



Xin Qi Shen Dojo

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

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Taijī a martial art!

At one time in China it was said if you could use a sword you had the freedom to go anywhere. Martial Arts aren't the study of beating people up but of protecting yourself, feeling safe wherever you go. In modern times we need the martial arts as much as they did in the past just to keep us centered, strong, secure, and healthy in our day-to-day turmoil and current affairs.

One of the most basic beliefs in the internal arts is "intent leads energy". Think about a juicy peach and your mouth waters. Remember the fragrance of a rose and your body relaxes. If you think about pouring a cup of coffee your body memory sends energy to the muscles even though you don't have a coffee carafe in your hand.

If we practice correctly it's a mind and body coordinated effort, discipline, and study. If your hand goes out for a push, but you aren't focusing on pushing there isn't the same energy, body alignment, or focus to make the movement correct.

Last spring I went on a hike. The vine maples had just leafed out with their light green leaves with the morning mist on them. The moss was a deep green with a strong earthy smell. Walking along the path the sunlight was streaming through the larger trees. I had to slow down my pace to enjoy and taste the beauty. Then, the weirdest thing happened. I heard a voice! And this time it wasn't coming from inside my head. This voice was chatting away about her boss and what a pill he was. Shortly after a woman marches past me talking on her cell phone. Totally oblivious to the beautiful, healing surroundings.

Once you've learned the basic forms and movements is when the Taijī begins, the internal energy cultivation. Practice mindfully, don't let your mind be absent and only practice with your muscles. Feel your way through your practice. Let the forms and your movements be your teacher.



Bandon Dojo

Dojo Potluck!
An informal
gathering of
all dojo
members
and families.
Exhibitions
of various forms!
Saturday
October 22, 2005
6:30-8:00 pm
@ the dojo

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Bagua Qi Gong Notes

八卦掌

BAGUA QI GONG

Mind + Breath + Joints +
Relaxation + Movement.
M + B + J + R + M = qi
development/power/
applications

*"Flour isn't worth anything
if you don't know how to
cook or have a recipe."*

First step is to exercise the lungs before we can even think about sinking the qi to the Tiantien. Once the lungs are stretched, cleansed, and open the qi can begin to accumulate. (5 sacks in the lungs).

- Cleaning breath
- Stretching breath
- Generate qi breath
- Power circulation breath

*"If you don't purify the system,
it's like pouring water into a dirty
cup!"*

BREATHING: using the entire lungs, then begin to use the diaphragm to stretch and open up. As energy is gathered in the lungs it will naturally sink into the Dantian.

WAYS OF QI

1. Between the skin (body qi/skin qi) These are pathways that flow between the muscles and joints. The muscles are external qi, the 'space' between the various muscles permit qi flow.
2. Nervous system qi - the current generated by the nervous system
3. Bone qi (inside the bone)

Generating qi involves all of the above. When you get the Qi feeling distinguish which one it is. Ideally we coordinate all.

When there is movement and twisting, the mind reaches into the joints and gives them the amount of qi necessary to perform their function. Movement draws the qi to a particular part.

If the knee is sore, there should be some movement in order to draw more qi into that place so it can heal! Sitting, directing the qi there isn't as efficient!

- Natural Qi Circulation
- Mind
- Joint Movement

Between the joints is energy expenditure since the joints need to work. Joints in the body enable us to be comfortable, and move around. The muscles are external qi and relatively stiff. The joints help us move efficiently, and to use energy efficiently. If the joints are stiff we slow down, the joints also give us greater efficiency in moving to a certain point. Elbow block instead of using the palm.

*"All relaxed, good movements
draw qi."*

You need to know the right prescription for your qi kung. Which formula is best for what I want to do?

If you sit at a computer all day, a movement type of Qi kung is best. If you're angry, the worst things would be fighting tactics. If you have a headache, don't visualize the color



red. If you're physically exhausted, big movements won't be beneficial. Different bodies need different forms and focus on qi kung.

EXERCISE + FOCUS + WHERE

Where? Knee problems? Then focus on knee. Then generate chi to that area: MOVEMENT Draw the mind to that area.

*"Take care of the root, nurture the
root. Meditation!"*

As the mind is distracted by many things more energy is used and wasted. Stress: where does it come from? Then determine which type of meditation should be used.

