



Xin Qi Shen Dojo

WUJI.COM
8316 8th Ave NW
Seattle, WA 98117

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Expanding and Growing



As with all things, nothing remains the same. All life is in a process of change, growth and transformation, not growth and death. Some things grow and improve in a logical progression, others morph and evolve into other directions.

The club is no different. Outgrowing our various studios we're now ready and forced to expand again. Each location and space has limited and set the teaching schedules and contents. Once we have the new addition to the dojo there will be more freedom

as to class curriculum and contents.

First of all we will be able to have regular beginning sessions until the club again maxes out the space. It took us two years to do that last time due to the fortune that when members join, not many leave.

Second, and best of all, is that we'll be able to have members working at different levels within the same session. As some are working on solo forms, intermediate members will have space to work on tuishou, roushou, sanshou, and perhaps weaponry.

Third, we will have enough room to work on weapon forms during the winter. This winter we will polish the saber forms learned last summer.

In addition, look forward to various workshops on weaponry.

This is your work, thank you. The success of the dojo is the direct result of all club members: attitude, dedication, effort, and energy.

2005 will be my 31st year since beginning this club. Over the years there have been several changes in my teaching, emphasis, and direction of the club. In addition to the expansion of our physical space I also plan on continuing changes that I started last year.

Over the years, Master Yueng has encouraged me, actually lectured me, not to be so segmented in my practice and teaching of the various arts. As respect to my teachers and

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What's Next?

The priority for club members, aside from basic form work, is tuishou (push hands), roushou (soft hands), and sanshou (separate hands) this winter.

Yang and Chen Taiji members who have finished the solo forms will begin to learn the Taiji Sanshou (partner applications set). This is first taught as a solo

form before you're faced with having to partner it.

Other members will be learning intermediate or advanced forms such as the Taiji fast form section 9 or the Bagua Wu Xing, five elements form. Please remember that any partner work comes with an obligation to keep your practice up in order not to hinder

your other classmates.

Solo forms are learning the alphabet. Partner work is learning grammar, applications is conversation. The larger your vocabulary is the greater your partner's has to be. We can only advance as far as our weakest member. We need to encourage each other to advance further.

What's Up:

- Dojo Expansion
- New Beginning Classes January
- Paint & clean up party needed (stay tuned)
- New club DVDs (see insert)
- Club 2005 Calendar available



Workshops:

- Xing Yi sessions 3rd Saturday every other month
- Basic Push Hands Workshop February
- Saber workshop March
- Basic Push Hand Drills workshop February.
- Check insert or wuji.com workshop page for details.

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Expanding and Growing Continued

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lineage, I've tried to keep each class and art separate, or 'true' to the lineage and tradition I had learned it from. As I practice, especially this last year, the lines blur and the sameness becomes more important than the separation of the arts. Basically I see it all as "Internal Arts" instead of Yang, Chen Taiji, Bagua, or Xing Yi.

Though the basic forms and structural methods will stay distinct in each art, there are forms that will be standard to all students of the club.

When it comes to applications each art has its specialty and strength which, merged together, improves all arts. Taiji push hands merged with Roushou and Chisau adds dimension to each that improves them all. In addition, the brilliance of the Yang Taiji Sanshou, part-

ner applications form, expands the basics of push hands and roushou to include kicks, nerve and wrist techniques, counters and attacks.

So, regardless of the art being studied I will be encouraging Bagua and Chen Taiji members to learn the Yang Sanshou (sections 7&8), and Yang and Chen Taiji to learn Bagua stepping and partner forms. In addition, as last year, the partner Yang Broadsword application set was useful for all members to learn before moving on to the solo broadsword forms. So, regardless of origin, all members of the club will be learning the partner weaponry from the various arts. Yang Taiji Saber, Aiki short staff, Taiji partner spear, or Bagua short staff.

All in all the primary purpose is to improve our skill as

internal martial artists and increase our ability to grow, improve, and develop skill.

Another cross training will be in qi gong and basic warm-ups. The Emei Qi Gong is invaluable for body relaxation and flexibility. The Tian Shan Qi Gong for softness and energy awareness, the Bagua Qi Gong for its energy building, and the Chan Si Gong for its body coordination of strength and dantian training.

I will also be encouraging the advanced members of the club to teach and do workshops to share their own perspective on studying and training in these arts. In addition to studying with me, many of them have a rich background with other teachers.

