

# Xin Qi Shen Dojo

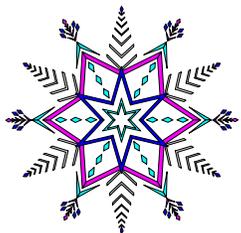
## CHEN TAIJI FESTIVAL

- ▶ Hun Yuan Qi Gong
- ▶ Chan Si Gong
- ▶ Fa Sung Gong
- ▶ Taiji Bang
- ▶ Solo Form corrections
- ▶ Basic Principles
- ▶ Push Hands
- ▶ Applications
- ▶ Basics of Pao Chui
- ▶ Sword

*See workshop page*



Bandon Dojo August 2-4, 2002



There is a beginning. There is no beginning of that beginning. There is no beginning of that no beginning of beginnings. There is something. There is nothing. There is something before the beginning of something and nothing, and something before that. Suddenly there is something and nothing.

*Chuang Tse*

Something can't come from nothing. Take a small piece of paper. Cut it in half. Take a half and cut that in half and cut that in half and keep cutting each half in half. Take that half and smaller with each cut. Even though it looks like there is nothing left, there is still half of the last piece and so, there is never nothing, there is always something even though we may not be able to detect it. What is it?

## Wuji

INSIDE THIS ISSUE:

<i>Wuji</i>	<b>1</b>
<i>On Guard</i>	<b>2</b>
<i>Six Harmonies</i>	
<i>Graduation</i>	<b>3</b>
<i>Workshops</i>	<b>5</b>
<i>Student Descriptions</i>	<b>6</b>



Master Feng, Andy, Sam

### DOJO 2002 CALENDARS \$12.00

Each month has pictures of instructors connected with the dojo, grandteachers, and dojo event. \$12.00

January 2002						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# On Guard!

*Relaxed but not limp  
Firm but not stiff  
Rooted but not heavy*



Master Tchoung Ta Tchen

Sayings from the Yang family writings. Within the martial arts, many times the lessons were coded or abbreviated. Coded phrases were often so 'outsiders' wouldn't understand the true teachings. Other times it was, and is used in modern times, to cover several principles. Sayings such as: "keep the 3 bows" are an example of this.

One of our big problems has to do with the translations. Most instructors in Taiji or Bagua are now using Chinese terminology instead of the translations since one Chinese word may translate into a page of explanations. One of these important words/attitude/posture is *Peng*. If you look through most of the English books on Taiji you'll see it simply translated as Ward Off. In Yang Taiji it can refer to the posture in the picture of Master Tchoung, but it also implies an "attitude of being" instead of a specific posture. Ward Off is truly inadequate for *Peng*.

Reading through some fencing manuals I found a better translation: On Guard! We could possibly also use ready/alert instead of Ward Off. *Peng Jin* (Peng energy) may have the effect of warding off pressure or an attack, but it's the result of the force against it. It 'wards-off' only because a force is applied to it. A well inflated tire or balloon seeks to maintain its shape, only when you apply pressure or force to it does it 'kind of' push back trying to maintain its shape - its fullness. *Peng Jin* is the core energy and principle of all internal arts. It's relaxed but lively, it's firm but not hard, it's solid but not stiff.

Our attitude/posture in all movements should have *Peng*. To me that is an on guard, alertness, and liveliness while practicing. Mentally it's Zanshin, maintaining an open awareness. A top athlete actually has to have *Peng* in order to move effectively. *Peng* is a physical, emotional, and mental state, on-guard and ready. Even with this as a new translation, using the Chinese name is best.

手與足合  
肩與胯合  
肘與膝合  
心與意合  
意與氣合  
氣與力合

## Six Harmonies

1. Hands coordinate with the feet
2. Shoulders coordinate with the hips
3. Elbows coordinate with the knees
4. Heart harmonizes with intent
5. Intent harmonizes with Qi
6. Qi harmonizes with strength.

Regardless of the internal art you are studying, the Six Harmonies are basic principles to all arts. Except for rank beginners, you should know these principles inside and out.

Generally there are two views of the Six Harmonies. Very often when the Six Harmonies are referred to it's primarily physical. Hands+Feet+Elbows+Knees+Shoulders+Hips=6, the first 3 in the list above.

The list above is the more traditional view of the Six Harmonies since it also deals with mental and energetic Harmonies/Coordination.

