



# Xin Qi Shen Dojo

*Xing-I Quan  
sessions  
Wednesdays  
6:30-8:30 pm  
Spring/Summer  
only*

## Canes & Nei Gung Bang

Custom Made  
by Dale Ellyson

These canes are made of purple heart wood so they can endure great impact. Specially made for our Taiji & Bagua Cane solo and partner forms.

Canes \$90 Bangs \$50

In addition Dale has made Bagua Crescent Knives and Bagua Needles also available from wuji.com

### LOWER WOODLAND PARK DOJO

As the weather becomes warmer classes will be moving to our usually spring/summer spot in lower Woodland park.

We will have classes here unless it's raining or the ground is wet. Be sure you have my cell phone number if the weather looks iffy.

Also be sure I have your current email so I can notify you prior to class.

Classes are just west of the 50th street tennis courts by the circular drive. We're between the tennis courts and Aurora Ave N. We are very visible from the street. New members be sure you know where this is.

### INSIDE THIS ISSUE:

<i>Shame On You</i>	1
<i>Character of Forms</i>	2
<i>The Three Powers</i>	
<i>Chen Taiji Forms</i>	3
<i>Books</i>	4
<i>Workshops</i>	insert



## SHAME ON YOU!

At the 1996 Taiji Conference in Vancouver, Canada, Master Tchoung Ta TChen was the last presenter. Whereas everyone else during the two-day conference got up and either taught or lectured on their style or theory, Tchoung's message was different.

First he started talking about the great benefits of practice and the importance of our health. Then he started mentioning all the reasons students give about why they don't or can't practice.

"If you have time to shower, brush your teeth, and go to the bathroom in the morning you have 10 minutes for practice. EVERY DAY!" "This is for our health and well-being. Daily practice is important if you want to be healthy as you grow old."

Then the next excuse was, "I don't have enough room to practice." So to prove his point he had a desk moved onto the stage and did the entire short form on the desk. No excuses, just practice.

In Taiji there's a little heard-of saying that if you have 4 square feet you can fit the form in. This takes some stepping in place but it isn't very different. The same is true for Bagua, Qi Gong, or Xing I Quan; a small space isn't an excuse for not practicing.

The excuse I've heard also is: "I didn't want to practice wrong." Well that's what class is for, for corrections and refinements. Any practice is better than no practice. Mindful practice is better than just going through the moves. Careful study is better than just mindful practice. A workout is better than a practice. But the key is PRACTICE.

How else will you remember the moves?  
How else will you develop any skill? How else will you get any better?

Ask yourself if you are getting results from your practice? Also, do you enjoy practice? If not then find an activity you look forward to practicing and be consistent.

## The Three Powers

Heaven-Earth-Humanity  
Head-torso-legs  
Yi-Qi-Li  
Xin-Qi-Shen  
Ming-An-Hua Jing  
Static-fluid-free  
3 tanitien  
Past-present-future  
3x3=9 the nine palaces

The three powers or three palaces are a symbolic way of expressing some of the core principles, practices, strategies, actions, mechanics, and concepts of the internal arts.

Physically we can talk about the three palaces of the body: legs, torso, arms. Each of these also has their own three. The legs have ankles, knees, and hip joints. The arms have wrist, elbows, and shoulder joints. These are all part of the six harmonies. The torso has the three tantien.

They also relate to the three methods of learning and teaching: body, energy, spirit of advancement and practice in the internal arts: static-fluid-spontaneous.

In strategy for applications there are many weapon sets using the three palaces to teach high, mid, low attack and defense and how they assist or neutralize each other. On another note the three also relate to energetic and emotional levels. Yi-Qi-Li is a core principle of the internal arts. Intent leads Energy leads Strength.

The three powers very often are used to express a sense of balance. The center always maintains its position like the hub of a wheel. Our center maintains its position by the counter balancing of our arms and legs. Lastly, it also represents mindfulness. Learn from the past, set goals for the future, but be in the present. Alert.

## The Character of a Form

A good craftsman or artist puts more than mere technique into their work. They infuse the art with energy, heart, and spirit. The artwork is an expression of their creativity and soul. When you see art you are also seeing a glimpse of the artist.

Much the same way are the arts and forms we are learning, practicing, and studying. Even though the Bagua methods I've studied come from Cheng Ting Hua, a student of the founder, the various forms I teach are from 4 different students of his, and their students. Though called the same 'style' there is a clear difference in technique, energy, and movement patterns per sub-style. As I practice each I find the differences fascinating. Even when performing the same movement from one style to the next. This difference I see as the expression and personality of the individual who created or taught the form.

