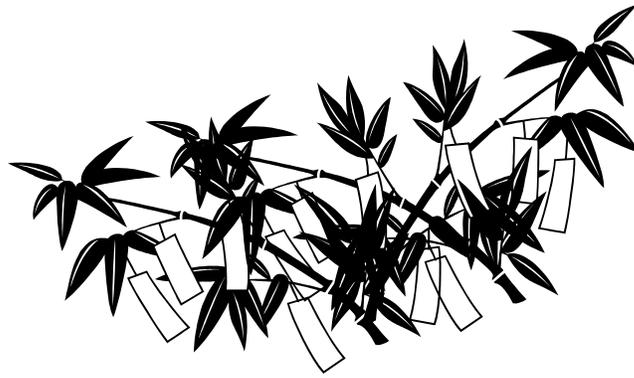


Xin Qi Shen Dojo



Energy Addiction

Just like anything else, moderation! As mere mortals it's easy for us to become addicted to anything that makes us feel better or distracts us from our daily grind.

In all these arts, like anything else, it's important to keep things in perspective and seek balance. Are you an energy addict?

Whether we practice the internal arts or just Qi Gong, if we have a sensitivity to energy it can lead us down a difficult path. Just like being hyper-sensitive to noise or fragrances, developing a sensitivity to energy can make it difficult to function in daily life. It wouldn't be bad if you lived up in the mountains with minimal or little exposure to other people or city life, but being bombarded with the various personalities, energies, and activities of daily living can make things difficult.

Plants grown in a protective greenhouse can't immediately be put outdoors. There has to be a period of hardening off so the plants don't go into shock when exposed to the outside temperature. If they aren't then the plants will either die or be stunted and set back.

Those who are energy sensitive need to develop a sense of center (Tantien) more than the rest of us since this is a stabilizing factor. They need to develop their physical training so that the 'pipes' are strong enough to endure the bombardment of surrounding energy. The mind needs to

center in the Tantien so there is a calmness, regardless of the energetic situation.

In my experience I've met a number of 'energy bunnies' and psychically gifted individuals. Though many of them were very powerful energetically, they were socially fragile. Personally there are some Qi Gong methods that I can only practice twice a week, since practicing them makes me hypersensitive to my surroundings. It's like trying to do some task while someone has their radio blaring at a high volume. It can get to a point where you can't ignore it.

Xin-I-Qi-Shen: Body-Mind-Energy-Spirit is the focus of our club. Living in a physical world it's important to keep our bodies strong and healthy. It's also important to make the body a secure haven for our mind and a mental storehouse for our energy. The discipline is equally important. In the internal arts we focus our mind, our attention, in the Tantien, the spot in the lower abdomen just below our navel. This is our physical center, our energetic melting pot.

The more we expand our energetic horizons, the more it needs to be our mental root if we care to remain sane and functional.

Warning signs: Do you get overwhelmed by others easily? Do you need a safe space while in a group? Do you feel times when the energy is too much? Do you feel buzzed or too warm? Do you feel like you need time out or time to gather yourself while in a group situation often?

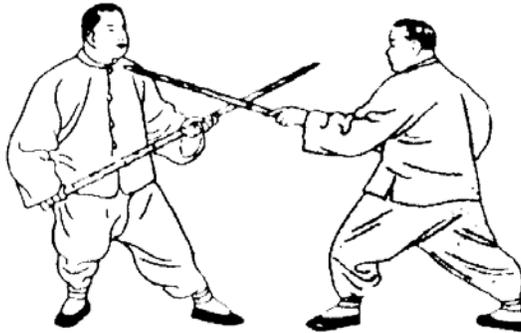
The bottom line is being able to function without needing the 'time outs' to continue. A purpose of the internal arts is to improve the quality of our life, not make things more difficult.

INSIDE THIS ISSUE:	
<i>Energy Addiction</i>	1
<i>Tricks vs Integrity</i>	2
<i>Tuishou etc.</i>	3
<i>Misc.</i>	4
<i>Workshops</i>	insert

Tricks vs Integration

In the last newsletter I compared our practice and coming to classes to a tuning fork. As we practice we center and relax our body, mind, and spirit. The skills we gain are really next in line. If practice wasn't pleasurable and nurturing to an extent we'd find something else that makes us feel good to practice.

