

More On Practice

There's several layers to practice and learning. Starting out our practice is merely repetition to get the movements into muscle memory and our own memory. One of the biggest mistakes is assuming that once you remember the form and movements you have it and that's all there is to it.

Actually it's the pre-school of the art. It's only after you don't have to think about what comes next that you can put your attention to refining the movement you're doing now. And, doing it once like going through the form really doesn't do much. You need to work on each movement separately over and over again.

Do the form push-ups. Think of learning the internal arts like learning a musical instrument. Your teacher teaches you the technique but it's up to you to practice. Just practicing once doesn't mean you'll be able to be a pianist! Master Feng would go through the long form 7 times before his lessons with Chen Fake.

These arts aren't about learning a series of movement.

Form x practice =
 $1 \times 0 = 0$ nothing
 $1 \times 1 = 1$ warm-up
 $1 \times 100 = 100$ workout and the beginning of skill development



Master Gao

Bandon!

August
15-16, 17th

Play
Practice
Train
Vacation

Family friendly
retreat and
workshops.

2008 BANDON RETREAT TENTATIVE SCHEDULE

Time	Friday	Saturday	Sunday
8:00			Chen Taiji Push Hands Ken
9:00	? Tom Chan Si Gong	? Tom Chan Si Gong	? Tom Chan Si Gong
10:00	Bagua Push Hands Joel	Bagua Push Hands Joel	Bagua Push Hands Joel
11:00	5 Animal Frolics Roger	5 Animal Frolics Roger	5 Animal Frolics Roger
1:30	Smoothing Out Transitions/ solo forms Gene	Smoothing Out Transitions/ pushing hands Gene	Smoothing Out Transitions/ partner forms Gene
2:30	Sana	Sana	Sana
3:30	Chen Taiji Push Hands Ken	Chen Taiji Push Hands Ken	Don't Do Anything, Stand There! Derryl
4:30	Don't Do Anything, Stand There! Derryl	Don't Do Anything, Stand There! Derryl	? Carrie Qi Gong
6:30	? Carrie Qi Gong	? Carrie Qi Gong	
7:30	Andy Pushing Hands	Andy Bagua Spiraling	
8:30		Andy Sanshou Advanced	? = maybe

Summer Classes and Sessions

Starting June:

Emerald City Gardens is doing great. This is the busy time for the nursery business but, as a new business it's doing exceptional. The down side is that it requires much more of my time than I initially thought. In May I was working 12 hour days almost every day of the week. To keep from burning out with the two business I've needed to make the following dojo teaching changes. Perhaps this fall things may change but who knows! This hasn't been an easy decision but in order to maintain my health and sanity there weren't many choices :(This also gives me one day off a week.



Master Feng

Mondays: (*Bagua 6-7:15 & Advanced 7:30-9 pm will become one session*)

Andy's Class 6-7:30. For the remainder of the summer we will be working on the partner Jo set as well as the related empty-handed applications. This session is open to all existing dojo members. I'm unable to continue to teach 4:00-9:00 in one stretch, it just wears me out. In September this session will become a basics sanshou session and we will be learning the club version of 7&8 section one. This is not for new members. If you're already taking Monday night classes you're in, if you're not then ask.

Tuesday Yang Taiji (Tuesdays 6-9 pm) I will be teaching an hour until the spear form is learned. We'll also be working on the symmetrical sanshou. Then Joel/Bruce/Don/Barry will be in charge of Tuesday nights. They will be responsible for teaching: solo form, push hands, sanshou, and weapons. For the time being I'm working a full day at the nursery and too exhausted by class time. I'm usually brain dead by the evening.

Wednesday Morning Yang Taiji: (Wednesdays 9-11 am) Don Scott will now be teaching this session giving me one day off a week. This has been one of my favorite sessions. We've been consistently a small group but over the last few years we've progressed through the E'mei Qi Gong, Bagua Qi Gong, Yang 1-6, Tuishou, Da Lu, Yang Sword, Broadsword, and partner Cane. Don will be leading you through the Taiji Cane and eventually Sanshou.

Advanced Class: (Saturdays 11-noon) This will be the only advanced class I'm teaching. In order to join this class you must know the Taiji Sanshou (7&8).



Master Tchoung Ta-Tchen

The dojo isn't disappearing. Once I have a routine up and going for the nursery things may change. Over the last half year enrollment has dropped since several members have had to move due to careers and family. The new dojo space requires that class sizes are limited thus less club income. We're moving closer to a traditional dojo meaning no formal beginning classes. New members will be absorbed into existing session and have a guide (*personal instructor*) during the session. This also enables the senior instructors to have their own classes and share their passions and insights of the art. Classes will focus on working out and training to deepen our understanding and skill.

