



XIN QI SHEN DOJO

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****Bagua Booklet Vol. #2 is done! \$10.00**

NO CLASS SEPT. 4TH

NEW BEGINNING CLASSES
 SEPTEMBER 11TH

SATURDAY FALL SCHEDULE

9-10 am Bagua Basics

10-11 am Yang Taiji Basics

11-12 Chen Taiji Basics

The first 1/2 hr of each session is qi gong and open to all members for Sept and Oct with no extra fees. The second 1/2 hr of each session is form work and only for those enrolled in that specific class. You will be expected to practice on your own before or after your particular session.

SATURDAY FEE CHANGE

\$55 for 1 style monthly (@ hr)

\$60 for 2 styles monthly

\$65 for 3 styles monthly

Or \$15 per session as usual +\$5 each additional style.

Style refers to: Yang Taiji, Chen Taiji, Bagua

QI GONG INTENSIVE

Every 3rd Saturday there is a basic Qi Gong intensive 2:30-3:30 covering movements, theory, and practice of qi gong for exercise, health, healing and martial ability. The second session 3:40-4:30 is for advanced students refining the Tian Shan Qi Gong. Each session is \$5.00 for club members, \$10.00 non-members. September 18th - Tree Qi Gong October 16th - Basic Tian Shan

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Bandon Retreat Report

A super thanks to: Master Yueng, Bob Iden and Angela to help make the retreat a success. We had another wonderful time at this beautiful place. Classes were 9-noon and 3-6pm with free time between to visit, practice and explore.

Master Yueng and Angela drove down Friday morning after just getting back from Hong Kong Thursday night. On the first morning session Master Yueng answered questions on Qi gong methods, practice and healing. On the afternoon session we were happily surprised that he wanted to teach self-defense techniques. We spent an hour working on application and him throwing a few of us around as well as doing some excellent nerve techniques. On other sessions he taught some freehand drills and also lead the group in Tian Shan Qi Gong. At 82 years old, he climbed a one of the huge rocks on the beach as we tried to keep up with him.

It was great having Bob Iden this time also. Bob taught Rolling Monkey push hands and applications. A soft, rooted, subtle and energetic practice teaching participants methods of moving and dealing with force. It

was an intuitive Taiji sanshou (7&8) free form. Bob has studied push hand intensively with Masters: William Chen and Tao Ping Siang. The characteristics of his push hands are deeply rooted yet very, very soft and subtle. There is no hint of strength or force when practicing with him just the thought, "OOPS, I'm off-balance." He's very sneaky.

The weather was exceptionally windy this year but we were able to find some places out of the main path to practice or rest and watch the waves. Similar to last year we were the crowd on the beach, hardly anyone else in sight on this huge beach. The sun was out long enough to burn some of us cherry red, Monday clouded over but we kept practicing.

Thank you Barbara, Mary Bell, and Jay. Barbara and Mary Bell hosted dinner Saturday night and Jay hosted dinner Sunday and Monday night giving us time to sit, eat and visit.

We're on for next year and I plan to make this a yearly event. Next year I have it planned for the first weekend in August. Mr. Yueng, Bob Iden and Angela have volunteered to come back.

Seattle Intensive Report

Smooth and successful describes the Seattle Internal Arts Intensive. The attendance ranged between 75 & 100 people throughout the weekend. Most classes were about 15 except for Masters Gao Fu and Yueng who had classes of 30 students attending. We were very lucky to have the highly skilled masters: Xie Bing Can (yang Taiji & push hands), Gao Fu (Chen & Yang Taiji & Chan ssu gong), Yueng (Qi gong). In addition to local long time established instructors: Martin Mellish, Mark Baclawshi, Eric Oberg, Andy Dale. We were very fortunate also to have John Camp come down from Vancouver B.C. to teach Fu Style Bagua.

Though all the classes were highly

successful, well attended and excellently taught this was not the primary reason for this get-together. I measure the success in all the students of the various clubs mixing, visiting and attending classes other than their own teacher's session. Students were open to share and explore other teacher's methods and art to expand their own practice.

