



# XIN QI SHEN DOJO

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# A New Dojo

8316 – 8th Ave. NW

Finally all the classes will be in one place! Expanded times, more beginning classes, workshops, and greater detailed instruction.

Thanks to Brad we were able to move the evening classes out of the Phinney Center and starting the Xin Qi Shen Dojo so the sessions weren't just classes but became a dojo and a club. Though this space has been wonderful and permitted me to expand the sessions it still had it's restriction in space and times. Last year the club outgrew the current dojo space. When all members came to a particular class we all had to do the same thing since there wasn't room for

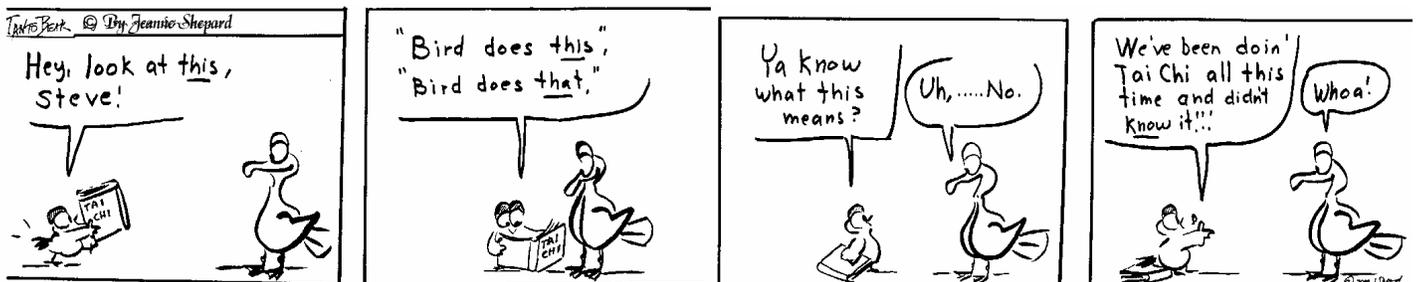
individual practice or smaller groups within the class session. With the new space I'll be able to have a beginning class going and still have room for those wanting to workout, and room for the beginners to practice while the continuing group is going on.

No longer will I be stretched to the limit on Saturdays with a five ring circus trying to fit all the beginning sessions in. Each art will have it's own night which will include beginning, basic, intermediate and advanced levels and instruction. *See fall schedule.*

Summer is generally an uneven time with all the workshops and

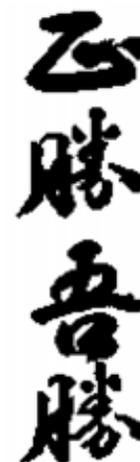
vacations happening. Classes will stay as is for August but September things will change to our permanent schedule. For those not able to attend evening sessions I've put aside 11-noon on Saturdays to work with you, let me know who you are!

**NO CLASSES: August 3-8th** since most of us will be at the Bandon Retreat. Also **NO CLASSES September 1-5th**, Labor Day Weekend and Michael Gilman's Energetic Retreat. Remember Master Yueng will be at both retreats and Master Gao Fu will be at the Energetic Retreat; rare opportunities.



**Xin Qi Shen Dojo**  
**8316 - 8th Ave. NW**  
**September -- December 2000**

am	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00			Yang Taiji basic			Chen Taij Basics / Chan Ssu Gong
10:00			Yang Taiji continuing			Chen Taiji form work
11:00			Private inst.			Misc.
Noon						Instructor's Class 1st Xin-I 3rd
<b>Evenings</b>						
6:30	Beginning Aikido Taisho	Beginning Yang Taiji Basics	Beginning Qi Gong Zhan Zhuang meditation	Beginning Bagua Inner Palms		
7:00					Aiki Jo 1st & 3rd	
7:30	Aikido 5 kyu up	Long Form	Tian Shan Qi Gong	Palm Changes & Form Work		
8:00						
8:30		Tuishou Da Lu Sanshou	Advanced	Tuishou Roushou Sanshou		
9:00						



