spend this fall working on sections 2&3 of the long form and tui-shou.

Thursday Continuing Pa Kua:

this fall and winter we will focus on the second level of the 24 animal palms, the 8 changes, and tui shou.

Happiness In Old Age

(Master Gao-fu sent me the print shown below earlier this year. Below is a translation of this famous piece.)

Happiness in old age, happiness in old age. When a person is getting older, the body becomes weaker, it's more prone to disease, backaches, hearing loss, the eyes lose their clarity, the memory is not as good. Many problems occur, hands are not as well coordinated. At that time the happiest moments are when you do not have an illness.

Personal search for happiness: do not smoke cigarettes, do not drink alcohol *and you will not have* problems with asthma and cough. Eat 3 meals a day regularly. No craving for fish or meat but get very diluted rich porridge (congee) weekly. Vegetables are the best nourishment. Eat more vegetables and fruits. Chew slowly and swallow what you chew slowly. Overindulgence can cause more harm. Eat less sweets, salty, and spicy hot food. Take a walk after you eat to get your 'fire chi' down.

When getting older it's most important to have *insight*. You need to open your heart and mind. With a clear conscience, *clear sight* you will be happy. As you get older try to communicate with others, to understand, discuss issues, refresh your mind, think and use your *wisdom* to analyze more., slowly ponder. *Never worry or get yourself angry*. Do not grasp the tiger by its tail (*don't jump into things*). *Be centered*, don't control people. To improve your body and your mind *stay even* tempered. Keep to your beliefs.

Exercise more, more movement prevents illness. T'ai Chi chuan, Pa Kua Chang, Chi Kung whatever you like, you practice for the good of your body. Go to bed early with regularity . *Dress appropriately*, Don't be cold or hot. Take many walks. Less lazy lounging. Work makes you stronger, you nurture your good chi, then *you'll find* happiness. When winter comes prevent the cold from coming in, dress warmly. When summer comes prevent heat strokes. In spring and fall go traveling to different places to enjoy the scenery, *enjoy the* pleasure of seeing the rivers, the

mountains *and the* changing form of things. Make your mind more relaxed, your eyes more open. *This will increase* longevity. Take frequent showers, change your clothes often. When the weather is nice do not forget to open the windows. Do not forget to aerate your bedding. Whenever you get sick get the cure *immediately*, follow the doctor's instructions, take your medicine *and* avoid charlatans. *Don't spread yourself too thin, don't be scattered*. Study painting, admire famous musicians and engage in singing. Give more of yourself. This way you teach the younger generations to be responsible. Promote economy, this way you will reach your goal. A rich county *with* the people *healthy*, everybody is happy. Happy family, be cordial with each other, you will be happy with everybody. You cannot be without sons and grandsons for happiness. A beautiful future is in front of you. What everybody is reaching for. T-shirts \$17.00

Benefits of Learning Applications

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Most of us are primarily concerned with improving our health, get some light exercise and reduce stress. Tai chi chuan is considered a form of moving meditation. But our intent and spirit is important. According to the Great Yang Cheng-fu, the person responsible for what is considered Yang style today, "Learning self-defense applications is indispensable in tai chi chuan. Students who are primarily interested in exercise must also study applications. . . In fact, ignoring the applications is also an obstacle to making progress in strengthening the body." (from *Internal Strength*, 1994)

By learning the functions of the movements you will understand them better. The movements become more precise and correct. According to Grandmaster Tchoung Ta-tchen, "If you don't understand the meaning of techniques, you don't know tai chi." He did not mean you have to train like a fighter, that is a different method of training and mind set. Tchoung is primarily interested in promoting good health and longevity. Proper structure is important, structure and martial art technique go together.

People who train for health, self-defense, fighting or competition all have different training methods. In exercise science we call this "Specificity of training", which means you get what you train for. People who want to be good at pushing hands need to do pushing hands, people who are after good health just need to do the form correctly. But when you understand why you are doing the motions, your form becomes more dynamic and correct. Sinking and relaxing is important to do tai chi correctly.

This month, work on sinking down to the soles of your feet to the bubbling well point, on each movement. Focus on your balance by sinking to this point. Flow. Each movement should flow continuously into the next. By flowing, relaxing your hands and shoulders and sinking to your bubbling well point, you will produce a beneficial state of total body relaxation. This serene feeling produces the general stress reduction benefits you are looking for. Relax and Keep flowing.

