



NEWSLETTER

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Club web site has moved to:

WWW.WUJI.COM

Body, Mind, Spirit

On my last trip up to Vancouver, while buying some swords I overheard one of the clerks talking to another customer. The clerk was saying that he was now trying to study qi gong and Taiji to make up for his past mistakes. He said he was heavily into the drug scene and had really abused his mind and body. He's hoping that aside from getting him on the right track that he can repair some of the damage done to his body and mind.

Body, Mind, Spirit. These are the vehicles we use/are in life. It's our responsibility to keep them healthy and in proper condition. It's not like a car where if you dent the fender or burn out the engine you can get it replaced. Even with modern medical advancements we have to deal with our own choices and actions. Those in the internal arts, yoga, meditation are somewhere on the road to polishing and take care of themselves.

If our body breaks down, just like the wheels of a car, your actions and ability to follow our desires become limited. If our mind is effected or damaged by drugs our ability to act, focus, and deal with life's situations become overwhelming. If our spirit isn't centered and nurtured we're lost, no sense of self, no real power or strength. We float aimlessly.

Gone too far, it becomes too late. Saying, "I should have . . ." doesn't change anything. Our total health is our responsibility. Too often we've gotten into the habit of looking to others: doctors, clergy, or professionals to fix us or tell us what to do. The internal arts isn't the only method, find one you enjoy and begin to cultivate yourself. It's your life.

Take care of yourself!
 Xin Qi Shen



NO CLASSES
 Thanksgiving Day – Nov 26th
 Jule to New Years –
 Dec 24th – Jan 1st

SATURDAY CHANGE
 December 5th, Saturday class will be at the Xin Qi Shen Dojo in Magnolia since the Phinney Center will be having their winter festival. The Saturday class fee for December will be \$42.00 since we'll only have 3 weeks.

NEW BEGINNING CLASSES
 January 9nd
 Qi Gong 10-11
 Yang Taiji 11-noon

SPECIAL NEW YEAR PRACTICE
 January 2nd
 9-10 Bagua workout
 10-noon Taiji workout
 Before I start the beginning class I plan on just having an hour intensive workout for the continuing Saturday members.

GOOD LUCK VICTOR
 . . . And look out San Diego. We will definitely miss not seeing you weekly in classes and club events.
 Health, Happiness, Wealth and many return visits to your family (us).

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"The reasonable man adapts himself to the world.
 The unreasonable one persists in trying to adapt the world to himself.
 Therefore all progress depends on the unreasonable man."
 George Bernard Shaw

*To all present and past members of
the Internal Wushu Arts Club*

I want to thank you all for your presence in the club. It is with a touch of sadness that I leave for the unknown experiences that await me in San Diego. I have a lot of fond memories and experiences in the club. It has been good to me. Andy's teaching and guidance has been first rate. I could not have found a better teacher in the whole world.

I remember specifically how I found the club. I was walking around Green Lake one Sunday afternoon and spotted Bruce practicing the Pa Kua single palm change. Not very well I might add because Bruce is truly a Tai Chi guy and Pa Kua just doesn't suit his personality. I inquired and he directed me to the club. I watched Andy demonstrate Pang's eight palm changes and I was hooked for life. After 12 years I find myself leaving.

I must admit that I wasn't particularly good but I stuck with it. The problem was that I practiced very little outside of class. I thought attending class would convey the skill. This is not so. The turning point for me came when I suddenly found myself unemployed with a lot of time on my hands. I was also studying with Zhang Jie at the time. I practiced every day and all of a sudden my skill level took a drastic leap upward. This opened my eyes and I have been a firm advocate of practice, practice, practice ever since.

Now the Art truly nourishes me. Over the years I have lost three girlfriends who could not understand my fascination with Pa Kua. Since they had no direct experience of it themselves, they failed to understand how I could prioritize class and practice over having a good time. Pa Kua has become life to me and a good portion of that are the many of you who have practiced with me and along side of me over the years.