True  
Victory  
Is  
Self Victory  
Osensei

**DOJO POLICY**

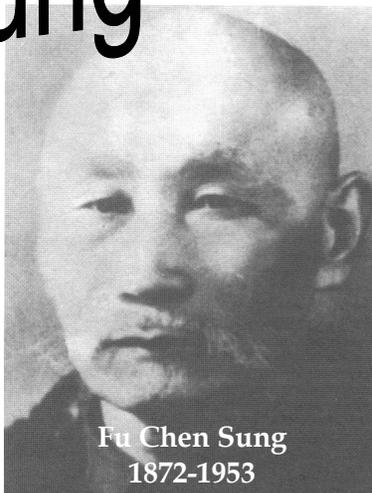
1. The Dojo will be run in a traditional manner. Enter with beginner's mind. Sifu/Sensei and assistant instructors set the rules.
2. All new members regardless of prior experience begin at the beginning. A constant beginner's mind is the path to learning.
3. Students are expected to be on time for classes.
4. Students are expected to practice between classes.
5. This dojo doesn't support competitions, tournaments or fighting.
6. Cell phones and pages either off or on silent during club hours.
7. Perfume, cologne or jewelry should not be worn during class.
8. Dojo is for practice, not chatting.
9. Students are expected to help each other. If part of a group practice students must catch up to class if a session is missed.
10. No food permitted in dojo during club hours.
11. Weapons are only to be handled by those working on forms requiring them.
12. Tuishou and partner work is by instructor's permission only.
13. The dojo is for refining our body, mind and spirit. Displays of ego or anger are not acceptable.
14. Members are expected to set a good example at all times. Do not show your training, let your training show.
15. Members are expected to help keep the dojo clean.
16. Assistant instructors and advanced members will be held to a higher standard than other club members.
17. Those with regular attendance will receive priority with lessons.

<b>Club Fees</b>	
<b>Beginning September for <i>NEW</i> members</b>	
\$60 monthly membership fee	<ul style="list-style-type: none"> <li>▶ 1 class per week</li> <li>▶ Practice space</li> <li>▶ Lectures</li> <li>▶ Bi-monthly newsletter</li> <li>▶ Access to book and video library</li> </ul>
\$70 monthly	Two classes per week
\$80 monthly	Three classes per week
<ul style="list-style-type: none"> <li>↳ Beginner's may start the first of the month.</li> <li>↳ Club fee is due the first week of each month.</li> <li>↳ There are no family or group rates.</li> <li>↳ Club fee is non-negotiable</li> <li>↳ Private lessons are \$15 for 1/4 hr.</li> <li>↳ Private lessons are reserved for club members</li> <li>↳ There is no per class fee.</li> <li>↳ Current members taking more than one class, fees stay the same for the next year.</li> </ul>	

# Fu Chen Sung

傅振嵩

In the history of Chinese martial arts, internal and external styles, Grandmaster Fu Chen Sung is considered one of the greats. He wasn't satisfied with just learning and practicing the arts he was taught but sought to refine, explore and expand those systems. He was such a skillful and creative genius that he eventually evolved his own systems of internal martial arts call Fu Wu-Dang Quan (Fu soft fist boxing).



study with Sung Wei-I, a master of Wu Tang Taiji Quan learning Sung's special striking methods. He studied sword with the famous "Magic Sword" Li, General Li Jing Lin as well as spear with "God Spear" Li, master Li Shu Wen. Fu eventually became a drill instructor for General Li Jing Lin.