The reason we come to the arts and study them is as varied as every one of us. We come with the hope of gaining strength, of better health, of self-defense, of healing abilities and greater energetic senses. What we need to keep in mind is that we are actually working towards finding and strengthening ourselves and building a strong center.



you don't focus on, "I will not think about this. I will not think about this." You focus in a new, different direction.

In the martial applications, as well as energetic methods, we are working on becoming ourselves and making ourselves stronger at the core level. We only have minimal control of ourselves so how could we possibly control our environment or others? Just try not to be angry when you're mad, or unhappy when you are sad. There are many things in life we have to 'deal with' but the more we try to change them or manipulate them the worse it gets. I think part of our lesson is just letting go, take a breath and check in to 'us', then move forward as best we can in the situation.



Often I'm asked, "If my partner does this, what technique do I use to counter?" or "If I'm around someone with bad energy, how to I block them?" or "How can I ground if I feel hyper?"

Though there may be tricks or techniques that can help, you don't get stronger using tricks. Strengthen yourself through perseverance and consistent practice, then trust yourself. Play by your own rules, make yourself comfortable, don't try to change what's outside of your control.

If there is a foul odor it's hard to ignore it. You can make a face to express your feelings. You can try to ignore it by thinking of something pleasant. You can hold your nose or remove yourself. The more you try to do something about it the more you'll notice it and it will be controlling you and your reactions. What about noticing it, acknowledging it's there and just getting on with what you were doing or your life. If you try not to think about something

A healer doesn't heal. A healer gives a formula for the body to begin to heal itself. A few months ago we had Jared Randolph giving a lecture on teaching and learning methods. One of the topics he talked about was 'Build your own ladder.' The fact is that we're brought up comparing ourselves to others, trying to achieve things our parents or friends tell us to do or have accomplished, instead of figuring out what we, ourselves want. We're told we should become this, we begin to think we should become that, or achieve that or fit into other's expectations.

This is life, deal with it. It's not about control, defense, attack: It's about finding ourselves and living life from our center, positively and strongly.



TUISHOU - DALU SANSYOU - ROUSHOU

In the martial arts, each art has its own unique and preferred method of developing applications and partner drills, specifically hand skills. The most famous of the martial arts are Wing Chun with its Chi Sau followed by Taiji Quan with its Tuishou. However, each system does have its series of hand training. Take for example the Preying Mantis system, which has an extensive system of trapping hands that is hidden from non-Mantis practitioners. Before continuing on with this article I'd like to remind you that one isn't better than the other, it's the dedication and gong fu of the practitioner that determines if their art works or not. (more on this later)

TUISHOU (*push hands*)

Push Hands is originally the property of Taiji Quan. Though different systems of Taiji may have slight variations, the emphasis is the same; to train the primary energies of Peng, Lu, Ji, An. These energies are considered the core of all Taiji applications. Though in the Yang Taiji method they also refer to specific postures these energies are actually ways of dealing with force, an attack, or countering an attack. In some Taiji systems this is the first step in learning applications, followed by Da Lu and San Shou. In others this is the only training used for applications and fighting.

I think it's amazing that hundreds of years ago someone came up with this refined exercise to train hand techniques, sensitivity, centering, and relaxation. In order for Tuishou to be effective it requires a relaxed, light touch instead of brute force. In order to practice correctly the movements all relate to the waist, requiring the practitioner to loosen

up, sink, and have body integrity so the hands express the power rooted in the feet. The range of Tuishou varies much. In some methods only pushing is permitted while in others, after learning the basic patterns, strikes, grabs and qin na (joint locks) are part of the practice.

Now a days there is sport Taiji which emphasizes Tuishou tournaments. As with all sports there are rules as to what is acceptable within the game. Points for how far one is pushed out of a circle. Points off for moving feet or grappling. Only permitted to push certain areas. Qin Na is definitely a no as well as nerve grabs etc. Sport Tuishou definitely develops a strong root, body alignment, and a tenacity in applying the techniques.