Attending members came from Spokane, Olympia, Port Townsend, British Columbia, N. California, Anacortes and of course Seattle. Aside from some last minute schedule changes where participants came especially for a certain class that had been changed all when smooth as silk.

Thank you all for your support - Andy

A Bandon Recommendation

By Cedar

Before there were mountains, rain forests, redwoods, mesas, and alpine meadows in my life there was the ocean. To give me healing and perspective, the vast space and ever churning movement, the ocean giveth and taketh away. I can make very few honest commitments in my life right now, but an annual trip to Bandon is pretty close. Not only for the ocean and her ornaments - craggy, spirit infested rock formations - but also for the wonderful practice of taiji, qigong and pa kua on the beach sand. Testing balance and body alignment and rooting, I have always considered gravity my greatest practice partner, but adding shifting sand, sometimes hard wind and rolling waves in the vista complicates the equation and humbles me to remember my true place in nature.

Fook Yeung gifted us this year with his light temperament, agility and strong energy. He lead us twice (sheltered from the wind) in the Tien Shan Qigong, answered questions about qigong and healing, and practiced applications. Tien Shan is improvisational qigong, based on a theme and then ever changing to match the context: the needs of the individual, the type of group, the environment and the time. I always enjoy seeing what a great teacher does with what they are given and it was a joy to have access to Mr. Yeung again.

Though I did not directly attend Bob Iden's classes I could see from a distance that his group was having a great time playing with fluid partnerwork. Bob has a gentle humor to him and strong principles and demonstrates them as he works with his students. I hope to have more of him available to us in the future as life changes bring him closer to the Northwest.

Andy Dale challenged his Dragon Palm students to ever increasing speed, but of course, with a moving root and complete body connections and full extension! Few teachers would be so bold as to teach an advanced pakua form to a group of students from mixed background in the arts. But he is translating the content over well and the students are getting it. Staff and cane were the weapons of choice this year - Andy facilitated some learning with a partner set for those who were inclined.

For the social events there were lunches in town and Saturday dinner hosted by Barbara and Mary Bell and Sunday/Monday dinners hosted by Jay. With great food and wonderful views, we got a chance to know each other better and catch up with news. And then also some further martial arts talk - history, lineage and culture.

For those of us who love our solitary moments, Bandon is excellent. For such beauty there are relatively few people, giving us plenty of room for our own individual practice, long walks, reading, writing, picture taking, contemplation and meditation. And this is what I most love about these trips, a chance to have the free time to study and rest. Giving space allows revealing, room to understand and to deepen, room for the creative spirit to do her work. Finally a breakthrough on that Chen sword movement! Yes, all things are possible.....

Next year is not that far away....though it was hard to leave the Oregon coast I know the cycle moves quickly to bring me round again. Consider the trip next year if you love the ocean. Some like to drive (I recommend the coastal route at least one way!) some to fly part way and rent a car (Derryl and Russ can give information on this method). There are many options for lodging - a hostel in town and a variety of motels. Enough restaurants and food stores and gift shops and the Bandon Cheese Factory and Cranberry Sweets Candy store to keep our money flowing. Remember always that Nature is bigger than we are, so be prepared for what She gives in sunshine, wind, storm, heat and cold. Learning and experience are everywhere and staying open to possibility is wise. Till



ITEMS FOR SALE

Bagua Qi Gong Booklet – \$10.00
Bagua Training Booklet – \$10.00 **NEW**
Sifu Tchoung's Yang Taiji Book – \$38.00

Omei Mt. Qi Gong Video \$25.00
Yang Sections 1-9 Video \$25.00
Chen Taiji System Video \$25.00
Bagua Qi Gong Video \$25.00
Bagua Basics Video \$25.00
Bagua 8 Mother Forms Video \$25.00

Club T Shirts Blue & Maroon – \$15.00
Taiji Man T Shirt – \$15.00
Chinese Taiji Assoc T Shirt – \$15.00
NW Taiji Assoc T Shirts – \$15.00

2 or more videos \$20.00 @

CERTIFICATES

In the instructor's class we were sitting around talking about the certificates I issue after someone has completed a form and what it means. As with a belt ranking system the value of it is mostly within the school or club the student studies with. Well, there was a perspective about the certificates that had never occurred to me.

