



Xin Qi Shen Dojo

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

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Clear Intention

During recent workshops with Bernie Lau and Sana Shanti, a few phrases and 'truths' popped up.

Focus, clear intention, goals, purpose, honest energy. The internal arts all emphasize the power of our mind to direct energy. A power we often forget or don't develop.

Bernie mentioned that in his youth he set goals which systematically came to happen in his life. Many of us have similar experiences of things happening that we had envisioned earlier in our lives. Energetically what happens is as we put energy toward our thoughts we slowly begin to direct energy and momentum in that direction. I'm not talking about merely wishing something happens but really wanting it and able to visualize it. As Bernie said, "Don't just say you want a bike. What kind and color do you want?"

How is your life? Are things moving in a

certain direction? Do things materialize for you? Once in a while I've met individuals or couples who seem to live in chaos. Their lives in turmoil or in a drifting pattern. As with a trip, a vacation, a hike or going to the grocery store, if there's no plan or list things don't seem to move smoothly. You come home from the grocery store having forgotten many things you needed.

Training in the internal arts is only 25% physical. 75% is the discipline of our minds, the centering of our spirit, and the sharpening of our intent. Our thoughts are similar to light waves, they can either be dispersed or finely focused like a laser beam.

The mind has power. Think negatively and things move in that directions. Think healthily and things gain momentum in that direction.

Keep doing what you're doing and you'll keep getting what you've got!

Volume Control

A sign of skill, the sign of a good instructor, the sign of an aware person is *Volume Control!* When you practice with a beginner, making your movements gentle or appropriate for the beginner to handle. When teaching, able to teach at the level or understanding of those you are teaching. When in a situation, able to handle yourself appropriately. This is also a sign of someone with class, fitting in and handling events with 'style'.

The greater your volume control the greater your skill and potential of skill. This is very often overlooked by practitioners of all styles. Having your favorite partner to practice with, not wanting to work with new members, not wanting to slow down for a younger practitioner. Or, showing off for the person you're working with. All inhibit moving to a higher level of skill.

At the same time there are members who are timid or just afraid to work with certain individuals because they are rough or not wanting to slow them down.

We are here to learn and develop skill. This is part of our practice, not merely doing forms and partner drills. Those are the outer shell of our practice. Having the patience to work with someone who is having trouble 'getting it'. Doing a movement gently due to your partner's hypersensitivity to pain. Repeating a movement slower to make it more clear.

Not wanting to get in the way or slow someone down is a very common feeling for all of us when we first begin a class or learn something new. Also being very self-conscious. One of the primary blockages we create for ourselves are:

- Not wanting to look stupid
- Trying too hard to be correct.
- Trying to get too much too soon.

Whether it's a beginning class, advanced class, or mixed class, we're here to help each other and polish our art, our skill, and our spirit. We first and last begin with our attitude.

I always wanted to be somebody when I grew up. Now I know I should have been more specific.

Without a plan you won't get there.

Intent Leads Energy.



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Real Applications

In June we were privileged to have a seminar on Qin Na from Bernie Lau. Participants got an insight into someone who has experienced the extremes of life. Someone who has sailed through calm, turbulent, and rough seas and came out the better for it.

Bernie shared with us, not only the Qin Na and Aikijitsu he had to adapt for real life, but also a life of experiences that many of us would not have survived or at least been sane after experiencing.

This started me thinking about the martial arts, grandmasters, shihans, and experts teaching and demonstrating seemingly magical skills in a fish bowl. Regardless of art there are many masters and grandmasters out there showing smooth techniques and total control of . . . their students and people paying to take their classes and seminars. How many of these masters have been in battle? How many of them have had to use their skills? How many of them only have skill within their dojo or their particular art or dojo? How does this skill transfer into their daily life and relationships?

It reminds me of two incidents in the martial arts world. One a famous fight between a Taiji master and a White Crane Kung Fu stylist, the other a confrontation between two top Wing Chun Kung Fu masters. The video of the Taiji vs White Crane looked like a school yard brawl by nerds, the other looked like a high school brawl when they ended up wrestling on the ground. Whether it was the Taiji, Wing Chun, or White Crane stylist nothing they did looked like the art they were masters of. More importantly their behavior ended up being childish and no skills or gung fu were exhibited. Nothing like the movies and videos we see of Kung Fu and Samurai films.

Bernie was successfully undercover for many years. How many of these masters could have a shotgun at their face and survived? Now that's real. It may not be real life for most of us but it is real life for some. The battlefield. How many could be calm (or at least composed) and centered as they deal with someone doped up and paranoid? With the restriction of not doing permanent damage, how many could keep such control and restraint? Keep in mind a police officer has the restriction of not doing 'excess' damage in the procedure of apprehending someone. Breaking arms, smashing heads to the ground, though efficient and gain immediate control, are not options. Neither is the best self-defense: running away.

