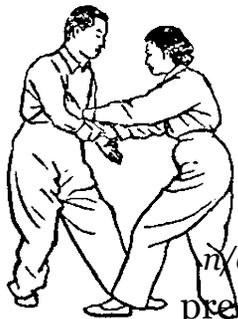


You don't have to be a member of Facebook to access the dojo site. The site contains many video clips of myself and my teachers, as well as video and various instructions from Laoshr Gene Burnett and other dojo instructors. CHECK IT OUT AT:

Facebook: Xin Qi Shen Dojo

AUGUST WORKSHOP

STICKY HANDS PRACTICE



Monday, August 6th: 7-9pm

Monday, August 13th: 7-9pm

sifu Dale

\$30 per session / \$50 both

n/c for members paying unlimited classes

pre-registration & payment is required

“Kung Fu Acting for Movies”

A camp for kids combining the cinematic & martial arts.

- August 6 – 10 **Ages: 6 +**

Fees: Pre-registration is required, **\$250**
(discounts for multiple kids' registration)

Time: 9 am – 3:30 pm (kidz bring lunch)
registration: (206) 898-5048

A.T.Dale Internal Martial Arts

Summer 2012



Xin Qi Shen Dojo
8316 - 8th Ave NW
Seattle WA 98107
dojo@wuji.com



facebook
Xin Qi Shen Dojo

NEW AUTUMN SCHEDULE

Back to the old method! The dojo will return to a traditional teaching and training schedule. My attempt to be clever or accommodating, to try to increase enrollment, didn't work! This autumn classes will be 2hrs and include **all** levels of practice from beginning to advanced. It was like a three ring circus at times but it worked. Each class will start with warm-ups, partner relaxation exercises, form work, and end with advanced partner work. Evening classes will start at 6:00

MON: 4:30-6:00 YANG TAIJI CHUAN
6:00-7:30 Sticky Hands Class

TUES: 6:00-7:30 YANG TAIJI CHUAN
7:30-8:00 YANG TAIJI ADVANCED

WED: 9:00-11:00 am YANG TAIJI CHUAN
6:00-7:30 CHEN TAIJI CHUAN
7:30-8:00 CHEN TAIJI ADVANCED

THUR: 6:00-7:30 BAGUA ZHANG
7:30-8:00 BAGUA ADVANCED

SAT: 9:30-10:30 SANSHOU
10:30-12:00 SUN TAIJI QUAN

Advanced will include partner applications, weaponry, sanshou, tuishou, and teaching methods.

MONTHLY FEES \$85.00

1 extra session + \$25.00 = \$110
2 extra sessions + \$20.00 = \$130
unlimited = \$145.00 monthly
\$25 per session / \$50 1/2 month

*The only sessions not open to beginnings or all levels are the advanced sessions.
The 8:00–9:00 pm time is open for extra classes from instructors or as a workout session.*

VOLUME CONTROL



The sign of great skill, to me, is the ability of adapting. I also think it's a sign of intelligence. In the classical arts and classical training, we're trying to develop skill and understanding. When we're in class

we're not fighting or trying to show our superiority over our partner, instead we are a team trying to learn the principles and in doing so helping each other to higher levels of skill.

I think the reason my teachers had developed great skills in applications is because they spent years working with, and teaching beginners. Those who had the luck of working with Harris sensei or Master Tchoung know what I mean. They never hurt you, yet their technique and application were definitely effective. They had the skill to deal with your strike yet not making you feel brutalize, just stupid. Yet I've seen them turn on the fighting mode and the volume control was off, super scary.

Dave would often site nature as an example. Lions, tigers, and bears (oh my), learn to fight by playing. While young they really don't fight each other, they play and horse around. Through this interaction they learn basic fighting skills so they are available when needed.

It's my belief that the primary way to learn 'volume con-

trol' is to work with beginners. I'm writing this because one of the most common things I've heard over the years isn't from advanced students but from beginners. I remember the same feeling, "I don't want to hold them back." Beginners, in a way, are the teachers.

I've been in clubs where there is no 'change partners' between exercises. In Aikido, after a technique is shown students will rush up to whoever is closest and begin practice ASAP. Part of this is knowing the value and limitation of time, trying to make the most of it. In some of our classes, once a technique is shown I'll see members standing around chatting.

Only practice brings muscle memory and skill! Also, in Aikido there seems to be an eagerness to practice with everyone in the class. You may have your favorites but the experience of working with various people is part of the art. In clubs where I've seen everyone having a favorite partner and no changing partners the skill level hasn't been very high, or stayed stagnant.

Remember to make the most of time and people. Practice with as many in the class as you can, it will only increase your potential.