Simplistically one may not have been as flexible as another. One preferred swimming body movements compared to the dragon body or Xing-I execution of the movement. On a similar note when practicing our Yang Taiji system I can feel Master Tchoung's energy, power, personality, and movement. Likewise, when working on the Chen 48 Taiji Form I can feel Master Feng's silk-reeling and character.

There is a history with each posture, form, and art. On a deeper level we are all practicing forms descendant from the art's creator. There is an energy and character that carries through these art forms, unique to each branch. An art form solely based upon destruction will carry that type of energy and attract like-minded individuals. Similarly an art form created to polish an individual's spirit, health, and energy will draw students who are interested in self-improvement.

Similar things happen with our view and performance of techniques and self-defense applications, not just our solo forms. Mike brought me a tape of a recent Aikido Friendship Demonstration. This is where different Aikido and Aikijujitsu styles and interpretations come together to demonstrate their take on the art. Over the course of the Aikido founder's life his art changed as he matured and aged. It went from a fairly rough, active, brutal art to a smooth minimal movement method. Many of the different Aikido methods stem from individuals studying with the founder during a certain period of his life, and the instructor teaches this period of Aikido which he learned, though this isn't necessarily the rule. This tape had some of my Aiki teachers in it as well as student/instructors representing some of my old teachers.

I found it interesting how the character and flavor of the individual's teacher was expressed in their applications even though they may have personalized it a bit. There were some who would pout and grimace as they threw their attackers down or performed a form. There were some who seemed to pretend to be samurai meeting a foe. And there were others who were smiling and seemed happy in their techniques. From my perspective the ones smiling had equally as strong applications and techniques as the others, yet they didn't seem to brutalize their partners in the performance.

Next time you practice keep in mind that perhaps 200 years ago there was a highly skilled individual who was creating this masterpiece or template that we are able to benefit from today! Can you feel their personality? Would they smile or cry?

# Chen Taiji Quan Forms

What to call it? 48x2, Chen Symmetrical Form, 96 Form?

True to the influence of Grandmaster Tchoung and my other teachers I've messed with the standard form. I may not have made it better but I feel I've made it definitely balanced. Of all the martial arts, Taiji Quan historically is the only lopsided one. This is true regardless of style and lineage. Bagua, Xing-I, most Qi Gong, all kung fu and Wushu methods (except for weaponry) are balanced. You learn to do and practice all the movements on right and left sides. With the exception of the modern Wushu Taiji forms and Master Tchoung's Yang form, Taiji forms favor the right side. Punches are only done right handed (there are NO left punches), grasping sparrow's tail only right sided, with only a few movements done left and right.

Physically, mentally, and energetically this creates a weak link, and definitely a muscular imbalance. Imagine only lifting weights with your right hand. What about only doing right foot leg raises?

Anyhow, year after year, though I love the Chen Taiji form, it's always felt incomplete, so last year I spent time in my practice to find ways of including a left punch, a left kick, etc. It's worked out, if I do say so myself, into a logical symmetrical form that follows the progression just like Feng's standard 48 form. This is now our club's Chen Taiji 96 form.



Grandteacher  
Teacher

uncles & aunts (teachers classmates)

Older brothers & sisters

Brothers & sisters

Younger brothers and sisters

This is the traditional hierarchy of a typical martial arts club.

With each level there are certain responsibilities.

The younger ones should be helped, looked after, and nurtured.

Your siblings are to practice, share, and encourage.

Your elders are respected for their dedication and accomplishments and asked for help, advice, and corrections.

## HISTORY

There is no original form! The first form done may have been the original, but each generation since has added or modified the 'original' long form, the I Lu. This is true in all styles of Taiji Quan and other internal arts as well. Also, there were never any short forms until the last 50 years or so. These were all invented for the modern era so people would either have time to practice as they worked or it would be easier for the teacher to teach. Short forms are the fast-food of Taiji.

The 48 form was created by Grandmaster Feng from the I Lu (long form) that he learned from Chen Fake. The brilliance of the 48 form in my opinion is that it does follow the choreography of the I Lu so that afterwards if you wanted to learn the I Lu it was easy. Most other short forms have re-arranged the movements of the I Lu to shorten it. Master Feng just omitted the repeated movements but didn't omit any other movement from the long form. The average long form takes 20-30 minutes to complete, short forms are 5-10 minutes. Our 96 form is now a long form again with the movements repeated on the left side.