This is real martial arts. Not dojo practice, not caged fights (where weapons aren't permitted or control necessary). As we practice our various arts it's important

to realize we are doing exercises, training drills, and polishing our selves and our reactions. We are not fighting or becoming warriors. If put in a dangerous situation let's hope our training and skill will enable us to move efficiently, and that our training will permit our minds to stay alert and not freak out, and that our practice will keep us safe, whatever it takes.

The majority of martial artists talk the talk but can't walk the talk. There are instructors teaching police tactics who have never arrested anyone or have had to deal with any physical confrontations. There are people studying in dojos for that one time when they'll need to use their skill. The only problem is they are practicing with sane, non doped up individuals. As Bernie pointed out it's not merely physical. How can you diffuse a situation verbally and with body language? Will your attitude or body language escalate the situation? Or will your quick thinking diffuse the situation so you don't need to become physical? This is real-time martial arts.

Fortunately most of us won't encounter these situations in our lifetime. There are guns, gangs, and twisted people out there but do we want to spend a large portion of our lives worrying about them? Training in the modern martial arts, in my opinion, is to make each of us able to handle ourselves better and learn to be secure within our own bodies. If your training gives you the agility to jump out of the way of a car, or not to get mad to the point of road rage, or able to sluff off an insult, you've trained well.

Are you happy? Is your training toward becoming centered and comfortable with yourself? Does your practice keep you fit and young? Instead of defending the village our martial arts training now is to strengthen, center, and defend our own selves in this modern day of change. Being able to withstand the daily grind or battle at work without it shortening our lives or the quality of our lives.



Aikido: a different approach

Those who have only studied Taiji or Chinese arts will find the Aikido session quite different. Get ready for a Zen approach. First of all Aikido is taught as a martial art right from the start, contrary to Taiji. What that means is immediately there are expectations of the students. The attitude is "Be alert, watch, listen, do it!"

Etiquette and mindful action is expected from the minute you enter the dojo. Once you enter the door you are here to train. No visiting or chit-chat. The dojo is a place for practice and

study so when you enter you begin to warm up, practice or meditate. Classes are formal. The instructor is always called sensei. We 'bow in' as class starts and you bow to your partner when beginning or finishing a practice.

You learn by doing, not asking or talking, so questions are held until sensei is watching your practice. Talking is kept to a minimum. Follow and do.

You will be expected to be aware of the entire room and other members in or

der to keep practice safe. There is no 'sitting-out' or resting during class. As with life, you're on NOW.

The 'Way of the Warrior' describes class. You are not learning or practicing a technique. You are working on and polishing your mind, body and spirit.

Unlike Taiji, the attitude is one of discipline, not health .



Respect & Etiquette

Common courtesy is all. I don't want to get started on the lack of courtesy in daily life would take several volumes. However, as we participate in events, gatherings, and even work, there are many times a lack of mindfulness and self-awareness.

During the workshop Bernie brought out two items he considered necessary for anyone attending or teaching seminars or classes. One was mouth wash, the other was deodorant!

"The martial arts begin and end with courtesy.

Not merely in action but spirit as well."
Osensei, founder of Aikido

The internal arts focus on being centered, moving efficiently, and on awareness, listening skills. Awareness isn't only being aware of what your partner does but mostly yourself. What effect your movements, attitude, and techniques have upon your partner.

Do you reek? Did you just have tons of onions on your burger before class? Did you just come from a wonderful, garlic filled meal? How do you like practicing with someone who smells? Have you been working with someone who needed a bath? Who had just come from another heavy workout?

Bernie pointed out that we need to be respectful of everyone. Treat people with respect since you don't know where

they've been, what they've been through, or who they really are. This simple task, a simple smile could make someone's day who may just be at their last string. A simple smile or hello could just change the energy of their day.

Now when we're working together in class, in close quarters, it can become very uncomfortable to work with someone smelling of smoke, fumes, or even strong cologne. All it may take is a breath mint before class, or changing the shirt you wore in the bar, or having a practice pair of clothes.

On a deeper level when we are callous of how we treat those around us it is a direct reflection upon our mind and our spirit.

Listening energy, listening skills, Zanshin (awareness, mindfulness), not only applies to techniques and class time. This is our real training, our martial arts or health arts, or spiritual arts. Our daily polishing of our spirit. In fact I believe it's better training than throwing someone to the ground or showing what techniques you can do.

Make friends, not enemies. Bernie talked about how our attitude and body language could escalate a violent situation or de-escalate it. Have you met or seen someone you thought it would great to know? They're very likeable? They're just cool. What better martial art!

Think of the real masters you've met.

Master Tchoung, Gao Fu, Yueng, Bernie. There's a disarming of negativity and a fun or easy going-ness that comes through. The will to fight or attack isn't there and isn't fed. This is the definition of Aiki: harmonizing energy.

