

## New Arts? (subdivisions/re-classifications)

Having taught the internal arts for many years I've experimented with various ways of teaching Taiji Quan, Bagua Zhang and Aikido. In doing so I've discovered ways of making learning easier and efficient, as well as making many mistakes.

I was taught each as a complete system to be taught as such. Taiji Quan was to be taught qi gong, solo form, push hands, da lu, sanshou, and weaponry. The same can be held true for Bagua Zhang. Though this systematic approach to teaching these arts is an excellent way to teach someone become proficient at Taiji Quan or Bagua Zhang it may not be a necessary way to teach those who are only interested in the arts for the sake of health or self defense.

Teaching roushou, tuishou, sanshou, and various weapons it has occurred to me that each of these can be systems unto themselves. Also, some students are interested in only studying one aspect of the art instead of the entire art. This being so, I am now looking at these as separate systems and methods complete in themselves.

Though the solo forms teach good basics that enhance push hands. Push hands is an art in itself with the full benefit of health and self-defense the skills, or just as a fun exercise to teach the art of relaxation and centering.

The roushou drills are also an art complete to themselves considering our club's roushou drills are of blending of Bagua Zhang, Taiji Quan, Yueng Quan, Harris Shoshin ryu, and Aikido. Though an important step in learning the internal arts for health and self-defense these arts can be practiced by themselves, separate from the

solo forms. For those interested in partner work there is no need to learn the solo forms even though the solo forms are important for basic foundation; learning structure, alignment, relaxation, and execution of strength. It may take longer to achieve a high level of skill without the solo and basic practice, they can still be a separate system.

The Sanshou is a more complex pattern of movements and forms than Tuishou or roushou and requires much more dedication. However, it can still be taught separately from Taiji Quan and practice as a solo form, as well as the art of applications. Contained within the sanshou are grabs, trips, throw, and strikes similar to any solo form.

Xin Qi Shen Dojo teaching several different styles of Taiji Quan and Bagua Zhang. We also have quite a few different styles and forms of the various weapons. There are those that are interested or find it more fun to work with weaponry than solo forms. I have a few students who have learned the weapons of the various Taiji styles, Bagua, and others that I've learned from my teacher as well as partner versions of the weapons. I see these individuals as specializing in that particular weapon.

So starting 2010 I've started issuing learning certificates and teaching certification for the different arts of the above. This way, one can achieve teaching certification in Roushou, Tuishou, Sanshou, and a particular weapon. The teaching certification requires that the individual know all the forms and exercises within that category. As with other teaching certifications, there will be certain requirements for demonstrating and assisting in teaching the art.

A.T.Dale Internal Martial Arts

# Spring 2011



Starting May, classes usually move to lower Woodland Park to enjoy the space and outdoors. Morning classes sometimes move out earlier depending on weather. Last year was lousy, let's hope this year the temps warm up and we can get out earlier.

To make the most use of our expanded space weapons are usually taught once we move outside. This year will be the Dao (knife/broadsword). The weapon forms are not mandatory, just fun. If you have enough on your plate don't worry you won't be forced into another form.



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### THIS SPRING:

- May: various classes will begin to study the saber/broadsword/dao.
- Bagua - Linking 8 changes, animal palms, applications, cyclone dragon knife.
- Chen Taiji Quan - Chan Si Gong, 96 form, Pao Chui, 13 Energy Knife .
- Yang Taiji Quan - Long form and push hands.
- Qi Gong - each month will feature a different method, Tian Shan in June!
- Sanshou - Thursday class will refine section B of 7&8. New members will learn section A.
- Yueng Quan/Roushou - will continue Wednesday nights. All levels.

## Schedule

Yang Taiji Quan:	Sanshou Intermediate
Monday 4:15 - 5:45 pm	Monday 6:00 - 7:30 pm
Tuesday 7:20 - 9:00 pm	Sanshou Advanced
Wednesday 9:30 - 11:00 am	Saturday 9:00 - 10:30 am
Chen Taiji Quan Pao Chui:	Qi Gong:
Saturday 10:30-noon	Tuesday 6:00 - 7:15 pm
Bagua Zhang:	Roushou:
Thursday 6:00 - 7:30 pm	Mondays 7:30 9:00 pm
Taiji Sanshou Basic:	
Thursday 7:30-8:45 pm	

Private lessons offered before Tuesday, Thursday, and Saturday classes. Booking must be a week ahead.

## **FIXED - FLUID - CHANGE**

This is a core belief in Bagua systems. It corresponds to the Taiji saying, “Study the principles, adhere to the principles, never deviate from the principles, then destroy the principles.”

### *FIXED*

This is how we learn any art. We learn the basics, step by step, carefully and correctly. This is the level we learn structure, body mechanics, and develop a foundation. This level trains the body and mind in the art and drive the lessons deep into muscle memory and body wisdom. Strengthening and training the body to move efficiently.

### *FLUID*

Once the basics are mastered then it's time to work on making them seamless. Flowing in and out of the various postures and techniques so you can't see where one begins and one ends. Smoothness, quickness, and control are developed at this stage. No stop and start, no inner or external friction.

### *CHANGE*

This is where the art becomes art, or you become an artist. This is spontaneously mixing and matching forms, movements, techniques without a thought or plan. This is as Dave Harris would say you're doing Jazz.