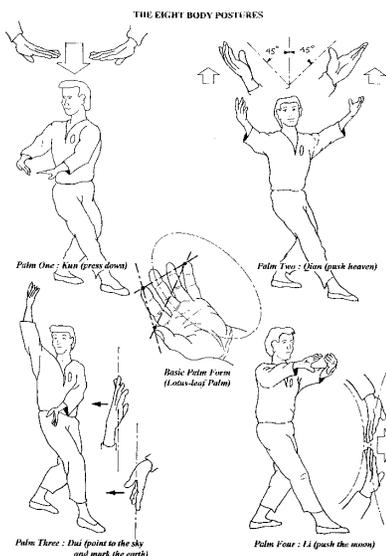


Taiji - Bagua - Xing Yi



In the mid to late 1800's these three arts were coined 'Internal Arts'. There are many theories about how they were grouped this way. One theory was that they originated inside China and were Taoist based whereas the Shaolin styles (hard styles) were based on Buddhism which came from India. That's stretching it.

Another theory was that these arts focused on relaxation and the cultivation of Qi, using softness and evasion in fighting instead of head-on engagement and using ones' physical strength. Thus the terms 'soft style' came from.

The term 'Internal Style' was promoted by Sun Lu Tang while referring to these three arts. He was an exceptional martial artist and studied all three arts, eventually creating systems of each named after him. He was also a scholar and was one of the first to write anything about these arts for the public. He lived in a time where skilled practitioners would visit other stylists and

ask for a bout, a friendly challenge to see who was best. At this time it was not common or even permitted among the harder styles to learn another art or share your style with someone not from your school or lineage. This is where the last theory and most believable came from.

Sun Lu Tang's teacher, Cheng Ting Hua was a student of the founder of Bagua. He was also known to be very open and sharing of his art. As challenges came he made friends with some of the top Xing Yi and Taiji practitioners. It's believed that this group saw each others art as part of a whole. Liu De Kwan (Taiji a student of Yang Lu Chan & Xing Yi), Li Tsun I (Xing Yi), Liu Wai Hsiang (Xing Yi). Taiji emphasizing softness and yielding, Bagua quick footwork and circular evasion and attach, Xing Yi focusing on a very direct approach. They formed a brotherhood and decided that students of one had permission and were encouraged to study with the others. At first they referred to themselves as Nei Chia Chuan (Inner Family Boxing) but there already was a style with this name so they called themselves Nei Jia (Inner style). In his writings Sun would refer to the three arts as the 'inner styles' and they are branded that way forever.

Each art and sub-style has it's own special way of training. Though there have been many attempts to create a combined style it just hasn't gotten the same excellence as studying the three independently. There's something special about walking the circle and spinning. Taiji gives a greater sense of center and rootedness while Xing Yi teaches bursting and coordinated power. Each is excellent on its own but together they form a more complete training method.

A.T.Dale Internal Martial Arts

Spring 2014



GETTING OLDER I GUESS

I can't say I'm getting smarter but it's interesting to see how my understanding and views are shifting, especially in the last few years.

I just watched a youtube video of an Aikido instructor who was really good. When I looked up her information I saw who some of her teachers were and my though was, "wow, she's better than they are." Also, I was perplexed that her style was smoother and she demonstrated a greater sense of understanding flow and energy that I'd seen by her teachers.

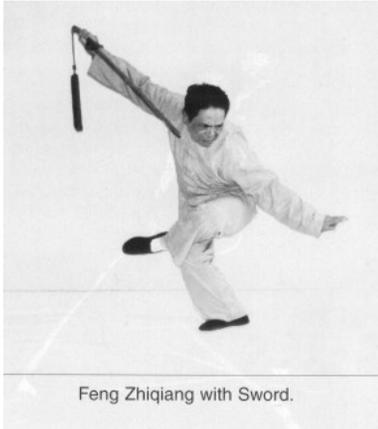
My mind started turning and I'm happy to say it brought up a bunch of my pre-conceptions and prejudices. I started thinking about my opinions and also what I've been taught. Ideas that I've carried around just because that is what I've heard or been taught.