In 1928 Fu competed in the National martial arts demonstration and was chosen as an instructor for the Central

Fu's native village was Ma Po in Henan Province. As was common in well to do villages the elders would hire a martial arts instructor to train the villagers so they could protect themselves and the village from bandits. Luckily for Fu the instructor hired during a large part of



Fu's youth was Chen Yen-Hsi of the Chen village Taiji clan. Fu studied with Chen diligently and became one of the top students. The next instructor hired to teach the villagers was a student of Bagua master Cheng Ting-Hua by the name of Chia Feng-Ming. Fu was so impressed by Chia that we asked to become Chia's disciple and be trained deeply in Bagua Zhang. Fu studied with Chia for several years and at age 17 went to Beijing to continue his Bagua and martial arts study. One

story says he befriended Cheng Yu-Long, Cheng Ting Hua's eldest son and each had an impact on the other's study. For three years Fu studied Bagua intensively then returned to his home village. While home he taught a little and there are several stories of him defending the village from bandits and being a village hero.

In 1911 Fu traveled throughout several provinces to deepen his martial arts skill and he also spent some time as a hired body guard. In his travels Fu was able to

Martial Arts Academy in Nanjing along with Sun Lu-Tang and Yang Cheng Fu. After teaching for some time Fu was sent south to Canton with several other instructors to introduce and spread the northern martial arts. Fu was one of the real "Five Northern Tigers", named by the local martial artists for their unbeatable martial arts skills. He was also asked to teach at the Ching Wu Association which greatly helped spread Taiji and Bagua in southern China. Always seeking to deepen his understanding of the martial arts Fu became friends and traded ideas and training methods with Sun Lu Tang and Yang Cheng Fu.

Sometime after 1945 Fu began developing his own particular style of practice from all his studies. His methods were so unique they became known as the Fu Style. His first form was Fu Taiji Quan blending Bagua and Xing-I movements with Taiji and his own sense of body mechanics and training. It's said that Fu's friendship with Sun Lu Tang and Yang Cheng Fu helped him greatly in his evolution of Fu Taiji. Fu Taiji was probably the first Taiji to incorporate right and left of all movements. It also



*(Continued on page 4)*

## DOJO PHILOSOPHY

Nurture excellence.

Respect the founder, the art, your teacher and classmates but think for yourself.

*Shoshin*: Beginner's mind. In a beginner's mind there are many possibilities, in an experts there are few.

The principles remain constant but the methods can changes.

Seek to improve the art and improve the standard.

Question authority. Always examine what is taught and what you are told.

The study and practice of the internal arts is to become independent and free, not dependent on anyone or system.

Keep thoughts and comments positive and healthy.

Train diligently, refine your body, mind and spirit. This is your responsibility.

Argue for your limitations and sure enough they're yours. Next time you say 'I can't' replace it with "I don't want to try."

*(Continued from page 3)*

includes the body rolling, twisting and quick footwork of Bagua.

Continuing on Fu expanded his Taiji system and evolved his own Bagua and Xing-I methods, each with basic, intermediate and advanced levels of training. Each also includes not only solo forms but weaponry, push hands and application drills. Fu Family style evolved into four components: Taiji, Liang-I, Bagua, & Xing-I. The epitome of his Fu Family martial arts was the creation of three sets: Dragon Form, Liang-I Quan, and Si Xiang Quan (Si Xiang created by Fu Yung Hui, his son).

Fu's son, Fu Yung Hui started training at the age 7 under his father's direction. After Fu Chen-Sung's death, Fu Yung Hui spent his life systematizing and expanding upon his father's teaching. For those interested in studying the Fu Family method we are very lucky to have Fu Yung Hui's son, Fu Sheng Lung, teaching in Vancouver B.C.

Fu Sheng Lung or Victor Fu as he's called teaches at the Chinese Athletic Association in China Town, Vancouver B.C.

The sign of a genius and master is in what they leave behind after they're gone. Fu expanded upon orthodox methods, stretched the limits, and even threw out some of the restrictions. The result is an extraordinary system of internal martial and health arts. Another excellent roadmap for those seeking to study the internal arts.