Many I guess have apparently viewed this almost the same as a high school diploma: I finished! More like getting through it than accomplishing something or having a responsibility to live up to a certain standard.

It's very much like form collectors learning forms to say they've done it instead of learning a form to seek the depths and skill the form encodes. The certificates being a 'been there, done that' statement instead of a beginning and a start.

If you've read the certificate it's actually a contract. The line I'm referring to is: "By accepting this certificate the above promises to polish and refine their art." The certificate means that you've learned the form and have a foundation to start your own development and refinement from. It doesn't mean you have it perfect or polished, it means you now can start polishing. What the certificate also means to me is that at any point I should be able to ask you to demonstrate the form (and you can). Also other members of the club should be able to ask you for help on the basic stances and postures of that form (*thanks Rick for the suggestion*). If there's room in this newsletter I just may publish a list of the last 100 form certificates and names as a list of resources for club members to ask for assistance on the forms ☺ .

Teaching certificates mean a bit more. First that the student knows the forms of the system taught and practices them. Also there is a quality of the forms that reflect the Taiji and Internal Arts classics (see classics), basic tuishou and freehands skills, finally weapon and partner weapon skills. The most important requirement for a teaching certificate is that the individual has their own practice and is investigating the art for themselves.

At Bandon Master Yueng was talking about the foolishness of certification. He said he was still studying and researching qi gong and practice. What really does having a certificate mean? If practiced properly the art and individual are constantly growing and changing. How can one get a certificate for something that will be different next year?

The club certifications indicate that I believe the individual has strong basics and understanding to help other's achieve the same. It doesn't mean 'been there, done that', it means 'practicing, studying, want to get there'.



Master Yueng demonstrating nerve techniques at Bandon

Go practice.

Andy

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CLARIFICATION OF CLUB FEES

XIN QI SHEN DOJO pm classes

\$60 one art monthly

\$65 two or more arts monthly

or \$15 per session

The difference in evening session and Saturday reflects the limited time on Saturdays and the lack of club resources (tapes and books).



SESSIONS WITH MASTER YUENG

The high point of the Bandon retreat was the chance to spend a weekend with Master Yueng. Also, it looked like he had more fun than any of us. Actually between Master Yueng and Russ it was a toss up. Half the time he taught and took question on Qigong and the rest of the time he threw us around and worked on self-defense application and hand drills.

QI GONG

The emphasis was on relaxation and emptying the mind. Asked about visualization he didn't recommend it. The minute you begin to visualize you engage the mind and brain, there is thought. This is a hindrance to energy flow. The best thing to do is to relax and empty the mind. This permits the energy to flow naturally and freely with minimal friction. The purpose of qi gong is better health, if you practice with desires for special powers or goals it inhibits the natural qi flow. Once we are healthy and our qi flow is strong then it accumulates and can be available for other uses like healing, greater sensitivity, martial arts.

He cautioned against some of the forms that use music since this also engages the mind. It may relax your body but it's a crutch. True qi gong is self-empowering and can be done anywhere anytime with no 'outside' influences. Music first engages the mind and thought. Thinking = mental friction for qi flow. Also after a while student can't do the exercises or achieve the relaxation without their music (this makes me think of those who need a drink to relax).

Master Yueng also talked about Qi Gong short cuts. During this session the wind was blowing and a bit chilly. He asked us to grab his hands, they were cool. Then he said qi has no feeling; hot or cold! Many say that when the qi flows the hands are warm, this is because qi flow also increases ones' circulation but the warmth isn't the feeling of qi. Just because the hands may be cold there is still qi flowing out or being focused. He then did some energy work on the members demonstrating the 'feeling' of qi. If the body is cold the circulation is down and so the qi flow may be slow. The trick here is drinking a small cup of warm water before practice if the temperature is cold. (It's best to practice indoors in this case also) But this helps speed up the circulation and qi flow.