The uniqueness of Tuishou, if practiced correctly, is that it does develop entire body power as well as refined energy-release that we can't develop any other way. Pushing instead of striking enables you to completely let go, and go for it without worrying about serious injury to your partner.

Though there are Tuishou walking patterns, most train Tuishou in a static or semi-static position. By semi-static I mean just one step sliding back and forth. Tuishou emphasizes the hands not really the feet in applications.

If you've had the fortune of pushing or touching someone of Master Tchoung Ta Tchen or Feng Zhiqiang skill you know that the skill that Tuishou develops is not merely physical or application oriented. It's definitely an energy and a psychological and neurological application as well. When attacking Tchoung, his touch was so soft and cotton like that it drained ones' strength and power. It pulled the plug on strength due to the gentleness and

kindness of the touch. This is just before you found yourself airborne slamming into the back wall. The same with Master Feng. Master Feng has a feeling of looseness that's like standing on a slippery sheet of ice in tennis shoes. You feel completely awkward and unstable. At the same time, with Master Feng, there is a sense of immense power like a warp core that can explode anytime without effort.

Though Tuishou practice is mainly in pushing and pulling, the power issued can be quite frightening and dangerous at a high level. Masters Yang Ban Hou, Chen Fake, and Yang Cheng Fu were all know to throw students and challengers so hard they were knocked unconscious either hitting a wall or the floor.

Now the range in Tuishou teaching and practice varies a lot. There are schools that primarily emphasize the sensing and listening skills instead of pushing or attacking. Preferring instead to focus on the defensive aspects or just the relaxation and health aspects the Tuishou develops. There are schools that primarily use the Tuishou to work on body alignment and structure instead of the sensitivity and listening skills. There is the sport Tuishou for competition and metals, and there is Tuishou that emphasizes the techniques for self-defense. Another aspect of Tuishou is socializing, practitioners getting together and chatting as they practice. I've heard it's very common since it may be the only gathering practitioners have outside of work in Asia.

Tuishou is no longer in the domain of Taiji Quan. The value of it has been adopted by many Bagua, Xing-I, or other martial artists to improve and develop a higher degree of sensitivity for combat. *Next issue Da Lu*

SUMMER IS PRACTICE TIME!

When it's not raining, all summer sessions will be in the park, join us.

Since we won't be limited to space :, even if you aren't enrolled in a particular class you might want to come to the park and practice during the other classes. It always seems to be easier to practice with a large group than by ourselves so take this opportunity to add an extra practice session, enjoy the park and the trees at the same time. It will also give you an idea what the other classes are like.

REMINDERS:

↳ Make sure I have your current phone and email. If the weather is poor or iffy I usually email class members before the class where we'll be.

↳ Bandon Retreat is the first weekend in August (what many of us live for each year). Each year we have more participants and teachers. Check out the online listing of events.

↳ BAGUA WEAPONS FOR SALE -

Crescent Knife \$35.00 @ pair
Bagua Needles \$35.00 @ pair
contact Andy: dojo@wuji.com

↳ August Dues 1/2!

Due to workshops August will only be 1/2 month instead of closing for the month. Classes will be mid-month: Aug 12-24. There will be other workshops so check the workshop sheet. Also I'll need help with dojo fix up, mainly painting if you have time.

September Changes:

Club Dues increase \$5.00

Also starting September, Wednesday night will be a basics/Qi Gong/beginning session 6:30-8:30. In order to keep the momentum of the ongoing classes beginning will be taught during this session. Once basics are strong they will filter into ongoing classes.

Future Wednesday Curriculum:

Autumn: Emei Qi Gong - Tian Shan Qi Gong
Winter: Fa Sung Gong - Chan Si Gong
Spring: Nei Gung Bang - Bagua Qi Gong
Summer: Zhan Zhuang - Tree Qi Gong
more information on workshops page

Congratulations



Derryll

On being the third club member to achieve a teaching certification in Chen Style Taiji Quan.