When a Xing-I person refers to the Six Harmonies it's the complete list above that they strive for. In Taiji classics the last three are sometimes grouped at: I Ling Qi, Qi Ling Li or Intent leads Energy, Energy leads Power.

## Up and Coming

### NW Taiji Push Hands Championships

Saturday March 16, 2002  
Restricted step  
Sponsored by  
Gilman Studio  
Port Townsend, WA  
(360) 385-5027  
[www.gilmanstudio.com](http://www.gilmanstudio.com)

### Push Hands Workshop

with Michael Gilman  
Saturday  
January 19th  
1:00-3:00pm  
\$25.00  
Xin Qi Shen Dojo  
*See workshop page*

# Graduation

By  
Victor Crandal

I wish to announce the graduation of my sole student, Jim. After 2 ½ years of dedicated practice Jim is moving from San Diego to Las Vegas.

I met Jim in the park next to my favorite practice tree. I arrived one afternoon to find him performing the teacup exercises with actual teacups. I watched him a bit and we started talking about Ba Gua. Jim had studied Ba Gua with Mike Patterson for 2 years. He moved, didn't drive because of poor eyesight, so couldn't make it to Mike's classes. For 3 years he had been practicing by himself in the park. He showed me what he could do. I showed him what I could do. He asked and I agreed to teach him what I know. So that is how I acquired my 1st San Diego student. Initially we met 5 nights a week for a year, then cut back to twice a week. In 2 ½ years Jim learned the inner palms, 8 mother palms, Beijing old 8 Palms, Wu Shu Flowing Palms, elements palms, Beijing 8 animals 3 levels, Dragon Palm, Liang-I, and the short staff 1st set. In addition we would practice the 8 traditional chi kung, palm strikes, whipping exercises, and partner drills. Jim has an excellent ability to pick up forms rapidly so I was able to show him a lot in a short time. We are both fond of the partner drills and some nights would do these exclusively. Jim is a big 6 foot 250 lbs, but shaped like a pear with short arms. His body doesn't fit well with the classical Ba

Gua so we had to modify the lower hand guard in order to afford practical protection. His size and thick legs prevented him from ever getting very low in

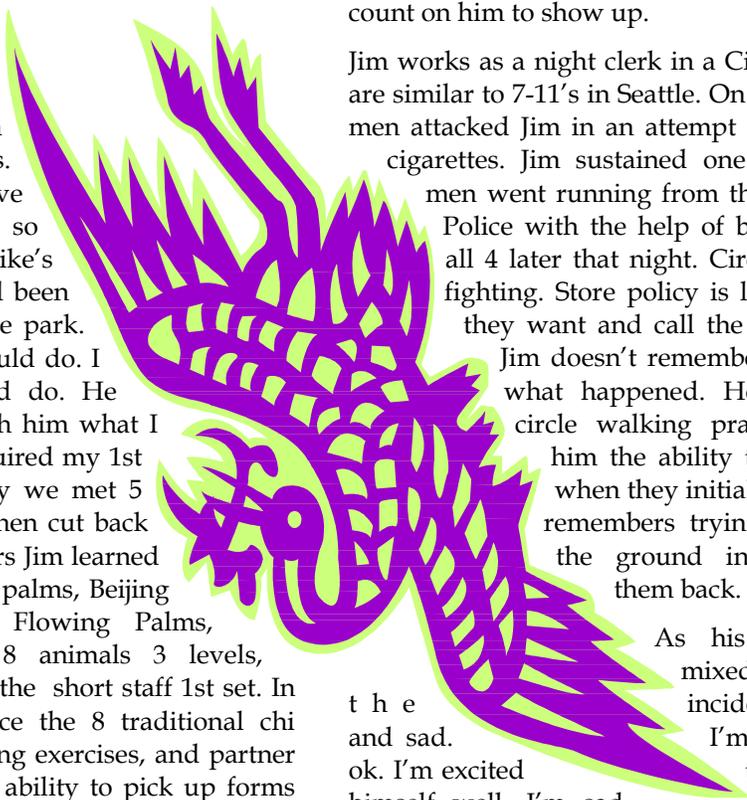
circle walking practice. Sometimes the form would suffer because his body just couldn't bend or move that way. However, through it all Jim loved to practice and was a dedicated student. I could always count on him to show up.

