



# Xin Qi Shen Dojo

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

Summer 2007

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**DUH!** Tell me something I didn't know!

Watching one of the morning shows, and seeing some of the 'new' discoveries I come to a comment: Duh!

The last one was that laughing was good for health . . . Duh! There is now a Laughing Yoga. In some Ki-Aikido classes they start by laughing. (Note: the research found that fake laughing was as good as real laughing.)

Well hasn't it always been known that laughing oxygenizes the blood and releases endorphins? What better for health? Oh, maybe relaxation. But then again, laughing and even smiling relaxes the body. From an internal arts view we can say eliminate friction so the Qi can flow freely.

The bottom line is that we all know how to improve our health and our lives. The power is in our own hands, are we using it? The Qi Gong method of the Inner Smile. The emphasis of relaxation or just making sure we are physically comfortable so the body can relax. Not sweating the small stuff. Appreciating beauty: sight, smells, and memories.

It just amazes me that with every new story they keep discovering the same thing over and over again. Did you know water is wet?

## Summer Classes & Changes

### July Sessions:

**Aiki Short Staff Basics:** Mondays 6:00-7:10 (2 month course)

**Bagua Qi Gong:** Mondays 7:15-8:30 (2 month course)

**Bagua Tracing Drills:** Thursdays 6:00-7:10 (2 month course)

**Tian Shan Qi Gong:** Saturday 8:30-9:30 am (2 month course)

### September Sessions:

**Liang Yi Quan:** Mondays 7:20-8:30 (4 month course)

**Movements of Aiki:** Mondays 6:00-7:10 (2 month course)

**Wild Goose Qi Gong:** Saturdays 8:30-9:30 (2 month course)

**Nei Gong Bang:** Wednesdays 6:00-7:00 (2 month course)

This summer the dojo will return to its original configuration (one room). It was great having such a large space but due to the fluctuating enrollment the wall will be going back up.

Starting in September, we will have to go back to limited enrollment since the space will only fit 15. We will also be moving from the 'club set up' to class sessions as you see to the left. This means if you want to attend a class you have to sign up for it. Also, most weapon classes will be limited to spring and summer time since we won't have indoor room to practice.

Club fee and additional class fee will remain the same.

### What Is . . . .

**Aiki Short Staff Basics** is open to non-Aikido members and mirrors the Bagua Short Staff. Don't worry there is no tumbling, just lots of hitting. We will focus on the Aiki Ikkyo Jo (first set 22 movements).

**Bagua Qi Gong** is thought of as the root of Bagua Zhang. It's an energetic Qi Gong with walking meditation. Ideal for beginning Bagua students.

**Bagua Tracing Drills** are the beginning partner exercises of Bagua Zhang. It develops footwork, movement, and listening skills.

**Tian Shan Qi Gong** is the method taught by Master Yueng from the Tian Shan Mountains. Unlike most other methods this Qi Gong emphasizes complete softness and eventually loose, free movements. It increases our awareness to the feeling of energy.

The **Liang Yi Quan** is Bagua Taiji. A form created by Master Fu Chen Sung, it combines the softness of Taiji with the coiling energy of Bagua.

**Movements of Aiki** are a series of partner blending, yielding, and shadowing exercises done without throws and falling.



Instructor Certification  
Congratulations  
Jim Kuhn: Yang Taiji Quan Form  
Brian Johnson: Chen Taiji Quan Form

# Xin Qi Shen Dojo Xin Qi Shen Dojo Workshops Workshops

**July 1, 2007**  
**Sunday**  
**10:00 - 1:00**  
**\$50** (\$40 early  
payment)

**sign up:**  
[dojo@wuji](mailto:dojo@wuji)  
Xin Qi Shen Dojo  
8316-8th Ave NW, Seattle

**Yang Taiji**  
**Intensive**  
**Workshop**  
sections 4&5

Dale sensei

For those interested in Yang Taiji teaching certification or merely deepening their understanding and practice of Yang Taiji Quan. This intensive will focus on sections 4&5 of Master Tchoung's symmetrical form. Aside from the basic postures, we will cover:

- Small, Medium, Large Circle Taiji
- Set, Active, Advance, & Retreating footwork
- Applications of the movements
- Pushing Hands related to the section
- Basic drills and teaching methods

**July 27-29, 2007**

**[Bandon Retreat](#)**

*2007 Bandon Retreat*  
*Bandon Oregon*  
*Internal Arts Training*  
*[Bandon Retreat](#)*

**August 5, 2007**  
**Sunday**  
**10:00 - 1:00**  
**\$50** (\$40 early  
payment)

**sign up:**  
[dojo@wuji](mailto:dojo@wuji)  
Xin Qi Shen Dojo  
8316-8th Ave NW, Seattle

**Chen Taiji**  
**Intensive**  
**Workshop**

Dale sensei

A continuation of the Taiji teaching certification program but open to those who know the Taiji 48 or 96 form. We will work on proper postures, how to teach, and applications of section 3. Part of this session will also cover core push hand drills.

## *Bandon Dojo*



*Our Yearly Bandon Retreat is user friendly. All levels are welcome and there is no sign-up for classes. Just show up, pay (\$10 per session) and enjoy. Or, skip a session and walk or practice on the beach.*