

Teachings of Tung Ying-chieh



MIND, SPIRIT, AND FORM

In doing Taiji Quan, the mind, the spirit, and the forms should all be fully expressed and arrived. If your forms are correct and your mind and spirit are fully expressed and arrived, you will progress very fast so that you get a different feeling every day. Students should carefully realize this. If your forms, your mind, and your spirit do not arrive, you are wasting your time and will never succeed.

ON PRACTICING TAIJI QUAN

In practicing Taiji Quan, one should do it at least three rounds each session. The first round is to stretch the tendons and loosen the joints. The second round is to coordinate and correct the postures. And the third round is to do it with full spirit.

After you become skillful, you will have the full spirit with correct postures as soon as you start the exercise. Having reached this state your progress will be very fast.

ON APPLICATION OF STRENGTH

The purpose of loosening the shoulders and dropping the elbows is to avoid having the strength blocked at your back

and shoulders, so that it can be transmitted to the forearms. This cannot be orally taught and must be carefully self examined.

However, you must not force down the shoulders and elbows, which will result in rigidity, instead of free movements and agility.

Some people say after having practiced Taiji Quan one should not do weight lifting and should not apply brute force. This is not always correct. Before you learn Taiji your body is tense and your brute force cannot be effectively applied.

After having learned Taiji your whole body is relaxed and pliable, with Qi circulating freely so that your brute force becomes real strength. Your tenseness should be removed but your muscle strength should be retained.

When the brute muscular strength is blocked at the shoulders, it cannot be directed by the waist for manifestation in the hands and fingers.

The muscular strength is the capital, and pliability is the method. With the method, one can do large business with a small capital. Without the method, even a large capital is not useful.

Master Tung Ying-chieh (Dong Ying-jie), was one of Grandmaster Yang Chengfu's top students. He created his own fast form and was known as a respected fighter. He authored a book on the principles and practice of Yang Taiji Quan nicknamed 'The Little Red Book'.

A.T.Dale Internal Martial Arts

Summer 2014



THE RISING TIDE LIFTS ALL BOATS!

In class I've talked often about certain times in history, due to circumstances or the times, where exceptional, creative, and open individuals came together to improve their understanding of their art. This cooperation created an advancement not only in their individual skill but also improved the arts benefiting all of us.

One such time was the mid 1800's with the gathering of martial artists in Beijing. Many went to the big cities for work. Mostly as body guards or teachers. Taiji, Bagua, Xing Yi practitioners would have friendly bouts to see who was best, only to come to the conclusion each had something the other could learn from. In one instance this created the name "Internal Art".

Another occasion this happened was in Taiwan when people were fleeing mainland China. Some of the best martial artists ended up there and again, were open to comparing and sharing their art and knowledge, recognizing the skills and value of the other practitioners. Some of these were: Chen Panling, Wang Xujin, Zheng Manjing, Chang Qingling, Wang Yennien, Tchoung Ta Tchen, and several others.

Though each had their own club they would practice together at times thus improving their own art and knowledge. Tchoung Ta

Tchen said he, Wang Yennien, and Zheng Manjing would practice pushing hands for hours and he learned much from them.

Though much of our skill is due to our own dedication and perseverance, our fellow classmates and practitioners also help a great deal. Whether watching their solo forms, getting corrections from them, or doing partner work the more you help or teach someone else the greater the benefit for you.

There is no such thing as someone too much of a beginner that you can't learn something from working with them. Basically it forces you to explain what you do creating a greater understanding. Sometimes it may simply be strengthening your patience, other times perhaps figuring out a way to explain or demonstrate what you're doing better.

Don't just admire the way someone does a form or applications. Use it as inspiration to be better.



Dojo Guidelines

<p>1. <i>BEGINNING</i></p> <ul style="list-style-type: none"> • First, a deep breath • Relax, soften, loosen • Empty your mind 	<p>2. <i>PREPARATION</i></p> <ul style="list-style-type: none"> • Loosen shoulders and hips • Soften the chest • Intent to the crown <i>Fire above water</i> • Tail bone draws down
<p>3. <i>GATHERING</i></p> <ul style="list-style-type: none"> • Yi (mind/intent) • Qi (feeling/flow) • Li (strength/body) • Thoughts to dantien 	<p>4. <i>FROM STILLNESS</i></p> <ul style="list-style-type: none"> • Intent guides qi, movement begins • Yi starts Yin/Yang into movement • Qi is aroused • Weight begins to sway
<p>5. <i>TO MOVEMENT</i></p> <ul style="list-style-type: none"> • Steps are light but feet sink into snow • Let the ripple of movement be guided by the Yi • Feet, waist, hands • Easily let the postures take shape 	<p>6. <i>TO POSTURES</i></p> <ul style="list-style-type: none"> • As the postures arrive be clear • Sink the shoulders • Drop the elbows • Open the joints • Open and close Kai/He - Xu/Fa
<p>7. <i>THE CONSTANT</i></p> <ul style="list-style-type: none"> • Seek the round • Become a sphere, rotate from Dantien • Outside/Inside, Up/Down all spokes connected to the Dantien 	<p>8. <i>THE BALANCE</i></p> <ul style="list-style-type: none"> • The wheel turns but can't over extend • Peng is the core of all the postures • Smoothness is the movement • Form follows function

7. A FINAL WORD

For your body to accept the gift of this art it must not only be disciplined but also must literally be remade. By endeavoring to subtract the antagonisms, spasms, and clumsy habits accumulated since birth, we are able to achieve a 'pre-birth', a natural body. This is a body capable of being molded correctly. It involves initially relaxation and softness, from which later spring true hardness. Do the exercises slowly so as the enhance feeling. Think and feel mightily as you do the movements. Pause at the end of the movements, inaction often aids relaxation. The more you relax in the first phase, the more strength you will have in the second.

This is advice give to Robert W. Smith from Kuo Feng-Chi, his Bagua teacher in Taiwan.



Bandon retreat

UPDATE:

Due to an employment opportunity Andy's Saturday workout sessions will not include Andy!

Saturday 10-noon will be an open practice. Come, workout, or ask one of the advanced members questions or for help. (Salmon Bay Park)

2014 Spring Schedule

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

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.