The atmosphere of the club comes from you all that are in it. I doubt that I would have stayed so long without the wonderful people in it. I consider myself lucky to have such wonderful friends with such positive attitudes that make coming to practice a happy experience.

Some fond club memories include.

1. Summer solstice practice with S.E. Slye. Andy was gone. After practice we celebrated with champagne and cookies. The tradition continues. See Cedar for details.
2. Discovering how Tai Chi men, Joel and Gene, handle the Pa Kua "Black Tornado". Hint: stand back and wait till the top stops spinning.



3. Learning that a short weak woman (Mandy) can issue some real power with an effortless internal technique. She knocked me on my butt 5 feet back.
4. Whacking myself in the head with the short staff.
5. Sparky using internal techniques to catch a squirrel. Ask Bruce for details.
6. Bruce slipping on the grass and hurting his knee. Injuries are possible if you are not careful. Balance is critical. (*as is dry grass*)
7. The butt buster. Doing the treading mud step for the first time.
8. Learning that when you tell a beginner (Francine) how to apply a wristlock be sure to tell them that tapping means "Let go before you break my arm."
9. The look in people's eyes when they realize that yes this stuff really does work and yes you really can hurt someone.
10. Picnic in the park.
11. Sunset at Discovery Park.
12. Any Five Willows demonstration. (Compare the clubs and remind yourself how lucky you are to have an exceptional teacher)
13. Seeing new people stick around to really get it.
14. Guessing which beginners will still be with the club in 3, 6, and 12 months.
15. Being attacked by Gene on University Ave as Tai Chi vs. Pa Kua death matches continue.
16. All night practice sessions at solstice and equinox. Getting to work with people in the other classes whom I don't normally see.
17. Tea in Andy's kitchen.
18. Mr. Yueng showing me how to look like a preying mantis.
19. Mr. Yueng at 78 years old playing with Dave Harris.
20. Bringing former Seahawk tight end Trey Junkin to his knees in a Chi Na seminar and at the end of the day have him rubbing his wrists refusing to practice anymore.
21. Bryan Baxter's stiff arm Pa Kua.
22. Zhang Jie applying his famous Tui Na to my head in an attempt to cure a headache. The headache remained with me and so did the bruises.
23. The "Bat Changes". Trying to come up with 8 bat palm changes in honor of the first "Batman" movie. Note: There is a fa gin technique called "bat comes out of cave".
24. First experiencing "not being able to sleep at night" chi, after a good practice.
25. Massaging a friend's back with my "hot hands" after a good circle walking session.

Victor Crandall 9/1998

From all your brothers and sisters in the club:

May health, happiness, and wealth be yours Victor.

The club and our practice has definitely benefited with your influence.

We'll definitely miss you and you'd better visit often or we'll all come



Zanshin

Alert, aware, mindful, present . . . READY!

Mind, body, spirit all coordinate ready to move, listen, act . . . to respond as needed. No lag time, actually no thought.

In Aikido and many of the Japanese martial arts Zanshin is a state that is almost forced upon you as you study and practice the art in a Dojo. A discipline of attentiveness is required due to the militaristic approach of the Japanese arts. Traditional Kung Fu schools also foster this to some extent. Zanshin is difficult to describe since it's a state of mind and an attitude. Like a flavor, it can be experienced but not truly described.

In Aikido as we practice we must be there 100% for our partner. We are there to be a good partner but we also must remain alert since the technique can change at any moment. Also, there just may be a body flying your way at any moment. One of the reasons for the Zanshin state is that as we practice Aikido, eventually our responses and practice speed increases and should be done quickly. At an advanced level of Taiji and Bagua partner work (the partner weapon forms) this is also true since they should be done fast). Unfortunately few practice this way in Taiji or Bagua so Zanshin isn't commonly experienced, or cultivated.

Too often, especially in Taiji students just get too comfortable, casual and lax. If you're taking classes for the social outlet or to do a little exercise this may be ok for you but you are only partly training, learning, or advancing. Far too often do I see members practicing tuishou and talking about their daily stuff. The mouth is in gear, the 'listening' energy isn't. At a master's level perhaps you don't need to have full concentration upon what you're doing. Or then again perhaps you may not be interested in delving deeper into the art.