WUJI.COM
8316 8th Ave NW
Seattle WA 98117



September Changes

WEDNESDAY BASIC TRAINING CLASS

Autumn: Emei Qi Gong - Tian Shan Qi Gong
 Winter: Fa Sung Gong - Chan Si Gong
 Spring: Nei Gung Bang - Bagua Qi Gong
 Summer: Zhan Zhuang - Tree Qi Gong

Starting September the club will shift gears in its set up.

When new member join a group/class they tend to slow down the momentum of the intermediate and advanced students in that group since beginning members require so much more time. In order to keep the quality up in the existing classes there will be a single class for all new members to learn basic qi gong, principles, and training before joining existing classes. Wednesday night will be a basics class as well as a qi gong session. It will no longer be only a qi gong session. The second hour of the Wednesday session will be instruction in the basics of Taiji or Bagua, whatever the new members are interested in working on.

This will permit the existing classes to move at a faster more advanced pace. The time I'd usually spend with new members will be devoted to partner work. We will only do a 15 minute warm-up before moving into form work or partner work depending upon where the group is. For members interested in pursuing Qi Gong in-depth I highly recommend Kim Ivy and Cedar Acosta.

September all club dues will increase by \$5 to keep up with rent increase.

Mindfulness

There is one instructor to the group/class/session. The larger the group, the difficulty factor increases. If there is only one person receiving instruction it's easy for the instructor to give 100% to that individual. As the number of members increase it's impossible for the instructor to give each member, during a session 100% even though each member demands 100%. The more students, the more dispersed the instructor becomes. Also, the more students, the larger the drain on the teacher. Especially ones that aren't attentive.

- ↳ **ALERTNESS!** Pay attention during classes. It's very common for a teacher to have to repeat themselves during a session merely because someone wasn't paying attention. I'm not including members who have difficulties in getting a particular movement or instruction, or feel they are 'slow' in getting a lesson. If you see a student receiving instruction in a move you have questions on, join the lesson, ask at that time while on the subject.
- ↳ **TRUST** the instructor to be teaching and guiding your progress. Teachers will correct the most important detail first. When it looks like you can handle more, more will be added. Some things need to bake. If you are part of a group then it's your responsibility to practice between sessions to keep up. If this is difficult then you should drop back to an earlier group.
- ↳ **TIME** is limited in classes so keep questions brief and to the point. Statements and conversations during class reduces instruction time and can also derail the teacher.
- ↳ The Xin Qi Shen Dojo has 45 members weekly. 7 classes a week and 16 individual sessions per week in those classes. This does not include private lessons. 35 of those members are 'thirsty' for information. I'm not saying don't ask questions, just be mindful.

BANDON DOJO TENTATIVE SCHEDULE AUGUST 2-5, 2002

Time	Friday	Saturday	Sunday
9:00 am	Jade Body Qi gong Kim	5 Animal Frolic Roger	Feldenkrais Body Awareness Carrie
10:00	Application Drills Andy	Chan Si Gong Derryl	Zero Force Push Hands Bob
11:00	Active Step Push Hands Ken	Bagua Drills Joel	Sticky hands
Noon	Mid-day break (rest, practice, visit, explore, play tourist)		
1:30	5 Animal Frolic Roger	Nei Gung Bang Andy	Chan Si Gong Derryl
2:30	Zero Force Push Hands Bob	Earth-Wind-Fire-Air Jay	Jade Body Qi gong Kim
3:30	Sticky hands	Feldenkrais Body Awareness Carrie	Active Step Push Hands Ken
6:00	Feldenkrais Body Awareness Carrie	Jade Body Qi gong Kim	5 Animal Frolic Roger
7:00	Chan Si Gong Derryl	Zero Force Push Hands Bob	Balance & Kicking Methods Gene
8:00	Push Hands Gene	Active Step Push Hands Ken	Energies: long & short Andy

Sessions:

- ↳ Sessions will run \$5 or \$10 per session.
- ↳ Sessions are open to all levels, beginning & advanced.
- ↳ Instructors may be available for private lessons.
- ↳ Questions? Andy: dojo@wuji.com
- ↳ **MASSAGE**
Roger Cloutier will be bringing his massage chair for those interested in scheduling a massage treatment. [book early](#)