



# XIN QI SHEN DOJO

© 1999 ATDALE - PO BOX 77432 - SEATTLE, WA 98177 -0432 , (206) 283-0055  
 atdale@cnw.com www.wuji.com subscription \$10yr

*Happy & Healthy  
 New Year  
 Spread Kindness!*

## CLUB FEE INCREASE

The Xin Qi Shen Dojo membership fee is now \$60.00 monthly or \$15.00 per session.

### Fee Schedule:

Sat only - \$55 mo or \$15@session.  
 Dojo - \$60 mo 1 art, \$65 2+ arts

## NEW BEGINNING CLASSES

January 9nd

Bagua 9-10 (outdoors)  
 Emei Qi Gong 10-11 (room #5)  
 Yang Taiji 11-noon (room #5)

## YANG TAIJI INTENSIVE

January 2, 10-noon  
 Phinney Center Rm 5

## MOVEMENTS OF AIKI

Jan 15th, 7-9pm, \$15 00  
 Xin Qi Shen Dojo  
 RSVP by Jan 6th

## AIKIDO INTENSIVE

February 20th 2:30-6:00  
 Xin Qi Shen Dojo  
 RSVP by Feb 10th

## UNOFFICIAL BANDON WEEK

July 10-15th

A few of us will be in Bandon during this time. We'll have evening classes, and some daytime workouts. Since it was so wonderful last year some of us want to return. I will be available for private lessons during this time.

## SUMMER INTENSIVE

July 29- Aug 1  
 In Seattle this time

*(Continued on page 3)*

Personally I don't believe in making New Years resolutions, but then again the phrase 'never say never' pops up. As you should know, one of the core mind and energy principles in the Neiija (internal arts) is:

### *Intent Leads Energy*

If there is a 'truth' we believe that this must be one of them. If we focus on something pleasant the body relaxes and the mind calms. If we think about eating our favorite food, our mouth waters. *The mind has power.*

The same holds true on a greater scale: Our Life. Though there may be many factors in daily life we don't have control over, with practice we can develop skills to direct our own energy and life in a healthier direction. I think of the mind like a headlight, and the light beam our energy and momentum. Better yet, our mind like the nozzle of a hose and our energy the water. If there isn't any direction our energy is scattered, much like a lawn sprinkler.

As we train our body and mind we learn to focus our energy strongly, just like the nozzle of a hose. If you don't direct it where you want, and in a direction you would like to go in it's like a hose lying on the pavement shooting in all directions.

Ceremony, celebrations, preparations, and practice all help get us back on track (if we have one). They also help us determine a track and direction. Now here is the question: "Are you (your life) headed in a direction you desire?" Is your headlight pointing forward toward fulfillment?

It's your energy, your life. As Mike Smith would say: "You are the bus driver of this bus". Take a moment and remind yourself of how and where you want your life to move toward.

A once-a-year reminder isn't enough however. A gentle reminder weekly or even daily will direct you there sooner. Now don't beat yourself up for straying, that's life. Just gently point the light in the desired direction, fine tune it with each reminder.

One drop of clear water in a cup of tea doesn't seem to change the cup of tea, but it has, even minutely. Each practice, each reminder is another drop of water into the cup of tea. After a year it may just look like water!

# Victor Fu Seminar

## November, 1998

by Victor Crandall

I had the privilege of attending a Pa Kua Seminar that Victor Fu held at the "Temple of the Full Autumn Moon" school in San Diego. The instructor and owner is Master Shannon Phelps. Master Phelps is a long time student of the Fu family Pa Kua system. First as a student of Bow Sim Mark, then with Fu family members in China and finally with Victor Fu in Vancouver BC. I found out about the seminar by luck and accident. The school is listed in the yellow pages. I walked in and Master Phelps spent about a half-hour just talking to me. He was not taking new students into the Pa Kua class because the group had already been studying a year. I would be too far behind to catch up. Victor Fu was coming down the following week and Master Phelps invited me to attend the seminar.

First class. The week was broken into several different classes. The first Pa Kua class was an application class of the Fu Yang palm set. I must say I was a little disconcerted and a lot nervous walking into to the class. The entire class was dressed in black. Black pants and various black T-shirts with the club logo. I stood out in my white shirt and sweat pants. I was also the only outsider there. However, the students were friendly and several introduced themselves to me as the night wore on. The school is a little more formal than I was used to. There is a lot of bowing however, the atmosphere was pretty positive. A senior student conducted the initial warm up. We did a series of chi kung exercises. Many of them were very similar to what we do. However, they were done a little more vigorously.