The second recommendation was to wear a scarf when outdoors to protect the back of the neck. As the qi flows stronger the neck and head can 'loose' qi easily in cool weather just like the warmth of the body. We tried this and it made an amazing difference.

HEALING

On healing he said we should take responsibility for our own health and begin healing ourselves. People come to him for healing, they go to doctors etc. to be cured but they don't put forth any effort on their own for their own health. Qi gong, Taiji and the like are some healing methods when practiced correctly. What are you doing to heal and strengthen your health? Practice! What is more important; staying strong and healthy or having a life that is controlled by stress and tension? Don't worry about anything else, practice to relax and calm the mind.

MARTIAL ARTS

On martial arts Master Yueng had one thing to say: "Fighting doesn't do anyone any good." If you fight and loose you're hurt, if you fight and win you continually have to look over your back in case the looser wants a chance to get even. In self-defense it's best to off-balance the attacker and hold or control them with minimal injury. Educate them but don't do injury if possible. He taught some hand drills and said that in combination with Taiji and tuishou you don't need anything else. He mentioned that one time someone tried to pick his pocket and he caught the robbers hand and threw him to the ground and held him. He looked at the guy and felt so sorry for him he gave him \$20. Being kind is what it's all about he said. As your skill increases so should your kindness since it's all too easy to inflict injury.

As far as skill is concerned we need to practice and practice so our hands defend us, it's not our mind or thought. At one time when asked what his strategy was for fighting and applications he said, "I don't know. My hands and body defend me." There are no shortcuts, if your interest is in self-defense: practice. Practice beyond thought so your body is trained and it's not in



your mind or a thought process.

*Xie Xie Sifu Yueng
And thank you Angela for
translating*

Master Yueng will be teaching at Michael Gilman's Energetic Retreat Labor Day weekend.

Andy

Bagua Mysterious Weapon Seven Star Staff

by Zang Xuefan

八卦掌

Editor's Note: Seven Star Staff is a special weapon of the Baguazhang School. There are not many who are skilled in it and those that can do all three lines are very few. In his early years, Zang Xuefan received instruction from Wang Qichang, who was a student of the famous Baguazhang Master Guo Gumin. Therefore he also received the fine points of Guo Gumin and Li Ziming. At that time he wrote down the complete principles of the three routines of the Seven Star Staff that Guo and Li had given to him.

Translated by Joe Crandall

The Seven Star Staff is one of the special weapons of Baguazhang. According to tradition, the founder of Baguazhang, Dong Haichuan, unexpectedly saw a snake's movements and created this staff.

The Seven Star Staff is made using Sichuan "bitter bamboo" (golden bamboo). Because this type of bitter bamboo has a very small empty center space, bordering on having a solid center, it is called "solid bamboo". Select a thickness of 2.33 cm of bitter bamboo **seven** joints. Each joint is 23.3 cm long, making the whole thing 163 cm long (4 ft. 9 in.). Use wire needle to pass through it so that the center can be filled with 350 grams (7 oz.) of mercury. Therefore it is called the Seven Star

Staff. Another account of Dong Haichuan goes, "It is long not accustomed to short, is double not accustomed to single, however one inch small, one inch skill; one cm light, one cm agile. This staff moreover is like that, small and agile, and its agile skill can be understood. Students if they can play with it, it will ensure the hands and feet coordinating, the body and waist coordinating, the whole body and the eyes coordinating, the eyes and the mind coordinating. The hands arrive, the staff arrives, and the steps arrive. Understanding these three arrivals and four coordination's is why it is called Seven Stars Staff." The three arrivals and the four coordination's are the seven stars.

Use bitter bamboo to make the Seven Stars Staff. You need not rigidly adhere to the seven joint formula, each joint being seven inches and filled with seven ounces of mercury. You can make the length to suit you. Choose bamboo with enough joints be substantial. The amount of mercury used should be enough to cause it to feel good in your hands.