As we live our lives our actions create ripples of energy, just like ripples in a pond reaching out to the various shores. Positive energy creates positive and creative results. Violent ripples creates hostility.

Create the life you want by sending out the appropriate energy (messages). Courtesy and common respect gets like in return.

A Lesson!

As we were leaving the dojo after Bernie's workshop we encountered a guy outside the dojo. This guy may not have been homeless but he really looked down and out. I was expecting him to ask for change when Bernie greets him with a, "Hi, how are you." Immediately the guy responds fine and smiles. Next, Bernie comments on the nice jacket the guy had on and a design on it. Immediately the guy perked up and a sense of pride showed. "My daughter sewed the design, thank you." And that was the extent of the conversation. By that time we were getting into the car. The guy continued down the street with a smile on his face.

Xin Qi Shen Dojo Fall Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">Instructor's Class</p> <p>10:00-12:00 first Sunday (open to those wishing to teach)</p>	<p style="text-align: center;">Bagua Zhang</p> <p>10:00-11:00 am (Dale Sifu)</p>		<p style="text-align: center;">Yang Taiji</p> <p>9:00-11:00 am (Dale Sifu)</p>			<p style="text-align: center;">Qi Gong</p> <p>8:30-9:30 am (Dale Sifu)</p>
	<p style="text-align: center;">Aikido</p> <p>6:00-7:15 all levels (Dale sensei)</p>	<p style="text-align: center;">Yang Taiji Quan</p> <p style="text-align: center;">Basics & Solo Form 6:00-7:30 (Dale Sifu & Joel Laoshr)</p> <p style="text-align: center;">Tuishou 7:00-7:30 (Laoshr Hartshorne)</p> <p style="text-align: center;">Corrections 7:30-8:00 (Sifu Dale)</p> <p style="text-align: center;">Partner Form 8:00-8:30 (Dale Sifu & Joel Laoshr)</p> <p style="text-align: center;">Yang Saber 8:30-9:00 (Sifu Dale)</p>	<p style="text-align: center;">Qi Gong Aiki Taiiso</p> <p>6:00-7:00 (Dale sensei)</p>	<p style="text-align: center;">Bagua Zhang</p> <p style="text-align: center;">Basics & Inner Palms 6:00-7:30 (Dale Sifu & Joel Laoshr)</p> <p style="text-align: center;">Bagua Changes 7:30-8:00 (Dale Sifu)</p> <p style="text-align: center;">Applications 8:00-8:30 (Dale Sifu)</p> <p style="text-align: center;">Short Staff 8:30-9:00 (Dale Sifu)</p>		<p style="text-align: center;">Chen Taiji</p> <p style="text-align: center;">Basics & Tuishou 9:30-10:00 (Flener Laoshr)</p> <p style="text-align: center;">Solo Form 10:00-10:30 (Dale Sifu & Flener Laoshr)</p> <p style="text-align: center;">Partner Form 10:30-11:00 (Dale Sifu & Flener Laoshr)</p> <p style="text-align: center;">Chen Spear 11:00-11:30 (Dale Sifu)</p>
	<p style="text-align: center;">Roushou</p> <p>7:30-9:00 (Dale Sifu)</p>		<p style="text-align: center;">Aikido</p> <p>7:15-8:45 all levels (Dale sensei)</p> <p>yudansha (Dale sensei)</p>		<p style="text-align: center;">Jo Do</p> <p>(short Staff) 6:30-8:00 (Dale sensei)</p> <p>last Friday must sign up</p>	<p style="text-align: center;">Xing Yi Quan</p> <p>1:00-4:00 (Dale Sifu)</p> <p>Third Saturday bi-monthly</p>
<p>Club fee is \$80 monthly for one class/style or night weekly. Additional classes are \$15 monthly. Beginners may start the first of the month but must sign up a week prior. Qi Gong sessions start every three months. Next session is October If you are in the Yang Taiji or Bagua evening sessions the morning sessions are included and vice versa.</p>						

DOJO STUFF

DVDs available \$20.00 Club Price:

- Master Yueng (qi gong & applications)
- Master Tchoung Ta Tchen
- Madame Gao Fu
- Qi Gong Methods (\$30 two disks)
- Chen Taiji Quan
- Bagua Palm Changes
- Bagua Weapons
- Bagua 64 Palms (\$30 two disks)
- Yang Taiji Quan
- Bagua Wu Xing

- Bernie Qin Na Workshop
- Bernie Police/Weaponless Defense
- Aikido Collection (Tohei, Terata)
- Dale Sensei Aiki Leading Workshops

CLUB INFORMATION: do I have your current email, phone, and address?

PARKING next to a driveway across the street may get you towed, even if you're a foot away. The residence have cars towed at the drop of a hat.

Please Pay On Time!

WORKSHOPS

August 21, 9-noon Sanshou (Andy)

August 27, 1-4 Xing Yi (John Camp)

*Internal Arts Festival
October!*