Victor Fu is relatively small. I would guess about 5'4" or 5'5" and approximately 140 lbs. He wore a smile the entire time. His English was pretty good although occasionally a word such as wait (weight) would throw him. If any of you remember his demonstration at Tchung Ta Chen's birthday bash or have seen the video of it, the vibration of his arms and body was very pronounced. It was so at this class also. Most of Mr. Phelps senior students also had this same quality. He freely answered any questions and made corrections on anything he saw wrong. The emphasis was on getting it and getting it right. There was no doubt that he was teaching a martial art. The style is aggressive and brutal aimed at ending the fight quickly and efficiently.

He started the session by doing the single palm change and having every one go through it. There were 29 people at the session not including Victor and Phelps. This included about 8 kids.

The circle walking is done similar to our snake stepping except the leg kicks out. We have done similar kick stepping in the past however Victors' kicking is done higher at roughly the knee level. The palm change starts with the weight on the forward outside leg. This was a little difficult at first but I got used to it. The next move is a dragon rolls

around with the forward hand. It then chops down to the rear along the circle. The rear foot pivots on the heel and the toes are pointed up in the air. It is now the forward leg. Weight is still on rear leg (former front leg). Now step up with the rear leg and finish the change as we normally would with weight to the rear. The inside foot is now forward in the classical Pa Kua single palm posture. He would then step forward to get into the initial forward stance and pause before repeating the change on the opposite side. I know this sounds confusing when you read it so I recommend getting one of his videos. The change is easier than it sounds if you have some background. I practiced this a lot latter on. It is a real nice move has good feeling to it with a lot of power.

**First Lesson:** The first lesson I got was remembering to relax. Years of relaxation training don't do much good if you can't relax in a stressful situation. Mr. Phelps corrected me immediately after only 10 minutes in class. He was trying to get me to soften up. I mentally filed away "back to practicing the basics".

**Second Lesson:** After the first session. Mr. Phelps talked a bit. The most interesting thing is that his class has 3 rules for mastering the martial arts.

**Rule #1 – Practice**

**Rule #2 – Practice**

**Rule #3 – Practice**

Somewhere in the back of my mind I kept asking myself where have I heard that before.

Second session. I was late because of work meeting and came into the class already in session. Mr. Phelps showed me onto the mat. And no more was said about it. Most of the applications were percussive. There was no leading or adhering (sticking). The applications were also very aggressive and seemed to me could be pretty brutal. In an interesting side bar one of the applications was a vertical circular throw similar to a judo hip throw. No grasping is done with the hands in any of the throws. However, Mr. Phelps pointed out that the throw torque's at the waist on the downward portion creating a horizontal circle at the last instant. This prevented the normal counter of rolling out of the vertical throw. Much of the Fu family system seemed to be structured to prevent counters.

The third session was called Pa Kua push hands. The first push hands session was held on Thursday night after the applications. Originally Mr. Phelps said I could not attend because the class was full but could come to the Saturday session. In hindsight I probably could have stayed and attended anyway. The Saturday class was a continuation of the Thursday class. I was fortunate in two ways. One of the students wanted to practice what he learned Thursday. I was the only person left so I said I would if he would show me. It turned out to be the two man set that Andy and John Camp had shown Joel & I a couple of times. So it came fairly easily. When class started I was as ready as everyone else was. I got quite a lot of interesting insight from it. Backward circle walking is part of the form. It is used to execute arm breaks and

*(Continued on page 3)*

# China



Where do these arts come from?

From the top:

- Tian Shan Qigong from the Tian Shan Mts.
- Kun Lin Mt. is the source of Wild Goose Qigong and the Kun Lin Sword
- Emei (O'mei) Mt. Is the source of O'mei Qigong and some Bagua Qigong.
- Chen Village is the birthplace of Chen Style Taiji .
- Wu Tang Mt. Is the mythical birthplace of Taiji Quan.
- Jiu Hua Mt. Is the mythical birthplace of Bagua Zhang.
- Beijing Yang Taiji and Bagua Zhang first seen and taught.