Though relaxation is our basic practice we want a lively relaxation, a useful relaxation and an alert mind. In Taiji partner work we are endeavoring to develop 'listening' energy to heighten our sensitivity. How can this go on with chatter? In a beginning class it's easy to get away with this. In an advanced session you should be flying across the room every time you open your mouth! (It means you're not alert)

Zanshin is a Zen state where your mind is like a mirror. Clear ready to reflect any object that arrives and not clinging onto any that have passed. Sometimes this is also referred to as 'Mizu no Kokoro' mind like water (clear surface of a pond). This also means not disturbed by what is going on. In the Taiji classes they mention something to the effect, "Mt. Tai may crumble before you but your composure doesn't change." This is part of Zanshin.

The Chinese Internal Arts are now taught primarily for their health values but don't forget they are martial arts and disciplines. In your next class try to approach it as a Zen discipline, be quiet, alert, and polish your spirit instead of just working out. Polish your mind and spirit, don't just

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THANKS MICHAEL

The Energetic Retreat was just great. Thank you Michael for putting it on and drawing together such a nice group. If you weren't there you should try to make it next year. There were around 50 participants. Instruction consisted of: Michael Gilman, Gao Fu, Bob Iden, Ron Jorgensen, Pamela Mellish, and myself. Food was good, setting great. Next year it'll be September 3-7th. Visit www.wuji.com and go to the photo album for pictures.

FORM COMPLETION

Chen Taiji Broadsword

- * Al Anderson
- * Cedar Acosta
- * Tom Flener
- * Derryl Willis
- * Steve Cousins
- * Rick Bodzewski
- * Sam Schneider
- * Francine Seders

Yang Taiji Long Form

- * Annie Walker
- * Jim Doulong
- * Belinda Frazier
- * Andrew Wilks

Qi Gong Teaching Certification

- * Cedar Acosta
Requirements for Qi Gong certification are: know 4 or more complete methods of Qi Gong, demonstrating basic knowledge of energy work, understanding cautions and safety in practicing and teaching Qi Gong.

DAYAN QIGONG TAPE

It's finally done!

The Wild Goose Qi Gong tape is available at \$25.00. The tape isn't instructional. It contains: front, back and side views of the Dayan Qi Gong.

ADVANCE NOTICE

January 1999 basic club fee will raise to \$60 monthly for evening sessions. No change in other fees if you're taking more than one session.

CONFESSIONS OF A TAOIST REBEL

By Harold Hajime Naka

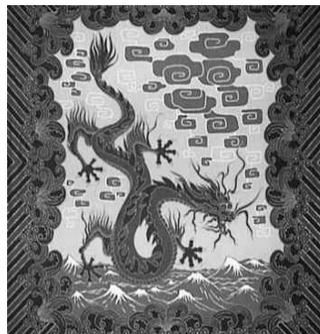
After 15 years of being 'off centered in the Tao', I have come to an embarrassing conclusion: That I have been faking Tai Chi all these years (duh, what took you so long?). It's a scary thought, knowing that I have led thousands of people down the path of unenlightenment. Zhang San Feng must be reeling up in Tai Chi Heaven, hurling curses down at me. I can't take all the credit though. In my past life, I was the only son of a Royal family. I was spoiled rotten and became rebellious, driving everybody in the court crazy. To their great relief, I was sent to a Shaolin Temple for discipline in the Martial Arts. But instead of training in hard Kung Fu, I was secretly creating a dance like Tai Chi form. When the Shaolin Monks caught me goofing off, they booted me out for being a wimp and as punishment for disgracing the temple, was cursed to come back in my present body to make amends. After floating around in the void for 700 years, it was my karma to return in the year of the Dragon, nine days after Bruce Lee arrived. But unlike the legend, my life here was rather uneventful, until 1973, when Bruce died. I had not even heard of Bruce Lee nor was I interested in Martial Arts. I was about to discover my rebel nature at my local ski hill, breaking every traditional skiing rule, and creating the birth of HotDog (freestyle) skiing.

