

Ki / Qi



Are they the same?

Kind of . . . Qi/Ki = energy: all energy. Everything is energy but when we talk about it we tend to focus on different aspects or manifestations of energy. There is also a cultural difference when talking about energy.

When an Aikido person talks about ki, coming from the Japanese tradition, there is also an implication of mental energy or intent. So when talking of extending energy or ki, it's the mind. Chinese internal arts have a saying: 'intent leads energy and the body follows'. So they see three components (intent, qi, body) whereas practitioners of Japanese martial arts see 2: mind and body.

The real reason for this article is inspired by a blog from Shinichi Tohei, the successor and son of Koichi Tohei, founder of Shin Shin Toitsu Aikido. While visiting the official Ki-Aikido site I found his blog and read his latest entry. It was really cool, titled: 'Send Ki To The Future'. Read it for yourself.
<http://www.shinichitohei.com/english/2009/10/sending-ki-in-a.html>

As I understood it, his thoughts were to send your intent (ki) to the future to accomplish tasks easily and efficiently. Basically he said make a list of what needs to be done, focus your ki on its completion and get on with your day. Just the psychological aspect of feeling the momentum already going is a great help, especially on tasks you don't want to do. In essence you have a plan of completion instead of dragging your feet.

Read the article, it gave me a focus.

A.T.Dale Internal Martial Arts

Autumn 2009

Bandon Retreat

The sand, the beach, and dedicated practitioners!

Another successful year if not more so! In order to give me a vacation, and time off, Ken Wright agreed to host the Bandon retreat. Thank you Ken.

It went great. Ken invited some instructors who had not been there before so we had a large group of new comers to the retreat. It was a huge success.

In addition to some of our regulars: Ken, Gene, and Joel the diversity was great. Sana Shanti (who you all know as the traveling Taiji teacher) was there, Karen Collins taught after spending an intensive study period in Mexico with Sam Masich. Dan McAbee, from Two Cranes Aikido taught bojitsu, and Michelle Pleasant from 7

Stars Women's Kung Fu taught striking techniques. All in all a great group.

Personally, it was nice not having to schedule the event or worry about instructors showing up or coordinating the schedule. Again, thanks Ken.

This year was the best weather we've had. Wow, sunny and just a little windy. Jay and I spent much of our time walking in the surf. And like past retreats, we were the crowd on the beach.

Ken has kindly volunteered to do it again next year so I don't have to. I think next year we'll have even a larger group :)

Oh, and the other cool thing was the dogs. Many partici-

pants brought their dogs and it was fun watching them run and enjoy the beach.

So . . . next year see you there? It's a great vacation (long drive), but worth it. Meet members of other clubs, share passions, vacation with your spouse, and enjoy the beach. The only thing out of our hands is the weather.

And a special thank you to Rose who put together the blog and communications between teachers. Coordinating teachers is like herding cats! Finding out when instructors want to teach, when they will arrive, etc.

<http://bandonretreat.wordpress.com/>

And book early. Sunset Motel fills up fast but it's the closest and easiest access to the beach.

GO TO THE WOODS!

After a strenuous year, Jay and I were able to take two days and spend them at Lake Crescent, one of my favorite places.

Aside from the quietness and beauty of the area it reminded me of how healing being in the woods and out in nature is. (And I don't just mean being in

a city park, regardless of how beautiful it is.)

I wrote about this last year sometime but here goes again. We all know that running water, waterfalls, waves and the like release negative ions which bring a feeling of well being. (Strong wind rips them away.) Large forests also have an abundance of negative ions.

Last year there was a show reporting research being done about the effects of being in the woods. It was a study by some university. Anyhow, they insisted that part of the healthiness and well beingness wasn't so much the negative ions as the nutrients in the air.

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Schedule

Yang Taiji Quan:	Xing Yi Quan:
Monday 4:15-5:45 pm	Thursday 7:30-9:00 pm
Tuesday 6:00 - 7:30 pm	Tuishou:
Wednesday 9:00 - 10:30 am	Tuesday 7:30-9:00 pm
Chen Taiji Quan:	Roushou:
Saturday 10:30-noon	Wednesday 6:00-7:30 pm
Bagua Zhang:	Sanshou:
Thursday 6:00-7:30 pm	Monday 6:00-7:30 pm
	Saturday 9:00-10:30 am



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Taiji Sanshou

First, a thank you to all you who in September 2008 joined the sanshou class. I'm not thanking you for starting the class but making it an exceptional session. I've only taught the sanshou every 5 to 7 years due to the difficulties involved in teaching it. After each completion I swear I won't teach it again, but after a few years I forget what I said. The primary problem is students not practicing the forms and coming back the next week or month then having to catch them up to the students that practice.