Lastly, I will also be expecting more from club members. One lesson I had

years ago was that people rise or lower to your expectations. While I was teaching one group it seemed to me that they didn't have much commitment to the class. Being so, I ran the class in a follow me method. After a year this became very difficult for me since most of the members didn't remember even the basic movements. I decided, to hell with it, and ran the class a little more demandingly. Lo and behold the members took more interest and their forms and practice improved dramatically. So . . . get ready for a fun year!

Changing



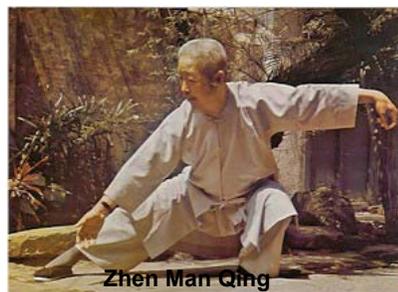
Wang Xu Jin

*Snake Creeps Down
Dragon Dives Into The Sea*

Notice their back knee alignment and toe direction. Their backs are relatively straight giving all the work to the legs, and the arms keeping an extension and balancing each other.



Dong Hu Ling



Zhen Man Qing

Signs of Inner Peace

- Tendency to think and act spontaneously, rather than from fear.
- An unmistakable ability to enjoy each moment.
- Loss of interest in judging other people.
- Loss of interest in judging self
- No interest in interpreting the actions of others.
- Loss of interest in conflict.
- Loss of ability to worry.
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling through the eyes from the heart.
- Increasing tendency to let things happen, rather make them happen.
- Increased susceptibility to Love extended by others, as well as the uncontrollable urge to extend it.

A RICH HISTORY

In November Madame Gao Fu moved back to China. She had planned her retirement, at age 90, to be this winter, but due to the illness and eventual passing of her son she returned in November. (She told me she's hoping to visit in April 2005.)

This started me thinking about how lucky I've been and the members of the club are to still have contact with our masters and grandteachers. Keep in mind that many students only get to read or hear about the skill of their past masters and grandteachers. They don't get the experience of their presence, skill, and teachings.

In the history of our club, members have been lucky to have contact with our grandteachers: Tchoung Ta Tchen, Fook Yueng, Gao Fu, M. Saotome, Sid Woodcock, Bernie Lau, even our great grandteachers (master Feng Zhiqiang, Sado Yoshioka, and Koichi Tohei).

You can read all you want but it doesn't duplicate the experience of being in the presence, having contact with, or being thrown across the room by them.

Master Tchoung passed away in 2000, Master Yueng retired a couple of years ago (though he visits once in a while), and now Madame Gao Fu is retiring.

Such a wealth of knowledge, history, experiences, and, most important, personalities.

I feel it's important for the younger members, those not able to have the experience of the masters, to ask older members of the club about these masters. Each one of us has a different experience and story to tell. You hear enough of me as I'm teaching, but talk to other club members. Ask what were they like, were they really that good? What did they learn from them? Did meeting them change their practice, their outlook?

I can remember the feeling and movement of each of my teachers and grandteachers. Each one was unique. Each one transformed my practice and gave me a greater view of what is possible with sincere practice. It has also set the bar very high, to the point I haven't met many I'd consider as great.

Keep in mind that inspiration and depression are two sides of a very thin line. As I pushed hands with master Tchoung, Feng, William Chen, and Dave Harris, or thrown by Tohei, Rod Kobayashi, Sado Yoshioka, M. Saotome, D. Angier, S. Woodcock, I was both inspired and depressed. Their skill was far beyond my ability but it

showed me what I need to practice, what I was lacking, and most of all what is possible. The sad and depressing side of this is that each claimed their teachers were even better! That is beyond my imagination.

However, I have the feeling, the taste of the experience that directs my practice and dedication.

Joel, Bruce, Russ, Don, Jim K., Francine, Mike U., and many others of the club have stories to tell. Ask them!

Club Library in Jeopardy

First, thank you all who have donated books and videos to the library. Videos and books missing, are they at your place? The club library is slowly diminishing. I believe this is mostly due to those taking videos and books home, then forgetting you have them. Now, when you check out an item, put the information (date, your name, item) up on the dry board. When returning the item erase your name. Some valuable tapes are gone permanently.

- Return tapes in the original box.
- Check out for maximum of two weeks.
- Return the item to the same place or same order if it's numbered.
- Rewind tapes!
- Don't be greedy, don't take more than 3.
- Report damaged tapes to me.