In 1979, I took another radical step and for the next three years I was Jazz Dancing to a different beat, when my old ski injuries told my body to slow down. Then in 1982, I was destined to take my first slow step into the magical world of the internal arts. I diligently practiced Tai Chi for a year when a classmate scolded me for being out of synch with the group. That is when I decided to start my own Tai Chi class with 'no teaching and no correcting' as my principles. When I told people of my plans, they kept 'pushing' me to start. Me and my big mouth, I was caught 'double weighted'. Then a friend opened a fitness center and offered me the use of her space. I couldn't 'ward off' any longer. Sixteen people showed up for my first class. I tried to hide my nervousness and shaking legs by speeding through my flowery version of the '24' form, which I had learned in three hours at Stillpoint, a Taoist Hermitage in the Colorado Mountains where Gia Fu Feng (who told me that my Tai Chi was crap) lived and ruled.

The inspiration to do Tai Chi my way or the Wu Wei came from Chung Liang Al Huang's book, "Embrace Tiger, Return to Mountain". The new age people loved my style; the traditionalists hated it. The stress of doing my first twelve classes resulted in quite a few Tai Chi nightmares, where everything that could go wrong, did! I persevered and after two long years of 'waving hands like a hurricane', I figured I was ready to check out Rex Eastman's Tai Chi retreat in Nelson, BC. Being naive and feeling confident, I arrived at camp on the beautiful Kootenay Lake. After checking into my rustic cabin where I was going to spend the next seven days, I went to an open field where people were gathering. I took this opportunity to show off my form. I overheard Rex say that my Tai Chi was flowery. I took that as a compliment, feeling pleased that he noticed me.

I enjoyed the first retreat so much that I went back for more compliments. This time Rex said that my push hands were hard, that I was resisting and not yielding. I thanked Rex for the praise, thinking that my push hands must be very strong, the way I was sweating and panting. I kept going back for more ego boosting (when you're insecure like me, you do anything for attention). When Rex told me that Andy Dale was coming to instruct, I got really excited. (I heard great things about him). The next summer I arrived early and waited for him. (I imagined Andy to be a big strong Wu Shu Warrior). Finally I had to ask someone to point him out. I was surprised to see how ordinary he looked. I wanted to impress Andy with my form, when another student asked him to check out his form. Andy watched and replied 'At least it doesn't look like a dance'. I could have wilted. My ego deflated, I humbly walked away.

Gradually this flower grew roots and my form and push hands began to blossom. I am indebted to all the instructors who have so patiently shown me the way, and to make sure I stayed on course, a little Fa Jing in the rear. (Thanks, I needed that). Now in my 57th year of going nowhere fast, this Zen reject is about to take his first step (again) on the karmic Yin Yang Dharma wheel on a journey of 10,000 miles into the ineffable Tao. May you rest in peace Zhang San Feng



Kuang Ping Style T'ai Chi Ch'uan

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www.pe.net/~rvtaichi/

Millions of people worldwide are benefiting from this unique form of low intensity exercise. T'ai chi ch'uan is an "Internal System" of kung-fu which is used to improve ones health, lower blood pressure, improve balance and coordination. A unique style which has influenced our system is the Kuang Ping style of Kuo Lien Ying. Coincidentally, in 1970 I was fortunate to begin studying Kuang Ping Style with Grandmaster Kuo. Kuo taught in Chinatown in San Francisco across from Portsmouth Park. His sessions started before dawn in the park and concluded about 10:00 PM. I would work out twice a day, three hours in the morning and three hours in the evening, everyday. I found that by staying until he closed, and being the only student left in the studio at 10:00 P.M., that I was able get additional private instruction and corrections. I was able to learn his form and some tan tui, springing legs lines and pa-kua as well.