*"Don't take a sad person to a sad
movie."*

*Don't take a tense person a bunch of
red roses!"*

The best meditation is to empty the mind. The next best is to draw the mind onto one thing. The more experience you have the deeper into your subconscious it goes.

These are my notes from a workshop
with Bagua Master Bok Nam Park
taken quite a few years ago.

What should a teacher know?

Skill is more important than theory.
Classics are a must since they are the principles these arts are based upon. But knowing history doesn't mean you know the art or are skillful.
Find your own path and uniqueness.

New Class
Aiki Jo - Jo Do

The last Friday of each month 6:30 - 8:30.
Emphasis will be the Jo (short staff) as an extension of our center. Sign-up required.

*Not to think means to concentrate on
whatever we are doing.*

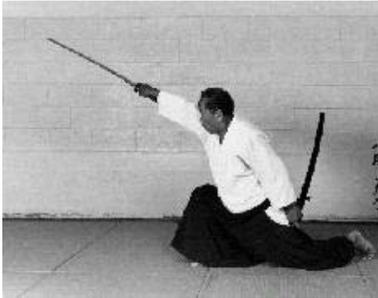
Practice is learning how not to think.

*When we stop thinking we will hear the
voice of nature speak.*

*Listening to the voice of nature is to be able to
read or hear others' feelings.*

The sixth sense is a sharpening of all our other senses.

Sado Yoshioka shihan



Yoskioka sensei (?-1989) was one of my grandteachers. He was Lau sensei's teacher and chief instructor of Hawaii Aikikai for many years. Yoshioka

wasn't just an Aikido teacher but a spiritual force. He was trained by the founder of Aikido as well as Hombu chief instructor Koichi Tohei.

I was lucky to see and learn from him during his brief visit to Seattle at Lau sensei's invitation. Even though his health wasn't good due to cancer, it wasn't apparent at all. His movement, strength, and grace while handling attackers was effortless. There was power but no strength used. During the workshop at Washington Aikikai my ankle was sprained and even in his weakened state he offered to do kiatsu to help heal my ankle.

Raise the standard! There are many people teaching various arts but not many really stand out as exceptional people or teach by who they are instead of what they do. In this day of commercial martial arts clubs and people seeking fame and glory it's becoming more rare to find someone who sets the bar higher in terms of skill and spiritual growth. Someone who studies the art to understand the Dao.

To learn more about his teachings: http://www.trussel.com/f_aik.htm



Gozo Shioda Shihan

Recommended reading:
"Interview with Gozo Shioda"
by Stanley Pranin, Aikido Journal

"My idea is that since the world has become such a small place we should move beyond thinking in terms of nationalities. The goal entrusted to this federation is to spread the harmony of the aikido spirit throughout the world. Its purpose is to create a peaceful world where it is possible to harmonize with anyone of any race. There is nothing as wonderful as the spirit of harmony and when I started this federation I thought about how we must all get along, how Americans and Soviets must become friends. I thought how the world is a single family, and that we must discard the narrow-minded, insular attitude of the Japanese to make the world into a place filled with fine human beings. For this reason, in a spirit of harmony, we should give up our guns and leave behind our past. What I want to say is that the spirit of aikido is to seek harmony."

Read the whole entry:

<http://www.aikidojournal.com/?id=1031>

(Gozo Shioda was one of the Aikido founder's early students. He branched off to preserve and develop the early Aikido of the founder)

Xin Qi Shen Dojo Presents
Soft Style Arts Festival

Aikido - Taiji Quan - Bagua Zhang - Nei Gong

November 4, 5 & 6th, 2005
Fri 7-9, Sat & Sun 9-5
Xin Qi Shen Dojo
8316 - 8th Avenue NW
Seattle WA 98117

Featuring

- Bernie Lau • Aikido & Qin Na Locks & Pins
- Dave Harris • Taiji Energy Applications
- John Camp • Taiji Soft Sticking Hand Drills
- Andrew Dale • Internal Energy Development
- Bob Iden • Moving From Our Center
- Sana Shanti • Taiji Push Hands
- Derryl Willis • Silk Reeling Methods

\$200 Entire Seminar
\$185 Weekend
\$100 per day \ \$35 Friday
Limit 30 participants
\$50 Deposits required for
registration (remainder due
November 1st)
Check made to: A.T. Dale

To register contact Andy Dale
(206) 234-6604 or e-mail dojo@wuji.com
VISIT US @ www.wuji.com