*Andy*

*Fu Famil Internal Martial Arts*  
P.O. Box 31, Bentall Cnetre  
595 Burrard Street  
Vancouver, BC Canada

# Club News

### CANCELLED CLASSES

July 4th  
All August Saturday sessions. You are welcome to attend evening sessions.

**JULY IN THE PARK**  
All sessions during July will be in the park regardless of weather. Evening sessions are in Discovery Park, Saturday sessions are in Lower Woodland Park.

**TREE QI GONG**  
Starts July 5th, Wednesday nights and will continue through July. Classes will meet at various parks so you need to sign up to stay in touch.

**FORM COMPLETION**  
**Chen 48 Form**  
Virgil Rogers  
Kim Ivy

### CLUB MOVING DAY

To be announced. In late July or mid August we'll need all hands helping to move into the new dojo space.

**CLUB SHIRTS AVAILABLE**  
Blue & Maroon  
T-shirts \$15  
Sweat Shirts \$25

### HAPPY SUMMER



Grandmaster Feng Zhiqiang may be visiting the NW next year! Practice.

## THE CLUB PICNIC

Thanks to all who came and made it a success. Unfortunately the Vancouver club wasn't able to make it but we had about 40 people through the day show up. A special thanks to Bob Iden who flew in for the event and taught a push hands energy session. Bob is moving back to the NW and we plan on future workshops once he's local. We were honored to have Master Gao Fu and Master Fook Yueng visit and participate with the group. What also made this a success was the mix of clubs; ours and Kim's getting to know each other and participating in the classes. It was a beautiful day, hot and sunny, it just didn't seem like the northwest.

One important point I'd like to make is how very lucky we are since it has become the usual thing to have the grandteachers either visit or teach when we have workshops. What was cool was that there were three generations present; my teachers: Master Gao Fu and Master Yueng, local teachers: Bob, Kim and me, and our students. Grand teachers, teachers, and students. I'd like to remind you that this isn't very common since few students get to see or receive instructions from their grandteachers and see a level of skill many students are only able to read about.

If you haven't attended the Bandon retreat this picnic was a very good example of what the Bandon sessions are like. Very informal, friendly with friendships deepening and developing.

Thank you sunshine, thank you all.

Andy



## Master Yueng's Visit

In June Master Yueng honored the Tian Shan Qi Gong class by visiting, teaching and answering questions. He emphasized that thinking too much or visualizations can really obstruct qi flow. "It's best to soften and feel, don't think!" He warned about methods that focus on controlling qi flow or channeling it to certain areas. Unless you're very well aware of all your own blockages this can cause damage and many problems. Healing takes its time and can't be forced. Focusing on a specific qi flow pattern in the body can cause you to force the qi to enforce blockages or force them open before it's appropriate causing more health, energetic or emotional problems. If you practice your qi gong and movements softly and gently the energy will flow where it should NATURALLY. It will flow through and strengthen open areas, flush sick areas, and gently penetrate blockages when appropriate. The mind and body has certain defensive mechanisms that will protect you until you're ready. Take emotional traumas hidden within our muscles and energy fields. As we practice and get stronger the qi will gently loosen these areas until we're able to let go or face them. Forcing them to open before we're ready or strong enough does deeper damage. Most qi gong teachers see this fairly often with students too eager and practice everything they read from some of the qi gong books on the market. The secret Master Yueng taught that night . . .

**Natural, everything must be done gently and naturally.**

Andy

### TAIJI & AIKIDO CARTOON STRIPS

A cute Taiji cartoon huh? Jeanne Shepard has been doing an Aikido cartoon strip for quite some time. She has given me permission to include them in the club newsletter. Last newsletter I included a page. Considering most of our club members are Taiji some didn't get the Aikido references. Jeanne put her creative efforts and talent into a Taiji version, isn't it great? Due to space and mailing costs I'll do my best to include at least a strip of each.

A super thanks Jeanne

Andy