At that time Kuo was in his early 70's, had a wife in her late 20's and three year old son, he was bursting with energy which he attributed to his t'ai chi ch'uan practice. He believed that t'ai chi ch'uan would increase longevity and the quality of life. Kuo and his friends who were also masters, Tchoung Ta-tchen, now in his late 80's and Liang Tsung-tsai now in his 90's are good examples. Kuo, like his friends Tchoung and Liang, was one of the few REAL grandmasters to teach in the United States. Of course there were others but these had a special connection with each other. They are the last of a generation. Today while many are called "Grandmaster", rarely do they show the level of skill or knowledge of Kuo, Tchoung and Liang. I feel fortunate to have been able to study with all three of them. They are who I consider my pivotal teachers. Today, I follow the method of Tchoung Ta-tchen today; but I was significantly influenced by Kuo and Liang.

When Kuo returned to China, he was made a Cultural Treasure for his kung-fu skill. Generally known as the Kuang Ping form, some teachers call his form Ch'en style, others call it the Secret Yang family style. It is interesting historically because it is a bridge between the modern form of Yang style and the Older version of Ch'en style. Many of the techniques have expansive flowing movements which are done with a faster rhythm than the modern forms. The form is traced to Yang Pan-hou, the son of the founder of Yang Family style.

Yang Pan-hou was the official teacher for the Imperial

court, the Manchu's. The Chinese were subjugated by the Manchu's and hated them. Yang was a Chinese, so many claim that he taught a watered down art to Manchurians and taught the real art to his family and select students. The Yang family lived in the town of Kuang Ping (also spelled Guang Ping) and that is where the form's name comes from. We will never know if that is true or not. One of Yang's few students was Wong Jiao-yu, a native Chinese and stableman for the Imperial family. Yang Pan-hou's brother, the famous Yang Chien-hou, also taught a older form and our Tchoung long form and our T'ai Chi San Shou Form (sections 7 & 8) is traced to him through his son Yang Shao-hou.

Kuo was a master of Northern Style Shaolin ch'uan and traveled around China looking for the best kung-fu masters of any style. This was a different time, with different rules. Like in an old movie, he would try them out and if he found one who had better skill he would study with him. Today if you tried this you would be considered a thug and could be arrested. In 1951 he even challenged Boxing Champion and Legend, Joe Louis. And in 1972 he still claimed, "I could have thrown him." (San Francisco Chronicle, Feb. 22, 1972)

Kuo met Wong, who was of advanced age, legend says he was over 112, healthy and spry. Kuo had a match with him and the elder Wong easily threw the 30ish Kuo around like a baby. Kuo asked Wong to become his disciple then after passing tests, Kuo became one of Wong's very few students. Kuo became the primary teacher of the Kuang Ping style of t'ai-chi ch'uan. The legend says that Wong died at the age of 121 years.

Kuo was a General under Chiang Kai-shek and was a governmental official. After the communist takeover Kuo, like many other masters fled to Taiwan. He left his 4 wives and 8 children in China. (San Francisco Chronicle, Feb. 22, 1972) In Taiwan he became a congressman and like the other refugee masters eventually taught their arts. Their going to Taiwan ultimately benefited the martial art world, because shortly after, the traditional martial arts such as tai chi were essentially outlawed as part of "Getting rid of the old". One student said that the anti-intellectual and anti "Old fashione" continued until 1977 when the political climate changed again. At that time in China the forms were turned into politically correct, calisthenics exercise and competition forms, e.g. 24 simplified form, which were choreographed by committee to replace the

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traditional arts. In Taiwan the masters were able to continue to train in the Traditional Arts. So the Classic arts flourished, progressed and were preserved. Kuo had many students, some of who changed Kuo's form, so there are several variations being taught.



Kuo worked out with other master such as Tchoung and they were able to share techniques and concepts, influencing each other. This helped to evolve their arts. Tchoung also worked out with Cheng Man-ching which put him in an interesting position because Cheng and Kuo did not get along. Their attitudes were reflected in their styles. Sharing and working out together helped them all.