My apologies to those training hard on the 48 who have had to splice the left side into the 48, but it's much better for your body as well as possible applications.

---

Xing Yi Quan Xue

By Sun Lu Tang

Trans by Albert Liu

Compiled & edited by Dan Miler

An excellent book! If you're a practitioner of the internal arts you should know the name Sun Lu Tang 1861-1933. Sun is responsible for the popularity and the first public writings about the internal arts practice and principles. Though this is a translation of his Xing I book the first part of this book is about his life, studies, practice, training methods, and friends. Known as one of China's top martial artists he studied Xing-I with the great Guo Yun Shen, Bagua with Cheng Ting Hua, and Taiji with Hao Wei Zhen. All legendary masters of the arts who created their own styles and influence many even today. Sun evolved the Sun style Taiji toward the end of his life to incorporate the footwork of Bagua, body maneuvers of Xing I, and softness of Taiji. Thanks Tom Campbell for donating the book to the dojo.

## REMINDERS

PAYING ON TIME KEEPS THE  
DOJO OPEN AND CLASSES  
ONGOING  
and of reasonable size.

Each September as the rent  
increases per rental agreement  
the club dues will also increase.  
Dues will raise \$5.00

### THANKS!

To those letting me know of  
mistakes on the clubs web site.  
Since I do the site myself in  
addition to the newsletter,  
workshops, teaching and  
managing the dojo it really helps.  
I may not be able to get to it asap  
but at least it's on a list of to-do.

### WORKSHOPS

Remember to sign-up for them!  
If there are less than 5 signed up a  
week prior to the even it'll be  
cancelled.

WUJI.COM  
8316 8th Ave NW  
Seattle WA 98117



## BOOKS IN THE LIBRARY

Here are a few excellent books recently donated to the dojo library. The excellence of these books isn't in their pictures or how-to but in listing and describing the basic body, mind, and energy requirement we should follow in order to gain skill in any of the internal arts.

**CHEN STYLE TAIJIQUAN: The Source of Taiji Boxing** by Davidine Siaw-Voon Sim & David Gaffney

Though a Chen Taiji book, part of this book covers all the basic structural requirements for all arts in addition to practice and skill levels. Of special note is that it has the most complete history of the founding and basis of Taijiquan. It delves into the historical climate of the Chen family before the founding of Chen Jiakou (Chen village) and the evolution of Chen Family Taiji Quan.

**WARRIOR'S OF STILLNESS Vol 1&2** by Jan Diepersloot

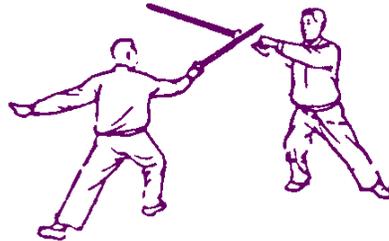
The first book is on Taijiquan and the second volume is on Xing I Quan. Principles and theory of practice as well as stories of the great masters. These books deal a lot with standing meditation.

**BAGUA JOURNALS**

This magazine is now on the dojo book shelves. This is the most complete collection of Bagua writings, history and myths. They contain research and interviews of living legends of the art. There is no other traditional art this lucky to have such detailed information. You can buy a CD of all volumes from [www.plumflower.com](http://www.plumflower.com). Bagua students should already have their own copies.

**XING YI NEI GONG** compiled by Dan Miller & Tim Cartmell Another book for all internal practitioners. This book covers basic requirements of body and mind for success and skill in the internal arts.

wuji.com  
SPRING 2003  
WORKSHOPS



⇒ **Taiji Cane**

Saturdays, 1-2:30pm, **April**, \$70 for non club members  
(weapon experience required)

⇒ **Xing-I Quan**

Wednesdays, 6:30-8:30pm, **May-August**, \$70 monthly for nonmembers

⇒ **Chen Taiji Sword Review**

Saturdays, 8:30-9:00 am, **May**, \$10 per session (\$5 club-members)

⇒ **Partner San Tsai Sword Review**

Saturdays, 8:30-9:00 am, **June**, \$10 per session (\$5 club-members)

⇒ **Neigung Bang**

Saturday, 1-2:30pm, **June 7th**, all four sections review, \$25.00

⇒ **Bandon Retreat**

**August 1-3rd**, Bandon Oregon

wuji.com  
Xin Qi Shen Dojo  
8316 8th Ave NW  
Seattle WA 98107  
dojo@wuji.com  
(206)234-6604

## IN THE PARK

Weather permitting the morning classes will move to lower woodland park. If in doubt call! 234-6604  
The phone is turned off during class times.  
Map to park is below.