Fill it with mercury to complete the Seven Star Staff. It was already light and agile. Now it is hard and strong. It perfectly fits the hands. The flowing action of the mercury must be good. It is used in striking the enemy. The mercury flows to the end of the staff causing the strike to have the strength of 10 pounds. It strikes the outside, but wounds the inside. The pain is enormous. Strike lightly and you wound the bones. A heavy strike then stops the channels. There is no other staff like this one.

Dong Haichuan composed a poem praising this staff: "Do not say that because it is light and short that it cannot be a weapon. Light and agile are incomparable like an immortal's footprints. Up and down, front and back, even the gods cannot fathom it. Strike lightly to wound the bones, strike heavily to stop the channels." He also said, "The Seven Star staff, how it is like a long snake. The hand grasps the middle and the head and tail escape. Strike the head and the tail moves and the hand also moves. Strike the body and the head and tail both move."

The Seven Star Staff major function is to strike acupuncture points and attack the enemy's body's weaker joints. Therefore a cultivated moral character is required before being taught. It is usually only taught in the family. Dong Haichuan first only taught this staff method to his first student, Yin Fu. Later, Yin Fu taught it to his first student, Zeng Qi (Zeng Shangsang). Zeng Qi became friends with Guo Gumin. He taught the staff method to Guo and Li Ziming, who were the first to teach it widely. Today, in Beijing few people study it and most only know two lines. Those that know all three lines are fewer and fewer.

According to tradition, Dong Haichuan created four lines of Seven Star Staff. It is not known why he did not teach the last line.

The characteristics of the Seven Star Staff are: the construction is tight knit, the substance is rich, it has both form and spirit, empty and full must be understood, the movements are graceful, the nature of the strikes is strong. Its

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If You Can----

If you can start the day without caffeine,
 If you can get going without pep pills,
 If you can always be cheerful, ignoring aches & pains,
 If you can resist complaining and boring people with your troubles,
 If you can eat the same food every day and be grateful for it,
 If you can understand when your loved ones are too busy to give you any time,
 If you can overlook it when those you love take it out on you when,
 Through no fault of yours, something goes wrong,
 If you can take criticism and blame without resentment,

If you can ignore a friend's limited education and never correct him/her,
 If you can resist treating a rich friend better than a poor friend,
 If you can face the world without lies and deceit,
 If you can conquer tension without medical help,
 If you can relax without liquor,
 If you can sleep without the aid of drugs,
 If you can honestly say that deep in your heart you have no prejudice against creed, color, religion, or politics,
 Then, my friend, You are ALMOST as good as your dog..

Author unknown

**FEE STRUCTURE AUTUMN 1999
 CLARIFICATION**

Internal Wushu Arts Saturdays	Xin Qi Shen Dojo Weeknights
\$55 monthly	\$60 monthly
+\$5.00 @ additional art	+\$5.00 @ additional art
\$15.00 Per session +\$5.00 @ art	No per session rate, this is a membership fee. With advance notice 1/2 month fee maybe available. Fee difference reflects longer hourly classes and library availability.



(Continued from page 5)

functional methods include: striking, scooping, splitting, jabbing, dotting, flicking, sweeping, parting, sticking, tossing and sliding.

The requirements for practicing Seven Star Staff are: " The hands and feet movements are unified. The staff must follow the waist. When changing the grip, the palms face each other. The turning body and staff mutually chase each other. Vertical managing horizontal becomes horizontal managing vertical. The diagonal staff strike coming must get power. Very much avoid the single hand grasping the end of the staff, still more avoid both hands waving together. Praise the 48 characters. When practicing you must not be away from them. If you are away from them, then the techniques won't be exact. When changing, if you are not agile, you will suffer loss."

Master Dong Haichuan suddenly saw the movements of a snake and created the Seven Star Staff. It has points bordering on myth. According to tradition: When Dong Haichuan was in the Qing Dynasty Palace, he did not use the long staff to fight men but used thee flowing mercury in a bamboo staff.