Jim works as a night clerk in a Circle K store. These are similar to 7-11's in Seattle. On October 1st, 4 teen men attacked Jim in an attempt to rob the store of cigarettes. Jim sustained one black eye. The 4 men went running from the store screaming.

Police with the help of bystanders arrested all 4 later that night. Circle K fired Jim for fighting. Store policy is let them take what they want and call the police afterwards.

Jim doesn't remember too much about what happened. He does credit the circle walking practice with giving him the ability to stay on his feet when they initially hit him. He also remembers trying to put them on the ground instead of striking them back.

As his teacher I have mixed emotions about the incident. I am excited and sad. I'm glad he survived ok. I'm excited that he handled himself well. I'm sad that he had to fight at all. The incident has become graduation day for Jim. He is taking his firing as an opportunity to change his life and pursue a new career in Las Vegas. After all Ba Gua is about change. Good luck and may God's blessings be with you Jim.



Swift as wind  
Fluid as water  
Centered as Earth  
Fierce as Fire  
Solid as Wood  
Sharp as metal

Move as light and swift as the wind,  
Fluid, smooth like water.  
Balance as stable and constant as the earth.  
Our actions light and fierce as fire,  
sometimes as solid as wood.  
Like an Eagle,  
awareness as sharp as metal

# 2002 Winter Xin Qi Shen Workshops

January 19th,  
Saturday 1:00-3:00, \$25

## Push Hands

Michael Gilman  
At: Xin Qi Shen Dojo  
8316 8th Ave NW  
Seattle WA 98117  
Registration: [dojo@wuji.com](mailto:dojo@wuji.com)  
(206) 283-0055  
Pre-registration required \$10.00  
Limited enrollment

Michael will cover basics of push hands and introduce principles, rules, and requirements for the upcoming NW Tai Chi Push Hands Championships. Some push hands experience required.

January 26th,  
Saturday 12-2:00, \$25

## Nei Gung Bang

Andy Dale  
At: Xin Qi Shen Dojo  
Registration: [dojo@wuji.com](mailto:dojo@wuji.com)  
(206) 283-0055  
Pre-registration required \$10.00  
Limited enrollment

A short form combining the movements of the Taiji Ruler and Qin Na stick. The last 1/2 hour will be on self-defense applications of the Nei Gung Bang. The movements of the Bang are helpful for energy work, exercise, and weaponry work. *Open to all levels.*

February 16th,  
Saturday 12-2:00, \$25

## Jade Body Qi Gong

Kim Ivy  
At: Xin Qi Shen Dojo  
Registration: [dojo@wuji.com](mailto:dojo@wuji.com)  
(206) 283-0055  
Pre-registration required \$10.00  
Limited enrollment

Kim will share the enjoyable movements of Jade Body Qi Gong for healing, health, and conditioning. This has been a popular Qi Gong at the Bandon Summer Retreats. *Open to all levels*

February 22-24

## Six Sounds Therapy, 1,000 Hands Buddha

Liu He  
Contact Kim Ivy: (206) 789-0993  
Or: [tigrilily@whidbey.com](mailto:tigrilily@whidbey.com)

March 9th  
Saturday 12-3:00, \$30

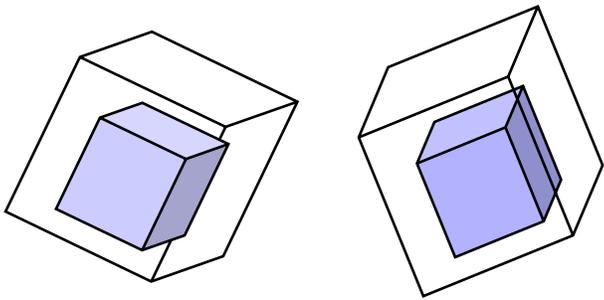
## Push Hands Progression

Andy Dale  
At: Xin Qi Shen Dojo  
Registration: [dojo@wuji.com](mailto:dojo@wuji.com)  
(206) 283-0055  
Pre-registration required \$10.00  
Limited enrollment

This will be a workshop starting with the most basic relation exercises, then moving through as many of the 20 push hands drills as time permits.

