

NEWSLETTER

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

ALL SEATTLE TAI CHI PICNIC

September 15th, noon - ????

Lower Woodland Park Picnic Shelter #5

information: Chris @ 789-9223

** Bring friends & family **

CLUB FEE:

Basic monthly fee is \$55.00 month

(two or more sessions \$65.00)

If there needs to be an exception each session is \$15.

Club Rules

- ◆ Relax
- ◆ Practice if you're not receiving instruction
- ◆ Practice softly, gently and mindfully.
- ◆ Don't rush. This applies to your learning as well as your forms.
- ◆ Talk during class should be either instructions or questions. Move to another room if you need to visit.
- ◆ Ask questions.
- ◆ Help one another.
- ◆ No pain, don't force any movement, be conformable.
- ◆ Club fee is due the first week of the month, I budge the month by this! Please pay on time.
- ◆ Evening class are 7-9:30, the club doors open at 6:30 unless you are scheduled for a private session. Coming earlier may interrupt my dinner or resting period!

CLUB PICNIC/DEMO/OPEN HOUSE

Sept 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.

Invite friends!

Please note new mailing address:
INTERNAL WUSHU ARTS
P.O. BOX 77432

Seattle WA 98177-0432

WEB SITE

I'm continuing to update, tweak and expand the club's web site. So far I have done a page on Master Gao Fu, Master Tchoung Ta-Tchen, our class schedule, video tapes, and many links to other sites. Future additions will be a suggested reading list, certified instructors of the club, practice suggestions, and ???

[Http://members.aol.com/ATDale/internalwushuarts.html](http://members.aol.com/ATDale/internalwushuarts.html)

FIVE WILLOWS

Sept 20-22nd

Mr. Tao Ping-Siang will be at the Five Willow's Fall Retreat Camp Indralaya, Orcas Island for information: Mark 726-9581 (Mr. Tao is a direct student of Gransmaster Cheng Man-ching)

CLUB STORE

Tai Chi Man T-shirts \$18.40

Sifu's Tai Chi Book (our system) \$37.50

Pa Kua Chi Kung Book \$8.65

Misc. Video Tapes \$37.50

Sun Hsi-kung Pa Kua Book \$20.00

Gene's Beginning Tai Chi Book \$10.00

ADVANCED CHI KUNG CLASS

Beginning October I will be teaching "Theory, Practice, and application of Chi Kung", once a month on the last Friday of each month.

This class is open to members perusing their own practice. Not for beginners.

OUTSIDE STILL???

Start bringing a sweater and gloves as the month goes on. We will try to be outside as long as possible.

July 25,26,27,28, 1997

Lake Crescent Lodge is too expensive for our summer retreat. Motels & alternate places next to a state park are being looked for. Close to Seattle by the water!

1996 FALL SCHEDULE

New classes

Beginning Yang Tai Chi: Mon 6-7pm?? Check if interested

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, tui shou and developing our own individual practice..

DON'T SURPRISE ME!

The martial arts now-a-days have greatly changed due to modern *civilization* . Some say for good, others don't agree, however there are several distinctions you must know if you are a serious student of the martial arts and wish to study with top instructors, become 'inner-door' students and have access to the depths of your instructors or future teachers knowledge.

In the olden times, like our old west, it was common for hot shots to go around challenging teachers and masters to 'try' their skills. If they encountered someone better, they would ask to become a student. And the story goes they would be accepted and become the top disciple of this master. Those days are gone. Also what we don't hear is that many of these situations ended up with someone seriously injured or crippled. No guns around then but still no rules! One teacher I met, after coming from China, accepted a 'challenge' from a visitor to his club and beat the guy to a pulp. Two weeks later the guy came back with a gun, luckily the teacher wasn't there. The following week the teacher moved to Seattle to get out of town.

There are a few that have glamorized those days and still fantasize out living that way. One famous teacher in the U.S. did just that when he went to China. We would visit clubs and practice sessions and challenge the teachers. His skill was very good and several of the instructors that did some push hands with him were beaten. One of his missions was to study with Grandmaster Feng Zhiqiang (Gao Fu's teacher). He visited the classes and Feng told him no and ignored him. Master Feng had the opinion that this guy was not only rude but didn't understand the arts at all. The visitor thought this was a test so he continued to visit the classes and eventually started becoming a problem by harassing some of the students. Finally Feng, in order to get rid of him, agreed to push hands and wiped the floor with him. After this the visitor thought he'd be accepted as a student . . . WRONG. Master Feng didn't want anything to do with this guy. After two weeks of having this pest sit and visit his class Feng permitted him into a beginning class. Once the visitor started going to the basics class he stopped pestering the other classes. Master Feng moved his practice group to a private location, then canceled the basics class with an

announcement he was going to Japan to teach for the summer. As soon as the visitor had left Beijing Feng's classes resumed as normal. All the visitor had to do was to ask to become a student! This visitor has quite a reputation in Beijing and the top instructors won't have him in any of their classes. He's known as a trouble maker.

Another mistake often made is where a meat-head or an innocent student notices an opening, or apparent opening, as a movement or technique is being taught/shown or demonstrated to the individual and tries to get one in on the teacher or advanced student. This is not cool. Teaching, demonstrating, showing is not sparring, fighting or free play. This happens often in application oriented classes (it was very common when I taught Aikido). I've personally seen people had their arms dislocated, sprained, knocked out and severely injured by surprising the teacher. I've also seen good hearted teachers not make a fuss or comment about it but then black list the student. "Watch out for this one", or permit the student to stay in class but not show them much. *My usual method is to change the practice session into a mellow session working on something less martial or harmless techniques.*



Now-a-days you can be sued for hurting a student or class mate even if it's in response to an attack. The teacher has the responsibility to keep the session safe, instructional, positive and 'fun'. I've had the unfortunate situation of 'reacting' to a student's sudden impromptu move and spraining their wrist. Even though it's in response to their movement it can really make you feel lousy and ruin your week.