Master Yang Cheng Fu's Ten Principles

1. (Master Yang Cheng Fu is the one who simplified and made the Yang Tai Chi Chuan accessible for all to study and easy to learn. (*easy is a relative term*) Due to his travels he most likely taught more students than anyone else. What is called 'Traditional Yang Tai Chi' is the form and stylization of Master Yang Cheng Fu.
2. Suspend the Head top in order for the spirit to travel up the spine - this doesn't mean to stiffen the neck, the neck should be loose and relaxed but the head should not lean in any direction. (If you look forward level your head will be in the correct position. In addition to this there should be some intent on the top of the head as if suspended by a string from above.
3. Empty the chest, round the back - don't collapse the chest but keep it relaxed and soft. By no means should you arch or expand your chest. Rounding the back happens naturally if you don't arch your chest. By relaxing and standing naturally this will automatically happen.
4. Relax and sink the waist - keep the waist loose and don't arch the lower back. When this is done correctly the thighs will get all the work to support the upper body.
5. Differentiate yin and yang - never just stop, simply the weight is in constant shifting forward and back, side to side. Once we begin our forms we are in constant transition from one move to another. Study the full and emptiness of the legs, the solid and softness of the power from the legs.
6. Sink the shoulders, drop the elbows - the elbows should hang and the shoulders be loose and soft. If you avoid reaching and using strength the shoulders and elbows will be down naturally.
7. Use intent not force - don't use strength (even fa-jin) let the mind 'feel', 'study', and direct all movements the body makes. Do not just do a movement out of habit.
8. The upper and lowers coordinate - this comes from the classics of expressing the ripple of movement and power begin in the legs and manifest in the hands. If even your little finger moves the entire body should be in motion, everything in complete coordination.
9. The energy and movements is joined and unbroken - even if there is an apparent stop (we never really stop) you should have a sense and feeling that the energy is still in motion.
10. Seek stillness in movements - keep the mind on the tan t'ien, remain calm and relaxed regardless of movements regardless of speed. (Remember this when you kick!).

AND SO IT GOES . .



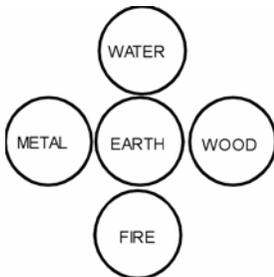
Wuji, the beginning before beginnings, before the spark, before the before. Then there's the complete, the Tai Chi encompassing everything.



Perfect balance. When there is perfect balance there is no movement, no activity no movement, no change. From the tai chi, was the birth of the Liang I, the two forces. Yin and yang became discernible, there was movement and stillness, day and night, light and dark. We can appreciate quietness because of the contrast with noisiness, this is the beginning of movement. The exchange and flow of energy, the many shades of gray. The swinging of the pendulum. This is not good Vs evil as our western minds interprets things. It's just day and night, growth and decay. The natural cycles of things are either growing or transforming.

After nothingness there are three somethingness: Tai Chi, which contain Yin, Yang. This equals 3: Heaven, Earth, Mankind. The three powers, the three palaces, the three levels, the trigrams (*Kua*), (this has evolved into a symbolism governing many things from meditation, flower arrangement to martial arts applications. Pa Kua has several forms based upon the San Tsai, the Tai Chi partner sword form is the San Tsai chen.

From yin and yang, the two, we noticed the four, the four directions, SZU HSIANG north, south, east, west.



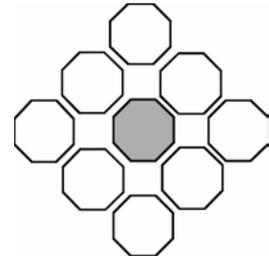
As we look toward the four directions we stand in the middle thus in addition to being four there is five, the five elements. The center from which the four directions are recognized. The five elements developed in it's own matrix. WU

HSING

As the four directions were understood there was the 'in-between' the four directions; the four corners. Together they became the eight, the Pa Kua.

Yin Yang, $2+2=4$ (four cardinal directions), $2+2+4=8$ (eight directions).

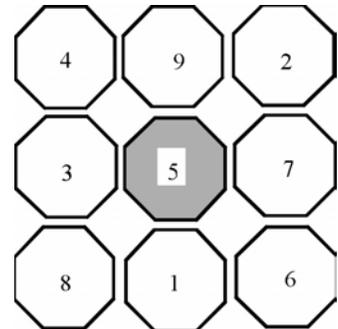
Now similar to the five elements, if we look at the 8 there is still a center point. This is the sources of the 9 palace principles and theories of Pa Kua. The center and eight stations around the center.



This becomes a numerological "magic square":

This is not my field, If you'd like a comprehensive lecture or study on any of these principals Master Zhang Jie is an excellent teacher on the history and theory of the I Ching and related topics.

The in-between points of the 8 became the 64 and are represented in the I Ching the book of changes. As we put more in-between points on our pa kua it becomes



a circle with an infinite number of points, these are the ten

thousand things, this is all the elements and transformations of existence.

MISCONCEPTIONS

Tai Chi Chuan & Chi Kung: The *CHI* in Tai Chi is not the same as in *Chi Kung*. Tai Chi translates as "Supreme Ultimate", Chi Kung stands for "Energy Work".

Yin/Yang & Yang Tai Chi Chuan: Yang Tai Chi is the lineage of the "Yang" family Tai Chi and is different from the *Yang* in Yin/Yang. ATDale