## TEACHING CERTIFICATION

Congratulations to Ruth Pattison! Ruth has been studying our Yang Taiji system since the 1980's. Before joining the club she studied with Gene Burnett, a certified teacher of the club, and attended almost every workshop we had available. Ruth is well experienced in the entire system especially 7-8-9 and the Taiji cane.

Not one to call attention to herself she's a great help in working and teaching the sanshou 7&8. This certification has been long overdue. Congratulations Ruth. So far Ruth is the 14 club member to receive a teaching certificate from the club.

## ROUSHOU SIGN-UPS

Roushou translates as 'soft hands'. The purpose of this class is to develop self-defense skills based upon the principles of Taiji and Bagua. Learning to move out of the way of an attack, learning to develop sensitivity to an opponent's movements and force, learning to flow and surf the opponent's force. We're not learning to be martial artists in this class but to flow with force.

Unlike the other class sessions this class has a very strict progression and curriculum that requires regular attendance. Also, there is a month to month progression of partner drills that go for a year. If

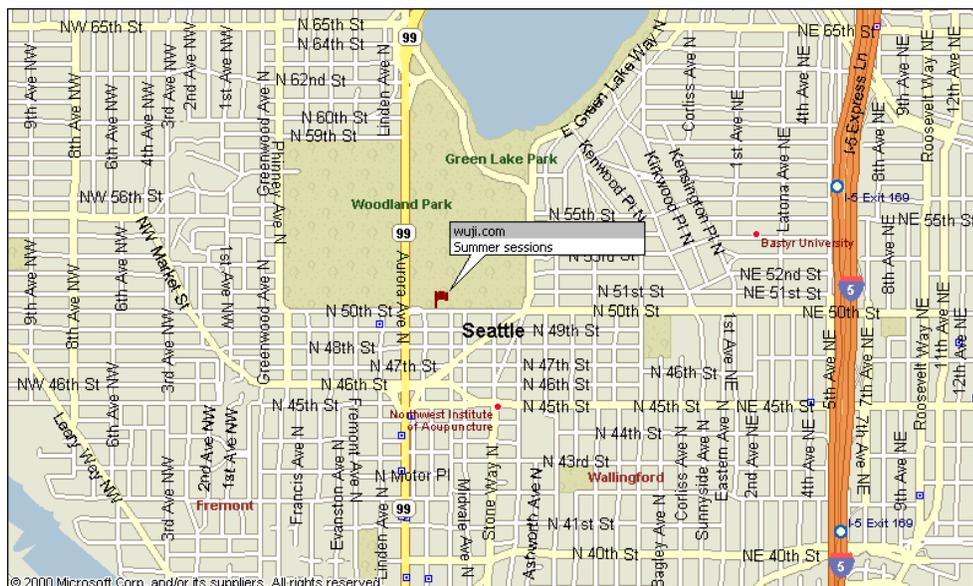
you are interested you can sign up for the next group. I need at least 5 people to start a new Roushou beginners group. This class is restricted to club members only.

## PROFESSOR ZHANG JIE

while in China for the last year has studied intensively with Master Guo Lin a Qi Gong method to help cancer patients and is claimed to protect one from Cancer. You can contact the professor at: 368-0699. Professor Zhang teaches a variety of Qi Gong and the Cheng Ting Hua Nine Palace method of Bagua.

## Club Certified Instructors

- |                                 |      |
|---------------------------------|------|
| 1. Bruce Brown-Yang Taiji       | 1994 |
| 2. Gene Burnett-Yang Taiji      | 1994 |
| 3. Joel Hartshorne-Yang Taiji   | 1994 |
| 4. Victor Crandal-Bagua Zhang   | 1997 |
| 5. Chris Matthews-Yang Taiji    | 1997 |
| 6. Cedar Acosta-Yang Taiji      | 1997 |
| 7. Joel Hartshorne-Bagua        | 1997 |
| 8. Cedar Acosta-Qi Gong         | 1998 |
| 9. Russ Fish-Bagua Zhang        | 1998 |
| 10. Chris Laliberte-Bagua Zhang | 1998 |
| 11. Cedar Acosta-Chen Taiji     | 1999 |
| 12. Tom Flener-Chen Taiji       | 2002 |
| 13. Derryl Willis-Chen Taiji    | 2002 |
| 14. Ruth Pattison-Yang Taiji    | 2003 |



The street intersection is: 50th street & Woodland Park Ave. We are visible from the 50th street by the picnic areas.