Shihan Lau



Master Yueng



Masters Gao Fu & Feng



Shihan Tohei



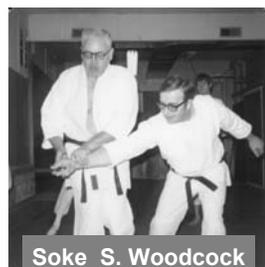
Soke D. Angier



Master Tchoung



Shihan Saotome



Soke S. Woodcock



Discipline, Etiquette, Zanshin

When in class, can you follow? Can you surf the leader's movement and form? Are you paying attention and staying alert? This is all apart of our training.

Now that classes have moved inside it's even more important to be mindful, respectful, and courteous.

Since the dojo is small it's important that we move like a school of fish when we're working on solo forms. Part of our discipline is to listen, not just in push hands but to the energy and movement of the group. This is part of training and developing alertness, distancing, and awareness. On the one hand it's important when doing forms to focus internally on our inner connections, another part of practice is listening to your surroundings. In applications, part of our training is to join and match our partner's punch and movement, this actually begins in our solo form training as we practice as a group. Adapting to the leader's rhythm of the forms.

On another level show respect to whoever is leading, don't go off on your own. One of my joys in the last few years was following Master Tchoung's form. As he was leading, I could feel a wave of energy from his movements, even when I wasn't looking. Instead of doing 'my' form, I followed the flow of his energy which gave me a different insight into the form practice.

Another point is keep in mind that sound travels. If you're talking on a cell phone outside the dojo door we can hear you!

If you'll be missing a class there's no need to call. The only exception to this is the Wednesday morning session since enrollment is small, or if you're taking a private lesson.

REMINDERS:

- No personal conversation during class time.
- Be alert, aware, and courteous.
- If feeling ill or sore during partner work, let your partner know.
- Don't overdo.
- Please pay on time. This is more important now that our space and rent will double. In addition the heat, insurance, and light bill will be reflecting the larger space.
- Sign up for workshops.
Small enrollment = cancellation.

Advice From The Masters

Advice From Dong Ying Chieh

Taiji quan is an internal martial art. Physical strength is stored in the bones and internal energy is stored in the blood vessels. Do not train for strong muscles and tough skin, work toward strong qi and unbreakable bones. Always move in a fluid and natural way and use inborn ability rather than resistance or force.

To practice Taiji quan, sandao must be understood. Sandao represents the three tasks needed for success. The first task to complete is shen or spirit; shen must be unified with all movements. The second task is Yi, Yi is an important part of every movement. The third task is shi, form/posture. Postures must be correct and comfortable. To improve quickly, always apply sandao while practicing. With regular practice changes will occur, be aware of this and examine the changes carefully.

After the form has become fluid, use tuishou to understand the energies in Taiji quan. The way to true understanding of the energies is through practice. Practice with partners will speed up learning. Dummies and punching bags are not alive, so are not considered partners.

Advice From Zhen Man Qing

Movements come from the legs. No movement in the arms is good. If there is movement in the arms, it's not Taiji quan. The movement must come from the legs, to the waist, through the arms, to the center of the palms, and then to the fingertips. Everything moves at once.

Let the Qi handle the body. Use your intuition as to where the movement ends. It's good to visualize the image evoked by a movement. The names evoke the spirit or intention of the move.

Taiji quan has no opinion. It has no intention. It is an idea without motive. It is an act without desire. It is the natural reaction to outside force and not even perceived as such.

In Nature, all are the same. Everything is One. That which attacks is the same as that which counter-attacks. It is the same force - redirected and recycled. When you initiate an ill intentioned move, it all comes back to you. The principles of Taiji Quan are the same principles behind the inner mechanism of the Universe.

The hand should only touch the opponent. If he moves fast, move fast. If he moves slow, move slow. Take space away then attack. One never really wills a push. This must be distinguished from intention. Intention is an objective idea. Trying to push implies mind, desire.



Body ~ Energy ~ Spirit



DOJO STUFF

DVDs available \$25.00

- Chen Taiji Quan
- Yang Taiji Quan
- Bagua Palm Changes
- Bagua Weapons
- Bagua 64 Palms
- Bagua Wu Xing
- Qi Gong Methods (soon)

Dojo Calendars \$15.00

Club Information

Do I have your current email, phone, and address?

Parking

Stay away from the driveways across the street. Even if you're a foot away from the residence have cars towed at the drop of a hat.

Workshop Requests

The Xing Yi workshops series is the result of several club members getting together and prompting the workshop. If 4 or more club members request a workshop it'll happen.

