



Xin Qi Shen Dojo



Dojo Open House Sept. 23rd

With lots of hard work and support from club members the dojo started looking like home the last week in August. One Saturday we spent 3 hours ripping up the linoleum, 1/2 of a Tuesday night Taiji session was spent cutting and placing carpet, and slowly it began to take shape.

Mike Holstein (aka Bagua Mike) saved us tons of time painting by taking time from his work to spray paint the dojo, it took 2 hrs. I'm grateful we didn't have to do it with rollers. In the works is a bookshelf for the book and video library by David Miller.. In addition Kathleen Dolan has donated a beautiful stoneware planter to spruce up the front of the place. I'm overwhelmed and grateful for everyone's work and support. It's our dojo, not mine or just a place to workout. It's our new home to practice, study, research, and perfect the art and ourselves.

I consider it already a success with the pre-interest for weekend

workshops which we weren't able to do at the old place. I'll be doing a series on Xing-I Quan, Roger Cloutier will be doing the 5 Animal Frolics and Bob Iden has a series of basic to advanced push hands this fall. Early next year we have Dave Harris doing a free hands workshop, Michael Gillman a push hands and book signing (Michael's second book is available this fall). Other projected workshops by Master Gao Fu, Master Yueng, and John Camp. Check the workshop page or on the web site for more details. Be sure to pre-register. Don't just show up for the sessions since there are minimum and maximum enrollments.

On September 23, from 11-5 we will have an open house for friends interested in seeing the place and seeing what we do. There are no 'formal' demonstrations planned but several spontaneous practices.

Expansion: In addition to the expanded class times and subjects we have a new instructor and class.

John Kanetomi will be teaching a childrens' and a teens' Aikido class Tuesdays and Thursdays. John has been in Aikido since the mid 60's and was one of the founders of the Washington Aikikai. John taught me how to learn and 'steal' the techniques of our teacher's back in my younger days.

Instructor's class is another new addition. Once a month I'll meet with the assistant instructors and advanced students (6 years +) to cover club guidelines, teaching methods, training techniques and philosophies of the arts and the dojo. The purpose of this is to improve the quality of the dojo.

Xie Xie

Andy



Wind Over Water

The Dojo at Bandon

By Kim Ivy

Bandon has been a bit of a mystery ever since I joined the club. I would hear stories of the beautiful environment, of training for hours on the beach, of Master Yueng climbing rocks. I would see photos on the old dojo refrigerator and the website, but moreover, I would always hear the question, "are you going to Bandon?" Finding it difficult to create real opportunities to sink deeply into a training experience in my daily life, when the chance to spend three days in this mystery place came up, I thought, 'why not?' On August 6, I took off to make the drive, curious if Bandon was more than just a place to get good cheese.

Coming into town at dusk, I was immediately overtaken by the sound of the ocean and the feel of the wind. This is not just the purr of gentle waves lapping up on a local beach or a breeze at dawn. These two elements combined give rise to the penetrating roar of omnipotence. Immediately all the fragmented thoughts that usually take up space between my ears began to respectfully recede. After seeing some friends who also just arrived, I checked into my own room, and leaning over the balcony, I saw what would become our dojo for the next three days. It was late by now, and gazing out across the beach bonfires into the watery dark, the ocean's bellow beckoned me into the days to come.

Dawn was somewhat blanketed by mist. This was the week of the lowest tide of the year, and the different tribes of rock were very accessible. I learned from Jay that each rock formation, dominating and powerful, has its own story. With him as our guide, several of us explored the normally underwater caves a bit before class. We met a multitude of starfish and anemone that live at the base of those giant storytellers. Stepping out from their secrets to begin training, it was clear the only way to pay respect to their presence was to practice sincerely.

Over the next three days, the practice sessions were rich and diverse. The sandy dojo floor was excellent for Baqua circle walking with Andy, and the circles we created remained on the beach for most of the day until the tide washed them away like so many Tibetan mandalas. We had plenty of opportunity for humorous moments with both Andy's soft hands and Bob's jazz push hands practices. Finding just the right wind break rock, practicing T'ian Shan Qigong with Master Yueng was wonderful. As well, he was very generous in the afternoon session sharing his expertise with applications. I enjoyed beginning the day behind "big windbreak" rock, with a stretching qigong set, having a chance to practice with my fellow students and meeting new friends from Spokane and California. There was also an Herbs for Healing class with Jan and an I-Ching session in the afternoons.