One individual I know finally meeting his hero got started off on the wrong foot and now has ACCESS DENIED to studying with this individual. As the teacher was demonstrating a movement the individual thought "what if I do this" and as the teacher was demonstrating he tried either to counter the technique being taught or tried to get something in. It was no problem for the teacher but the teacher got the message "He's not to be trusted". This individual doesn't have

any chance of joining the club or experiencing the good stuff.

It may just have been an 'innocent' mistake but first impressions are lasting. Most of the teachers I know are teaching for the fun of it, to practice a bit, to share what they know. They're not into fighting, hurting others or to be tough. Just exercise and fun. There isn't any patience or interest in the 'warrior' days.

When you're in class, you're in class! Practice, listen and be respectful of the club, teacher and class mates. If you're interested in refining fighting skills there are clubs out there for that, find them. Yang Pan-hou, Yang Cheng-fu, Chen Fa Ke all were know to knock there students out or hurt them in practice. At that time they couldn't afford to be only a teacher, they didn't have the luxury of just teaching or 'playing' the art. They couldn't afford to get into bad habits since it was common in those days for someone to show up at your doorstep and try to beat you. Feng Zhi Qiang was one of the few students that would dare ask for tui shou instructions from Chen Fa Ke, and he would be beat up! The two times Cheng Man Ching pushed with Yang Chen Fu he was knocked unconscious!

We're not in a war zone, (at least my neighborhood). Which one of us can afford time off of work to recover, or have the funds for medical attention? Injuries keep us from practice. Some injuries never really heal! Some of the injuries I received in my youth practicing are continual 'weak links' that I have to be mindful of all the time. We don't need this.

The flood gates won't open all at once, even from a kind hearted teacher to an interested student. It takes time to develop respect and trust. And these bridged are build then the volume of information passed from one to the other increases as time goes on.



Master Yang Cheng Fu's Ten Principles

YOU DIDN'T NOTICE, OR DID YOU?

Only 9 of the 10 points were covered last month!

(Master Yang Cheng Fu is the one who simplified and made the Yang Tai Chi Chuan easy for all to study and to learn. (*easy is a relative term*) Due to his extensive 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's Tai Chi Chuan.

1. **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 as if you are a wind chime hanging from a tree.
2. **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.
3. **Relax, 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.
4. **Differentiate Yin and Yang** - Study the full and emptiness of the legs, the solid and softness of the power from the legs, the forward and back, up and down that simultaneously happen in all movements in order to stay centered.
5. **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.
6. **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, the mind directs each movement.
7. **The Upper and Lower Coordinate** - 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.
8. **Inside and Outside Coordinate** - the mind and body, intent not strength leads the movements. Harmonize the intent, spirit and body. Be 100% present in your practice.
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. Linger, don't stop.
10. **Seek Stillness in Movements** - keep the mind on the tan t'ien, remain calm and relaxed regardless of movements regardless of speed.

GUIDELINES from MASTER TCHOUNG'S

When I first started studying Tai Chi with Master Tchoung he gave the class these guidelines to follow in our practice. In each practice I'd focus on one level, next practice on the next and so on.

UPPER:

HEAD - upright
EYES - level
NECK - loose
EXPRESSION - relaxed

MIDDLE:

SHOULDERS - down
ELBOWS - drop them
PALMS - curved
FINGERS - naturally straight

LOWER:

HIPS - square, even
THIGHS - round them
KNEES - bent
FEET - flat

INNER:

TONGUE - to roof of mouth
HEART - quiet
THOUGHTS - inward
CHI - to tantien

We are constantly correcting, polishing and refining our postures, forms, mind, body, spirit. It's impossible to do everything all at once or even remember what to do.

In addition to the above, before each practice session I'd like you to remember:

SOFT
SMOOTH
COMFORTABLE

At the beginning of each form remind yourself of the above then practice. Stand in Wuji for a minute, focus on the above then begin your practice. ATD

MASTER YUENG AT CAMP

Those who went to the Kootenay Tai Chi camp had the privilege of spending the week with Master Yueng. Every morning we were fortunate to have him lead chi kung practice to a group of about 72 members.

Master Yueng's energy and joy spread through the camp and he continually gave of jewels of wisdom, techniques and practice suggestions. At times he'd be doing a chi kung healing, teaching monkey staff basics, T'ien Shan chi kung, sticky hands, applications, and meditation. Those who know and have been around Master Yueng know just being in his presence is a learning experience. However, we got even more than hoped for this week. For instance, standing in line waiting for lunch to begin he would demonstrate some nerve and pinching methods. Waiting for a class to start he would pick up a staff and start showing basic exercises and drills to practice.

We are also very grateful to Angela for her wonderful translations and assisting Master Yueng all the time. Also a thanks to Steve Gray for driving both Master Yueng and Angela all the way to the camp. Very rarely do any of us have the privilege to be around someone so skilled, kind and generous.

Thank you
Master Yueng

The Annotated Theoretical & Practical Tai Chi Chuan

by Tchoung Ta-Tchen

This is a manual of our Yang Tai Chi system. It contains the O'mei Mountain Chi Kung, Basic footwork, Short form, tuishou, sections 7&8, classics and practice suggestions. I have several copies available for \$37.50 (tax included). A sample copy is in my file box.