**April 13th, 12-2 pm, \$25**  
Xing-I Quan & Striking Forms  
This will be a workshop on the 'energies' of striking. We will cover the 5 Elements of Xing I as well as the striking fists, elbows, and palms of Bagua.  
Xin Qi Shen Dojo May

**May**  
Walla Walla Taiji & wine tour  
Chen Taiji Festival



## WHAT BOX ARE YOU IN?

Whether at the rink, dojo, or workshop, it's not uncommon to hear someone say, "I'll never be able to do that," or "I'll never get it." Frankly, if we're talking about triple axels, back flips, levitation, or full splits this might be true. But most often when I hear it, it's about a movement that is done at such a high level of skill that it looks simple.

Listen to yourself and be careful of what box you build around yourself. From day one; we live in and build boxes that restrict our potential, behavior, or success. Sometimes parents will say something to the effect like, "You not talented enough to . . ." or saying "You look silly . . ." instead of "you need more practice."

Instead of encouragement we get criticism sometimes in very subtle ways that take root and grow. As we grow up there are numerable times when we hear those around us saying similar thing. Eventually we believe them and build a box around ourselves and never dream

or believe we can venture beyond it. We end up with a self image that limits our potential and, most importantly, our enjoyment of life.

We can practice, study, and learn to be the best we can be. The most important point of course is that we enjoy the activity. Though we may not be able to achieve the excellence of a Rembrandt, Nureyev, or Olympic medalist we can practice and achieve our own expertise. I've seen awkward beginners attain a sense of balance and smoothness they'd never thought they could achieve. Weekly I get to see Adult skaters (many in their 50-60's) who have the courage to start skating and are even performing basic jumps! Think about it. In the internal arts the greatest risk we take is perhaps looking foolish. Ice skating, every practice session you risk falling on a hard surface, breaking something or being knocked unconscious, in addition to perhaps looking foolish. The bottom line for adult skaters is enjoyment and the challenge to get better since the

Olympics are out of range.

As we practice our arts and passions, each day of mindful practice polishes and refines our basic skills and expertise. Skill and basics come slowly over a long dedicated practice. A year of practice is a year of advancement that most of the time we don't notice ourselves since it's our own journey. From the outside it's another story. Others can see our progress when we can't. To a beginner a one year student looks advanced! So your Snake doesn't creep down as low as the teacher, your movement may be very skillful for your body frame and commitment time. Whether Taiji, Bagua, Qi Gong or Skating if your hope is to look like your teacher, or some master then re-think why you are practicing. Enjoy the beauty of the experts in their practice and set your sights in that direction. Don't waste your time on comparisons or saying 'Never' just work on getting as close as you can.

*Actions speak  
Louder than words.*

### SHOW ME!

Master Tchoung would ask, "You understand?" If we'd answer, "I think so" he'd get mad and say, "Yes, No. No I think so."

Having taught for quite some time I seldom listen to students when they say they understand. Often times someone 'thinks' they understand or confuse understanding with recognizing, knowing or doing. What I do is watch, look, and see. I look to see what the body understands or *if* the body understands. I look at body movements for consistency with the lesson, I look for self-corrections. It's the self-

corrections that really let me know that the student really understands the corrections, movements, or the principles.

Most of the time we need to struggle with a movement or explore it before we really 'get it' or understand it. When a movement is first taught there is a baking time required before it becomes body knowledge. Body knowledge only comes after many, many repetitions. Too much information or new movements only slow down the time that the body really gets it. Mentally and physically we can only handle so much at a time. Simplicity in movement and information lead to a quicker absorption of the lessons taught. Remembering isn't knowing. Performing and doing is knowing.

**XIN QI SHEN DOJO  
STUDENT DESCRIPTIONS**

- BEGINNER** - new member
- STUDENT** - members 6 months or more. Working on basic forms and movements.
- INTERMEDIATE** - students, over one year, working on forms, partner work and weaponry. Intermediate students demonstrate working on the principles of the art, not merely the movements and forms
- ADVANCED** - students whose body language demonstrate consistency in basics body alignment and principles of the art, smoothness in movements, and gentleness in partner work.
- INSTRUCTOR** - students completing the entire system including: qi gong, solo forms, partner work, weaponry, and fast forms. Usually 5 years or more.

**CONGRATULATIONS**  
Master Gao Fu finally has received  
her Green Card!  
**HEN HAO!**



Wuji.com  
8316 8th Ave NW  
Seattle WA 98117