One good example is from my early years of training. There was this concept of internal vs external martial arts. Coming primarily from an internal arts background, of course the internal arts were better. They were healing, more efficient, and spiritual. :) Remember, my training started in the late 1960's.

April 2014

All classes will be moving to lower Woodland Park (50th & Woodland Park Ave) between the tennis courts and Aurora. Evening classes will be starting at 6:30. Some morning classes will be at Salmon Bay Park. Check schedules.

Now, my belief is that it doesn't matter what you practice as long as you enjoy it and it benefits your life. The stupid notion of one art being better than another is just that: STUPID. It all depends on the talent and passion of the individual. But more importantly, just the fact of people having the drive and passion to peruse an art for whatever reason is awesome. Some play a musical instrument for enjoyment, not to become a profes-



sional musician.

Last year I was privileged to participate at MKG Martial Arts fund raiser and it reminded me of my early days in Aikido and the martial arts. Back then, it was very rare to find a school and a teacher. It was rare, unique, and a privilege. Regardless of the art you studied, if you met someone, also in the martial arts, you were linked. Sharing ideas, information, and friendship. There wasn't this bul***it of my style is

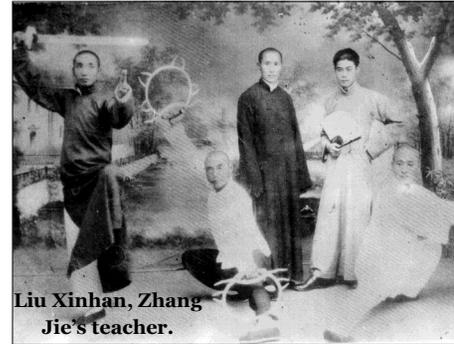
better. There was a fun sharing and exploring of what each of us had studied. At MKG it was great seeing everyone smiling, having a good time as they were learning and training. FUN!

Back to the point. Noticing my thoughts on instructors, and looking at my view of those who teaches, and what they teach, has really changed. It's a different time, but more importantly the small stuff (like opinions and prejudices) don't matter.

Over the years I've seen students outshine their teachers. It shows what a great teacher they had and a testament to their own dedication and talent. I've seen teachers that were really good but weren't able to inspire or produce great practitioners. I've seen clubs that were super disciplined, I've seen clubs that were too casual. One size doesn't fit all. I like to think of our club as an adult club. When tired you rest, if you're interested in depth it's there, if you're interested in a little practice, that's fine too. Your study and practice should make you feel better and healthier.

The dilemma is: what matters? Especially to you! What do you want from practice and study. Defend the village? Spiritual stuff? Health? Fear no one? As a teacher of these arts, my wish would be to train more teachers to perpetuate the art. BUT . . . Most people have lives. It's no longer important to develop skill to protect the village. Master Yueng: "Fighting not good. Health and happy is important."

Sharing thoughts - Andy



2014 Spring Schedule						
Sun	Mon	Tues	Weds	Thur	Fri	Sat
9:00-10:00 Sanshou Partner Taiji <i>Woodland Park</i>	Private lessons <i>Salmon Bay Park</i>	9:00-10:00 Sun Taiji <i>Salmon Bay Park</i>	9:00-11:00 Yang Taiji Basics <i>Woodland Park</i>		Private lessons <i>Salmon Bay Park</i>	10-11:30 Andy's Workout <i>Salmon Bay Park</i>
10:00-11:30 Chen Taiji all levels						
Evening Sessions						
	6:00-7:25 Sticky Hands Roushou <i>Woodland Park</i>	6:30-8:00 Yang Taiji <i>Woodland Park</i>			6:00-8:00 Bagua Zhang <i>Woodland Park</i>	
	7:30-8:30 Taiji Sensing Hands all levels					

SALMON BAY PARK - 20th Avenue & 70th street Ballard. A small one block park.

LOWER WOODLAND PARK - 50th street & Woodland Park Ave N. we will be just off of 50th, between Aurora Hwy 99 & the tennis courts.

P.S. Fridays mornings are now open for private lessons. - Andy