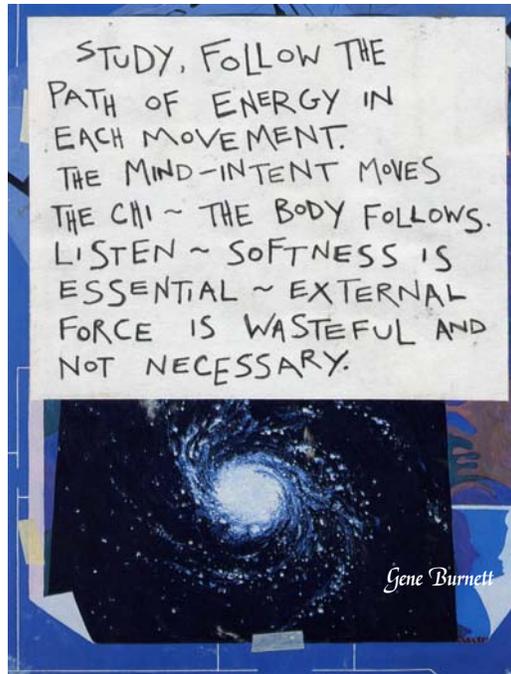




### EVERYONE TO THE PARK!

Summer is the time to enjoy the outdoors and practice! Don't be shy, just go to a local park and work-out. If this isn't comfortable then come to lower Woodland park and practice during one of the ongoing classes. It's easier to get motivated when others are practicing. It'll also give you a chance to see what the other classes are like. If you're not in the north end the Five Willow Taiji group usually has morning sessions in Volunteer Park, or just find a nice spot where you won't be noticed and just make a regular habit of practicing an extra evening or day of the week during summer.



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### ON THE WEB

More and more schools are developing web sites and putting helpful aids online.

Scott Mullen, one of Harvey's advanced students, has put up a great help for those learning our Yang Taiji system. He has photos and small video clips of section one at: [www.dotaichi.com/ScottMullen/](http://www.dotaichi.com/ScottMullen/) Click on class review

Also, Michael Gilman has photos and instructions for those studying the Yang Cheng Fu Taiji system.

### ON DVD?

Over the next year I will be slowly working on putting all our club semi-instructional tapes on either CVD or DVD. This will help preserve them in addition to making it easier to have clearer images with the stop/still/go function for studying the forms.

### WEB SITES TO VISIT

[www.seattletaiji.com](http://www.seattletaiji.com)

[www.dotaichi.com](http://www.dotaichi.com)

The next web site, though an Aiki Bujitsu site, has wonderful material on practice attitudes, respect, teaching, and more. Take time to browse it's pages.

[www.niagara.com/~zain/](http://www.niagara.com/~zain/)

### SUMMER EVENTS

- Kootenay Retreat
- Bandon Retreat
- Chen Xiao Wang Retreat
- Seattle Taiji Bagua Fest
- Lake Crescent Retreat
- Walla Walla Bagua
- Internal Arts Fest
- see workshop list

SEPTEMBER 2003  
NEW BEGINNING CLASSES  
YANG & CHEN TAIJI  
BAGUA ZHANG

# PERFECT YOUR MOVEMENTS PERFECT YOUR FORM

Though the forms we do are the 'shell' of the arts we still need to focus attention and mindfulness on all actions. Not only should each movement be a meditation unto itself, each movement, each posture should also be complete and sharp. Since my teaching method goes from 'feel' the movement to arriving at the form instead of working on form then the feeling, things can get or stay sloppy.

One of the common mistakes I see is practitioners going through the forms and slurring one posture into another or short-cutting the postures. In group practice do you find yourself ahead of the rest of the group? This might be the reason. In the Yang family writing it states, "all postures must arrive before moving to the next." One basic reason for this is being in a hurry to get through the form or to the end of it. More commonly there is a misunderstanding of two sayings from the classics.

*"There must be no holes or breaks" and "The entire body is strung together smoothly."*

## SU TING FEI TING

This principle explains continuous flow of movement. Su Ting Fei Ting means that the movement outwardly appears to stop but internally the energy continues and never stops. I see it as each movement 'drifting' into the end of the posture instead of abruptly stopping, then proceeding onward. It's like a trampoline, if you slow a jump down it may look like at the top of a jump you stop, but actually you drift to a pause before coming back down. You don't just go up, stop in mid air, then come down.

## ATTENTION TO DETAIL

We learn these forms and movements in order to study the principles of the internal arts and polish our inner connections, structure, energy, and movement. However we should also look upon these postures and forms as artwork and try to demonstrate the 'perfect' postures as our own particular body can. As we do that we will naturally 'suspend the headtop', 'sink the qi to the tantien', or conform to the 3 curves and 5 bows. By paying attention to the clearness of each posture we also have to understand and pay attention to our center: the hub of our own wheel. Each posture should be like a flower in the process of blooming. When fully open the flower has beauty, shape, and distinctness yet the petals are still soft and alive.

We are not going for competition prettiness here but to exhibit the particular energy or attitude that the posture is meant to display which also relates to its function. Think of a cat about to pounce on a cat. What about that of an eagle looking for food, or a meerkat standing as a lookout?

Linger a little longer at the end of your postures just to feel the energetics and correct any minor misalignment. At this time you should also feel the energy coiling into the ground preparing the movement for your next posture.