The sanshou isn't like any other form. There are two sides to learn solo, but those forms also become two different forms with each person you practice with. If you don't do your homework then behind and it messes up those who are practicing.

Having divided this set into 3 sections made it much easier to teach. The group with enthusiasm completed the solo and partnering of this set in one year! It's never happened before in this club. Especially partnering at such an advanced level. Everyone is performing it like a push hands session but with kicks, strikes, wrist locks, and nerve grabs.

This form is the dojo's hidden treasure and one of the best gifts from Master Tchoung's teaching. I consider it more important than Tuishou, (Tuishou is a beginning step to sanshou) since it teaches good footwork, movement, and applications.

Class members You need to pat yourself on the back for completing the session at such a high level. I mean it! Now we can move onto mixing and free play.

I don't know when I'll be starting another beginning session but if you're interested let me know and I'll put you on a list. When there's enough people we'll make time for a new basic sanshou class.

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Just like an inhaler, the air in a densely wooded area contains micronutrients that feed and nurture us. They mentioned pine forests being particularly strong. Pines are also considered one of the best for tree qi gong. I would bet the rain forest would be great also.

From Lake Crescent lodge (only 2 hrs from Seattle) there is a simple walk 1.5 miles to Merimere Falls through the undergrowth of the rain forest. Such an array of greens and yellows, moss hanging from the branches, large sword ferns (ferns have great qi)

and a variety of plants.

In addition to this we also have many hikes close to the city in the Cascades. Get away from the city.

If you not able to get out often and stroll the garden or parks then bring the outdoors in. It's not that I'm trying to sell plants here, am I?

There are several plants that NASA has on their list for purifying the air and taking out toxins. Most of these are also easy maintenance and tolerate low light. Snake plant, Peace lily, and spider plant to name a few.

If you have an office with no windows some of these will do just fine. Even if you don't have a green thumb, see them as annuals, plants that have a limited time slot. Ferns and African violets have a great energy buzz to them but they require a bit more attention and care. Ferns need misting or moisture in the air, African violets need an eastern window and are only watered from the bottom.

Anyhow, create a jungle inside for the winter to clean the air and energize your space.

Harris Sensei

It's been about a year, it's difficult, sitting here and going through old videos on my puter working on a project I intend as a collection of Dave's teachings.

I'm thankful to this modern age with video cameras and digital stuff so we have a record of the times and events. We have a valuable resource of Dave's work and talent. Dave and Geri made a point to give me copies of all their videos (8 6hr tapes from 1990-2008) that Geri took as back-up copies. Geri was Dave's biggest fan and 'Thank you Geri' for if it wasn't for you there would be little documentation of Dave's skill and work. *(As I was writing this I received an email Geri passed away 11/11/2009.)*

Dave tried to teach me to be open-minded and creative, as he did with all his students whether martial artists or artists. The message I get now is to notice those around you and learn, learn, learn. No, absorb what they do, say, and teach. (You can filter it later)

As I look at the video's I see some people intently looking on, some studying, some skeptical, and some sponges. It's the sponges that are able to experience his skill and learn the art, eventually coming away with the potential of attaining his skill. As I was watching the clip of the Ana-

cortes workshop I saw Rick Bodwenski, John Camp, and in other videos Steve Smith and Burk Dowell absorbing and listening to the skill of the master. The skill has passed as it traditionally does. Through contact and openness. Dave wasn't just a teacher but a sharer! A sharer of his current understanding and project.



Aikijujitsu Master Don Angier said, "Most masters don't know what they're doing!" He explained this statement by the fact that their skill exceeded their teaching ability. They'd explain things as they were used to but would demonstrate levels beyond that. Steal the art! To do that you need to be their uke.

OK enough gushing. We were lucky to have Dave in our presence, an artist of the internal martial arts. Now it's up to us to decipher his teachings and lessons as clearly as we can and move on. Fortunately we have a record to remind us. Also, each of us will express his teachings in our own unique way and the way we understood what he was saying. This is how real art develops.