Thanks,
Andy

The Internal Arts



I've been a student and practitioner of the internal arts since 1968! Wow, 40 years, it just doesn't seem real. When I started there wasn't much hype about the art. They were mysterious and secret. It was also not very available to non-Asian students. In addition, much like today there weren't many real masters who knew the *entire* art. I was lucky to meet and study with non-prejudice instructors who had a love for the art and an enthusiasm to teach it.

It's very much a different world. Now the focus of these arts has become show and competition. The internal arts have become a version of gymnastics. They've also become very commercialized. The internal isn't there, it's the external that matters. Everyone must look the same and move the same regardless of varying body types. Instead of improving your self-understanding and centering it's about fitting into the look of the art.

A REMINDER

These are principles based arts based upon various ancient Taoist classics. The most important principle? Natural and relaxed. These should be your primary guidelines as you study, practice, and just live your life. Though the movements may be challenging it's important that you are within a range of comfort and easy movement. This is not hard style gong fu! Postures are important but they must be based upon your own body and range, not someone else's.

Another super important fact is that traditionally this wasn't a sport. No win/lose except in the battlefield. What this meant was no rules in applying the techniques, except to keep yourself safe of course. The push hands and sanshou wasn't about winning but training. When you practice any of the partner drills check your attitude. Learn and work on yourself, refine your relaxation and softness instead of trying to conquer and out-do your partner. This is the biggest mistake I see made: strength and ego recitals. Your partners are your teachers, even if they're a beginner. Another Taoist principle: Investing in loss = gain. Practice relaxation, softness, and surfing to gain the real skill of the internal arts.



SCHEDULE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	9:00 - 10:00 am		Bagua	Yang Taiji		Chen Taiji
	10:00 - 11:00 am					
	11:00 - 12:00 pm					Advanced
	4:30 - 6:00 pm	Yang Taiji				<i>Partner short staff Mondays 6-7:30 pm June - Sept</i>
	6:00 - 7:00 pm	Andy's class 6:00-7:30	Yang Taiji Quan	Aikido	Bagua Basics	
	7:00 - 8:00 pm	Bruce & Joel's class			Changes	
	8:00 - 9:00 pm				Advanced	

Xin Qi Shen Dojo

Summer 2008

How Should I Practice?

Relax - Flow - Structure - Intent
Body - Intent - Qi - Spirit



Xin Qi Shen Dojo
www.wuji.com
8316-8th Ave NW
Seattle WA 98107
206-234-8794

First of all: PRACTICE

As you try to remember the forms, first work on being *relaxed*. Without this nothing can be correct. MOVE COMFORTABLY!

Next, work on *smoothness* of movement. Basically as you practice being smooth you are working on total body coordination and, in addition, on harnessing your mind to focus and pay complete attention.

As the postures form, is the structure cor-

rect? I like to emphasize structure here since putting it too early stiffens up students and inhibits learning.

Then pick a *principle* as you practice (head top - 5 curves, etc.)

Intent is the next step. Study the ripple of power. What is the function of the movements? Where does the ripple of strength come from?

Footwork and Knees! Knees tracking toes always. No momentum, always move

from your center. You should never have to step!

The Zen of it all: "*Be Here Now.*" This is the hardest: keep your mind present. How is the quality of your practice? Are you moving toward making it better? Do you know how to make it better? I know you do.

Unfortunately modern society is contrary to skill development. Developing a skill is the opposite of multi-tasking we need to be focused in one direction and dedicated.

Workshops On Hold

Except for Bandon, I will not be doing any extra workshops this summer. I would like to pester the dojo instructors to encourage them to fill in.

Talk to Burk, Joel, Bruce, Mike, David, Tom, or Don.

I'm hoping to begin a few intensive workshops this fall. One thought is a Saturday-Sunday Qi Gong Training session.

If there's a workshop that interests you, check around to see if there's other interested and give me an email.



Ideal Practice

1. Qi Gong - 1/2 hr
2. Basic Drills - 1/2 hr
3. Solo Forms - 1/2 hr
4. Partner Work - 1/2 hr
5. Weaponry - 1/2 hr

Each day it would be great if we had the time for the schedule above. Since there is work and family to consider another way to set up a consistent practice is to think about a week as

one practice session each session one hour.

1. Qi Gong & Basics - 1 day
2. Solo Form - 1 day
3. Partner Work - 1 day
4. Weaponry - 1 day

It's important to remember that just going through the movements once doesn't develop skill or fitness. It's repetition and consistency that matters.

Think about it, doing a three mile or hour walk is very different from just walking 5 minutes. Merely doing a form is like a 5 minute walk or 5 push-ups. This is one reason I don't care for short forms. 10 minutes of movement may loosen muscles but doesn't develop skill or fitness.