### A Note To New Members: Don't Overdue!

Don't try to do too many things or learn too many arts. Keep in mind first you should enjoy your practice and the session. However, each class has its responsibilities-the first is to keep up. The pace in the beginning sessions isn't very fast but over a period of time you're expected to know quite a lot of the drills and warm-ups. This means you need to practice. If you fall behind in one session it's easy to catch up, but if you are taking several sessions it becomes overwhelming. Start with one art for the first year to focus your attention and practice. Then, after a year if you want, venture into another art. The more you take on the more is expected of you and the longer it will take to develop any skill since your time will be diluted among the different arts.

### WHAT TO LOOK FORWARD TO:

As September comes there will be a whole new group of beginning classes in the dojo. Evening sessions will move inside since the daylight hours diminish. If you started classes this spring you will filter into the ongoing sessions if you haven't already done so. What this means is you are expected to know the basic warm-up and beginning forms.

- Yang Taiji group should know the E'mei Qi Gong, basic drills and much of section #1 of the Yang Form.
- Chen Taiji group should know the Nei Gung Bang routine and much of section #1 of the Chen Form.
- Bagua group should know the Bagua Qi Gong, inner palms, and walking patterns.

Once we move inside, due to limited space, all will begin the session with a warm-up workout instead of instruction. Knowing the basic drills will give you a body vocabulary to proceed and merge as one group to study the art.

**PRIVATE LESSONS:** Monday mornings are my time for private lessons. Due to limited time I only book private lessons for form corrections or intermediate/advanced students. We do have several highly skilled instructors in the club who also offer private lessons:

- Joel Hartshorne for Yang Taiji, Bagua Zhang, Roushou, and Emei Qi Gong
- Don Scott for Yang Taiji, Xing-I Quan, Emei Qi Gong
- Tom Flener for Chen Taiji, Chan Si Gong, and Nei Gung Bang

**ADVANCED CLASSES:** Roushou and Tuishou. Roushou means 'soft hands' and this class works on hand techniques and applications. Tuishou means 'push hands' and focuses primarily on developing sensitivity skills and working with a partner's balance (whereas Roushou is striking and self-defense). These sessions are only available to club members. They require that you've had some partner work in the other classes so I can see how well you play with others. If you are interested in any of these session email me and I'll put you on a list. There needs to be a minimum of 5 to start a new group.



### CONGRATULATIONS RIKKI SCANDORA!

As the 4th club member since 1974 to be awarded a teaching certificate in Bagua Zhang. Rikki has studied intensively with the club for 5 years. Prior to that she studied basic Bagua with Chris Laliberte for about 2 years. Rikki's accomplishments include: Bagua Qi Gong, Zhan Zhuang, inner palms, several styles of 8 changes, applications and hand drills, Dragon Palm, Liang I, and several weapons. Her Crescent Knife form is excellent and her certification well deserved.

### WORKSHOPS

#### July 12-13th, Push Hands with Chris Luth

Info: Blake Emery (360) 825-7554

#### Aug 1-3, Bandon Retreat Bandon Oregon

Info: [www.wuji.com/  
Bandon2003.htm](http://www.wuji.com/Bandon2003.htm)

#### Aug 2-7, Chen Taiji with Master Chen Xiao Wang

Info: [www.embracethemoon.com](http://www.embracethemoon.com)

#### Aug 17-23, Kootenay Tai Chi Retreat Kootenay Lake, Nelson B.C.

Info: [www.retreatsonline.net/  
kootenaytaichi/](http://www.retreatsonline.net/kootenaytaichi/)

#### Aug 23, Seattle Taiji Bagua Celebration

#### Aug 29-Sept 1st, Energetic Retreat Lake Crescent, WA

Info: [www.gilmanstudio.com](http://www.gilmanstudio.com)

#### Sept - Bagua Workshop Walla Walla WA

#### October – Internal Arts Festival

### Revenge!

When you get "ads" enclosed with your phone or utility bill, return these "ads" with your payment. Let the sending companies throw their own junk mail away.

When you get those "pre-approved" letters in the mail for everything from credit cards to 2nd mortgages and similar type junk, do not throw away the return envelope.

Most of these come with postage-paid return envelopes, right? It costs them more than the regular 37 cents postage "IF" and when they receive them back.

It costs them nothing if you throw them away! The postage was around 50 cents ! before the last increase and it is according to the weight. In that case, why not get rid of some of your other junk mail and put it in these cool little, postage-paid return envelopes. One of Andy Rooney's (60 minutes) ideas. Send an ad for your local chimney cleaner to American Express. Send a pizza coupon to Citibank. If you didn't get anything else that day, then just

send them their blank application back!

If you want to remain anonymous, just make sure your name isn't on anything you send them.

You can even send the envelope back empty if you want to just to keep them guessing!

Eventually, the banks and credit card companies will begin getting their own junk back in the mail.

Let's let them know what it's like to get lots of junk mail, and best of all they're paying for it...Twice!

Let's help keep our postal service busy since they are saying that e-mail is cutting into their business profits, and that's why they need to increase postage costs again. You get the idea !

If enough people follow these tips, it will work---

I have been doing this for years, and I get very little junk mail anymore.

(Andy Rooney on spam)

## Club Certified Instructors

1. Bruce Brown-Yang Taiji 1990
2. Gene Burnett-Yang Taiji 1990
3. Joel Hartshorne-Yang Taiji 1990
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
15. Rikki Scandora-Bagua Zhang 2003

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