The Bandon Dojo was large enough that we could attend classes or practice by ourselves and with friends. (We could even skip it all together and sleep, which many of us did at least once or twice!) Whether it was a group class or individual practice, at any given moment, in between the rock formations, on the dense but shifting sand, one could see a student practicing. I will forever have the images of Master Yueng's applications class in the foreground and Annie by Dog rock practicing her Chen in the background. Or of Bob's Push Hands class grouped inside of "small windbreak rock" with Jim over by the bank practicing his Omei Qigong. Or of our morning group behind the big windbreak rock doing our K'ai Men with Gene and Joel practicing their weapons in front with Andy warming up at their side.

My favorite moment, however, was Saturday evening. After the potluck, Andy suggested we go out to the night beach and practice. The clouds and mist were thick and the tide was moderate. The rock formations had an even larger presence that night as the remainder of dusk melted into the ocean. As darkness fell towards us, silhouettes of taiji figures arose out of the landscape. Rhythmically moving with the wind and the ocean, each person melted and folded and sharpened into their own forms. At that moment there seemed to be no separation between intent and movement, between elemental nature and human being.

Several days later the Bandon experience remains in my body and I understand a bit better what the mystique is all about. Like the ocean and the wind that create sand from rock, even a few days as a human in that environment, I can feel myself changed; softer and more receptive. I hope that for at least a few more days the peace that the experience created lasts. And though I have just finished washing the dojo sand off my shoes, as I practice my form, deep in my mind there is that echo of omnipotence reminding me of the Bandon Dojo. Oh, yes, and there is also very good cheese in my refrigerator.

Check out Kim's web site at:

A Weekend In Bandon

By David Chaus

The wind spirits must blow in Bandon because they hear voices in their heads saying, blow, and they will come. Or maybe it's the other way around: by doing T'ai chi on the beach we are performing a Wind Dance, and because we do it the Great Wind Spirit grants us the wind.

Blow the wind does, although not as much this year as it did last year. My first taste of the wind was when I flew in to the Coos Bay/North Bend airport Friday night, the small turboprop buffeted by winds, shrouded in clouds even as the landing gear lowered, leaving me to wonder exactly where the sky ends and the hard ground that was evidently approaching rapidly begins.

Then, descending from the clouds, there was Coos Bay below, the plane banks hard right, buzzes a few houses and lands, pulling up to the terminal almost as soon as it slows down. (For those who are curious, the round-trip airfare was about \$196.00).

Awaiting me in the terminal was Barry and Molly, a half hour of pleasant conversation later I was checking in to my room at the Sunset Motel, about 10pm. I dropped my bags in the room, walked down to the beach, and just drank it all in for a while before returning to settle in for the night.

As I missed Friday's classes, I can only assume that they were as great as the rest of the weekend. Kim's Kai Men Chi Kung (known hereafter as the Kim Torture) was a great stretch first thing in the morning. And Kim's bubbly enthusiasm (she may hit me if I say "perky") was infectious. It was a lot of fun to have her with us this year.

Bob's push hands classes were eye-opening, I picked up a lot in the sense of understanding that you first yield in the direction that your opponent is taking you, then countering in a perpendicular direction. Doing it all slowly forced me to be aware of so many elements, instead of falling into habits.



Master Yueng again led us through a session of Tien Shan Chi Kung, and then (as he did last year) surprised us with an applications class, demonstrating with Andy's assistance not only hand holds but also stepping patterns. His knowledge, skill, warmth, enthusiasm and generosity make the trip to Bandon worthwhile.

And then there's Andy, leading classes in Bagua Walking Meditation and Roushou (applications). As always, informative, spirited, fun classes.

While I didn't attend every class, the benefits of getting out of town, going to such a beautiful and powerful place, practicing form by daylight and by the fog of the evening, having potlucks with friends, makes this weekend one of the year's highlights.

