

DO YOU KNOW HOW TO PRACTICE?

I spend too much time on FaceBook! However, one of the benefits is that I've seen various clips of members and youtube videos showing very good, if not excellent, performances.

As I enjoy the clips, what really goes through my mind is that they had to practice a lot. A great singer, dancer, musician, chef, or performer doesn't just happen. Yes, there are those disgusting people who have natural talent. But still it just doesn't happen over-night.

I watch some of the performances and what I focus on this the love of what they're doing and their dedication. A good or great dancer has to, not only know the pattern of the dance, but practice it to the point of muscle memory, in sync with the music. Not easy! If it's a group number they also have to coordinate their movements with the rest of the group.

I don't like the word 'Discipline'. You have to have 'discipline' to be good. Not! You have to enjoy and love what you're doing in order to achieve any level of skill. Otherwise you're a technician.

Some of you have seen the Chinese lady that practices in Salmon Bay Park during our class. Through her daughter I was able to have a conversation with her. It was great! Watching her practice reminded me of my training and dedication. It also has helped me focus on things we need to practice or focus on in the club.

Master Gao Fu



Even in the photo above you can see excellence in posture, structure, intent, and function.

Her precise movements and study are a pleasure to watch. I wouldn't have guessed she only started two years ago in Taiwan! It's clear she studied it with passion and dedication. She told me that she practice primarily for health and beauty. Well, she sure got that right.

Also, when you see her working out, she enjoys her practice time, it looks like she's having fun. That's what counts. If you don't enjoy practice then find something that you look forward to practice or working out.

A.T.Dale Internal Martial Arts

Autumn/ Winter 2014



2015 WORKSHOPS

January: PRINCIPLES OF THE INTERNAL ARTS
(aka how to practice correctly)

February: INTERNAL ENERGIES & History of the arts

March: RELAX AND CENTER (solo and partner work)

April: BODY STRUCTURE AND POSTURE

May: ENERGIES IN APPLICATION: Long Energy to Fa-jing.

I plan on offering these workshops at my place in Burlington, 10:30-12:30, the third Saturday of each month. Each workshop is \$25 and requires a registration at least a week prior. All levels welcome.

**BANDON RETREAT
2015**

July 3,4,5th

Instructors and schedule
are being planned.

NOTES FROM MASTER YUENG

Disregarding the stress and hassle, I guess moving is good. I came across pictures and notes buried in piles of papers and folders. I'm typing this to have a permanent record of it so I could throw away the notes and not have to pack them.

9/30/93

In one of my lessons, Master Yueng started talking about Bruce Lee's older brother. His older brother (don't know the name), had a deep interest in western fencing. According to Master Yueng he won a championship in England.

His brother wanted to improve his sword work and sought out the Taiji master

Tung Yingjie (*top disciple of Yang Cheng Fu*). It was rumored that Master Tung was expert with the sword. The story goes he went to Master Tung and challenged him. The deal was that if Lee lost he'd pay \$1,000.00 and would like to become his student. If he won there was nothing required. He said they sparred and Lee disarmed Tung immediately. (*I don't know how true this is.*)

Master Yueng said the handicap of Chinese fencing was avoiding contact or blocking with the blade whereas western fencing does. This is an advantage. In sword work you don't use your hands, you use your body movements, the sword is your body.

LISTEN TO WHAT AND HOW YOU SAY STUFF!

As you know our nursery closed last year and I spent some time working for a large nursery on Whidbey Island.

Much of my experience there reminded me of the early days working in the industry and having a different clientele. The majority of the customers we had at Emerald City Gardens were really cool, interested, caring, and into plants or wanting to learn more about them. The second nursery I worked at (Swan...ns) had an older crowd, many rich. My recent experience was much the same with a few exceptions. The questions and demands people make! (especially when they've probably never worked retail, or for anyone else).

"I want a plant to bloom all the time, in deep shade, and I don't water."

"I want the plant everyone has, it's really pretty, you know the one I mean."

"I kill plants, which one do you recommend that I can't kill."

"I want a rose that blooms in the shade."
"I'm sorry, roses need all day sun", "OK, I'll wait for you to find one."

"My mom bought a plant here 15 years ago, I just love it. I want one just like it."

"I want a red big flower. No, I don't like that one, it's too red."

ARGUE FOR YOUR LIMITATIONS AND SURE ENOUGH, THEY'RE YOURS!

This is one of my favorite sayings. And, as a teacher I see this a lot. Granted forms are difficult to learn. Some more complex than others. Also, if you are

learning more than one form or style, it's easy to confuse them.

Some of the things I hear:

I can't do that. (*without trying*)

That's too hard.

You taught me wrong.

Are you sure that's the next move?

I just can't practice.

I'll never get it. (*so why try?*)

I can't do it because the ground is uneven.

Shoot, I practiced wrong all last week.

Some having trouble remembering the form, or last week's move, there is still an urge to learn more moves. (*I would frustrate a skating coach by saying "That's enough, I need to get this down, leave me alone."*)

What I seldom hear:

What should I work on?

What's the best way for me to practice?

How can I get this?

How can I make this easier?

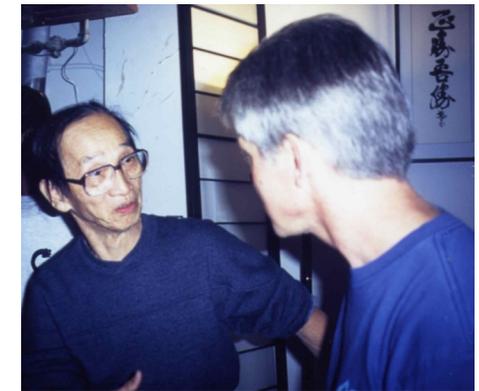
Personally I kind of love a challenge. When I find a movement difficult it means that that particular way of moving isn't in my body vocabulary. I like that since it indicates a range of movement I don't have yet and presents a new challenge.

Though it wasn't my intention, over the years, I've studied Yang, Chen, Sun, and Wu Taiji Quan. Each having a unique flavor and a different, distinctive stepping pattern from the others. Instead of whining about how one wasn't the other, I tried to focus on learning a 'new' way to move. Yes, it wasn't easy but I thought it was fun and another level of accomplishment that would improve my art.

Maybe I'm sick? - *Andy*



Master Yueng



In 1972 I had the luck meeting Harris Sensei at an Aikido workshop. Shortly after I had the honor to meet one of his teachers: Master Fook Yueng. Master Yueng would show up at Dave's class and teach a few times a month. I would see Master Yueng on and off in the 1980's. As fate would have it, my back went out and word got to Master Yueng. He showed up during one of my classes, did a healing Qi Gong fixing my back (1989). That started my apprenticeship learning Tien Shan Qi Gong and Yueng Quan. The photo to the left was receiving his family sword and accepted as his second kung fu son. (Harris sensei was #1). I can feel his energy and spirit even today. Really miss him, his teaching, and advice.



I asked my adopted dad for an allowance!