New (great) Library books

- Sun Lu Tang's Xing Yi and Sword books.
- Chen Wei Mind's Sword book.
- Dong Ying Chieh's Taiji book.
- Nei Jia Quan: Teachers of Taiji Quan, Zing Yi Quan, and Bagua Zhang

Several books and videos have appeared on the books shelves. A thanks to those who donated them to the dojo. Please let me know if you add material so I can let other club members know and thank you.

Saber Workshop

Friday, March 4th, 7-9pm \$30

This workshop is for those who had learned the partner saber form and need to re-remember it, polish it, or just practice it.



New Members - New Classes

With the expanded dojo, beginning classes will be offered every three months: January, April, July, October.

The dojo will undergo construction and expansion in January. I am told this will only take about a week once started so we'll figure out how to work around it. In addition there will be slight changes to the club class set up.

Qi Gong Class: Wednesdays 6-7 pm & Saturday 8:30-9:30 am. Whether you take one session or both the fee is the same. Wednesdays Andy will be teaching Chan Si Gong (silk reeling exercises) a qi gong method that also focus on body connection and coordination. Saturdays Tom will be teaching Emei Shan Qi Gong (Emei Mountain Qi Gong), a qi gong method to loosen and relax the body for health and better qi flow.

Yang Taiji Beginning/Basics: Tuesdays 6:00-7:30 pm, Wednesdays 8:30-10:00 am

Chen Taiji Beginning/Basics: Saturdays 8:30-10:00 am.

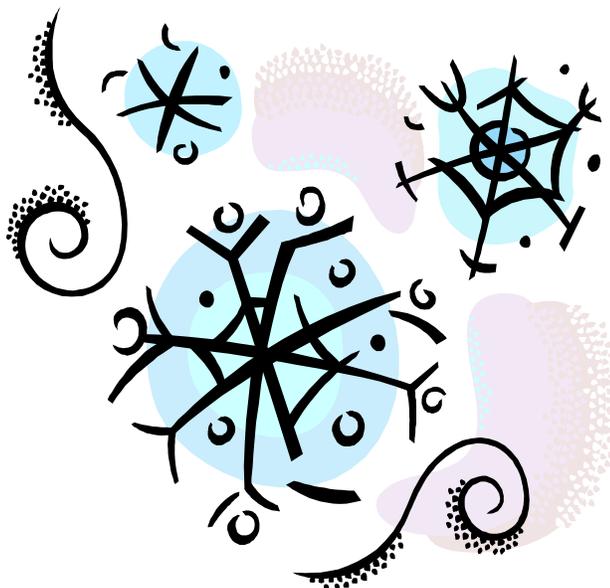
Bagua Zhang Beginning/Basics: Thursdays 6:00-7:30 pm

Continuing Sessions:

Yang and Chen Taiji members will be polishing solo form and continuing onto sections: 7,8, or 9.

Bagua members will be working on the partner application forms and begin the Bagua striking forms.

The club base membership fee is \$80. This includes one style (one evenings class) each additional session is \$10.



Current Dojo Membership Celebrations:

Three years +

- Bill Ross
- Mike Richardson
- John Patton
- Adam Gehrke
- Stepahn Illa
- Shannon Howard
- Nina Molumby

Five Years+

- David Wheeler
- Ed Miller
- Chris Hamm
- Carrie Lafferty
- Jim Woolley

Eight Years +

- Tom Flener
- Jim Doulong
- Anne Walker
- Belinda Frazier
- Barry Lasky
- David Chau

Ten Years+

- Russ Fish
- Ruth Pattison
- Eva Luna

Fifteen Years +

- Bruce Brown
- Francine Seders
- Rick Brater

Twenty Years+

- Jim Kuhn
- Mike Ullmann
- Joel Hartshorne

TERMS TO KNOW

Wuji - the void	Dian Bu - one foot stance
Taiji - Grand Ultimate	Tang Ni Bu - treading mud step
Liang Yi - Two Powers (yin/yang)	Ti Shou - lift hands
Bu fa - basic step/stance	Tui Shou - push hands
Ding Bu - static, still	Rou Shou - soft hands
Hua Bu - sliding step	San Shou - separate hands
Shun Bu - flowing step	
Ni Bu - counter step	<i>Got it?</i>
Tui Bu - rear step	Shou = hand
Shang Bu - advancing step	Bu = foot
Jin Bu - follow step	
Gung Bu - bow stance	in conversation Bu can also
Ma Bu - horse stance	mean No! Bu Hao = not good