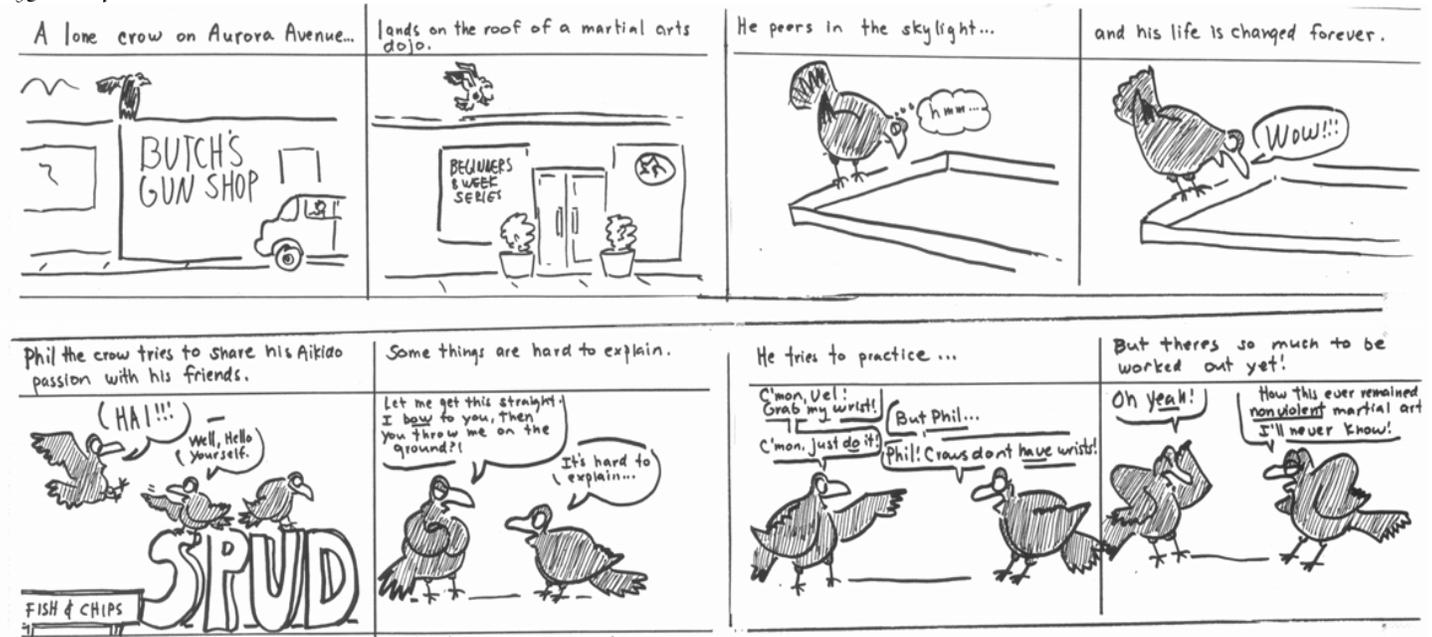
I don't think I will ever forget the look on Andy's face as Barry presented him with the calligraphy that we had all contributed to as a Dojo-warming present. (A round of applause to Kim and Barry for conspiring nicely to bring this about.)

And thanks again, Andy for making this annual weekend something we all look forward to.

To cap off the weekend, Ruth and I went kayaking before leaving Bandon Monday morning, and the seals we encountered just outside Bandon as we headed up the Coquille River, diving into the water from the beach with a noisy splash or bobbing their heads up about 10 yards away from the kayak, all made for an excellent end to the weekend.

After Ruth dropped me off at the North Bend airport, I wandered over to a park, walked over to some tall grass is the brush overlooking the bay, and lazily lay in the sun, got up after an hour or so, practiced my form for an hour or so, and then walked back to the airport to catch my plane.

A very good weekend.



Lake Crescent Energetic Retreat

The third year in a row and another success. Picture it: on beautiful Lake Crescent learning Qi Gong from Master Yueng, Taiji eneries from Master Gao Fu, Push Hands from Bob Iden and Michael Gilman, Yoga from Panela Mellis, and Bagua meditation from me. And deer wandering though the as the classes were taught.

As usual the food was good and the company and participants were super. The only unfortunate thing was that the weather wasn't warm enough to swim, but perhaps next year.

Start making plan for next year. Jay and I topped the weekend off with a visit to the Hoh Rain Forest, only 1 hrs drive away and well worth it.

See you there next year.

Andy

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 Beginning Chan Ssu Gong
10:00			Yang Taiji continuing			Chen Taiji form work
11:00			Private instruction			Misc.
Noon		Private instruction				Instructor's Class 1st Xin-I 3rd
4:30		Children's Aikido J. Kanetomi Instructor		Children's Aikido J. Kanetomi Instructor		
5:15		Teen Aikido J. Kanetomi Instructor		Teen Aikido J. Kanetomi Instructor		
Evenings						
6:30	Beginning Aikido Taisho	Beginning Yang Taiji Basics	Beginning Qi Gong Zhan Zhuang meditation	Beginning Bagua Inner Palms	Aiki Jo 1st & 3rd Friday	
7:00						
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						