*(Continued from page 2)*

throws as well as side step an attack. Adhering is done throughout the form. This was lacking in the applications sessions. All attacks in the form are done on the forward foot with the forward hand. (I did not ask if this applied to the style or just this particular form.) There are 26 movements, which are done 1. Attack left side, 2. Attack right side, 3. Defend left side 4. Defend right side. Needless to say remembering which side you are on can get confusing at the end of the day.

Mr. Fu followed up the day by going through the Yang palm set and part of the Yin palm set with the class. I didn't know them and had to sit and watch. Again the vibration was very pronounced in all the changes. There were a couple of 360-degree spins done on the heel of the foot. I tried them but couldn't stop with the power or precision that master Fu demonstrated. Over all it was a very good seminar, which I would recommend to anyone, getting the chance to attend one.

*(Continued from page 1)*

## FORM COMPLETION Yang Taiji Sword

- \* Sonia Cole
- \* Sarah Clark

## Yang Taiji Long Form 1-6

- \* Lisa Black

**Congratulations!**

# WHAT ARE YOU DOING HERE?

© by Gene Burnett

As Andy is fond of staying, in order to determine which and how many forms to learn, it helps to know why you're studying these arts.

Are you interested in mastering Taiji? Do you want to teach? Do you want a casual internal practice, a 10-15 minute daily relaxing workout? Do you want to dedicate your life to this training? Do you want to master the basics or the whole art? What about related arts? Do you want the benefits of the solo form only? What about the applications? What do you want out of your practice? What are you doing here?

Your answer to these questions can inform your choices about practice, classes, forms, etc . . . If you don't examine your "mission" you run the risk of lurching from whim to whim, over committing yourself and becoming confused.

I find this applies to all of life. Lately I've included in my notebook a section called "mission". I find that being clear about my mission in this life helps clarify all the thousands of little details and choices along the way. I don't write down what I'd like or want my mission to be. I write down what it actually is. I find I always have a mission. I listen internally and try on different ways of expressing what I sense. When I get that "a-ha" feeling I know I'm on to something. I check and update this mission page often because it has it's own movement and changes with time.

Here is my current mission statement:

*Don't use force*  
*To be open to more yin energy | To be open to more Yang energy*  
*To be open to more Taiji*  
*To experience the Taiji or union of opposites in all aspects of life*  
*To do what feels most deeply right ~ To cultivate a relaxed spirit*  
*To practice Qi gong and Taiji, especially the basics of solo and partner work*  
*To live simply ~ To love nature*  
*To practice intimate relationship and sexuality*  
*To know and be myself*  
*To practice a livelihood that feels right and supports my life*  
*To enjoy the ride!*

There it is - why I'm here. Part of me wishes I had something in there about saving the world, helping other people, etc . . . But to be honest, that seems to be a side effect of my mission not a central theme. But who knows? I've rewritten this thing dozens of times. When I read it I want to think "Yes! This is it. I feel good about this. This is what I'm doing with my life." If it doesn't quite feel right I know a rewrite is coming.

If you want to write your own I recommend keeping your statements fairly general. A second list of specific goals in alignment with your mission might be helpful too. But the mission is more of an outline of your life's direction, an answer to the essential question: What am I doing here? If you keep listening inside, write down what you sense, keep checking to see if it really feels right, I think you'll be surprised at what a

<b>WORKSHOPS</b>	<b>1999</b>	<b>January 2nd</b> <b>Yang Taiji Intensive</b> 10-noon, \$15 Andrew Dale Phinney Center Rm #5, Seattle 6532 Phinney Ave N. Inf. (206) 283-0055	<b>January 31st</b> <b>Application Drills</b> <b>1-4pm</b> Andrew Dale Gilman Studio, Port Townsend Inf. (360) 385-5027	<b>February 20th</b> <b>Aikido Intensive</b> 2:30-5:30, \$15 Andrew Dale Xin Qi Shen Dojo
	<b>January 15th</b> <b>Movements of Aiki</b> 7-9pm Andrew Dale Xin Qi Shen Dojo, \$15	<b>February 7th,</b> <b>ISLAND MARTIAL ARTS</b> (Bainbridge Island) Bob Iden	<b>March 20th</b> <b>Bagua Intensive</b> 2:30-5:30, \$15 Andrew Dale Xin Qi Shen Dojo	