Kuo felt that standing meditation was very important. Kuo emphasized the "Universal Post" standing meditation posture. We teach Kuo's method along with over a half a dozen other methods taught by Grandmaster Tchoung. In the NWTCCA schools we teach the exercises that include the ch'i kung/warm-up/stretching exercises taught by Kuo as well as his leg kicking drills. Tchoung also included some Kuang Ping techniques in "Form - Section Nine", for example Brush the Knee Twist step Kuang Ping Version is in the form. Kuo died at the age of 96 at his home in Inner Mongolia. I was indeed fortunate to have studied with the National Treasure, Grandmaster Kuo Lien Ying.

The Kuang Ping ch'i kung (qi gong) and t'ai chi ch'uan form can be done as a calisthenics exercise or mind body exercise, depending on the emphasis. Ch'i kung means bio-energy work. There are thousands of

different exercises. They are usually for balancing the bodies energy, promoter good health. Some specialized ch'i kung are used to strengthen the body for martial arts and others are for mystical practice. For example, the "Integration of the 6 directions" Soaring Crane form that we teach is used to promote good health and prevent disease by bringing in good

energy and getting rid of bad energy based on the movements of the crane. The Pa-kua ch'i kung we teach is for bringing in ch'i, removing sick ch'i. It is used to gain sensitivity, for healing others and is beneficial for body workers. The O'mei ch'i kung is used to allow the ch'i to flow naturally, relieve stress, and improve t'ai-chi ch'uan centering. The Kuang Ping exercises bring ch'i to different parts of the body and allow it to move naturally. There are some specific visualizations that can be used with them. The most important of the exercises is the standing meditation practice which helps to strengthen and sink the ch'i and the physical body. The Universal Post is the most famous of Kuo's standing meditation. It is a ch'i kung and a physical training method. We teach all of these as part of our system. The ch'i kung are said to clean and balance the energy field (aura). You should feel serene during and after practice. Some people are drawn to one version, others to other versions, there are literally thousands of ch'i kung exercises. The t'ai chi ch'uan long form is a good ch'i kung as well. But only IF done correctly, otherwise t'ai-chi ch'uan and ch'i kung are just calisthenics. :->

Harvey Kurland is a well respected t'ai-chi ch'uan instructor , a teacher under Grand Master Tchoung Ta-tchen, who teaches for the University of California at Riverside and Loma Linda University's Drayson Center.

WORKSHOPS	<p>October 24 & 25th GILMAN STUDIO Port Townsend Opening the Gates of Chi Gong Teachers Training \$195 Teaching Certificates will be issued upon completion info: (360) 385-5027</p>	<p>XIN QI SHEN DOJO Seattle Yang Taiji Intensive, 2:30-4:30, \$25 Teaching & Training Internal Arts, 5-6 \$5 RSVP (206) 283-0055 Qi gong, drills and form work for Yang Taiji. Philosophy, techniques, and methods of teaching the internal arts.</p>	<p>Tai Chi / Snoflow Big White Mountain Info: Tai Chi Centre Nelson, B.C. info: (250) 352-3714</p>	WORKSHOPS
	<p>November 7th GILMAN STUDIO Port Townsend Push Hands 1-4pm, \$10 info: (360) 385-5027</p>	<p>November 21st GILMAN STUDIO Port Townsend Chi Gong, 1-4pm, \$10 Info: (360) 385-5027</p>	<p>1999 January 16th XIN QI SHEN DOJO Seattle Application Drills, 2:30-5:00, \$30 Partner drills from Taiji, Bagua and other arts to develop self-defense and sensitivity for partner work. RSVP (206) 283-0055</p>	
	<p>November 8th, 1-5pm TAI CHI CENTRE Nelson, B.C. Join Hands Playtime, donation \$5 (250) 352-3714</p>	<p>December 6th GILMAN STUDIO Port Townsend Partner Form Review Day 10-4, \$20 Info: (360) 385-5027</p>	<p>February 7th, ISLAND MARTIAL ARTS (Bainbridge Island) Bob Iden details next issue</p>	
	<p>November 7th</p>	<p>December 11-13th TAI CHI CENTRE</p>		