

## PARTNER WORK AND CONCERNS

One of the most important aspects of our club is its emphasis on partner work, applications, and various interactive drills.

First of all, partner work is to enhance our solo forms and give us a deeper understanding of the Internal Arts principles. Though the self-defense aspects are important these exercises also help us increase our sensitivity, awareness, and most important: relaxation, as we practice mindfully and increasing our awareness. They also focus on directing our intent and qi.

Often I hear members saying silly things like: "I don't want to hold others in the class back", "I'm not good at that, it's too hard", or worst of all "I'll never get it."

*NOT TRUE!*

In my opinion one of the greatest skills to develop is volume control. I've unfortunately (or been lucky to) experience partners that had no control, adaptability, or the sensitivity of a rock. My nick-name for them was 'Meatheads', among other names.

Regardless of what level you are at, brand new beginner to advanced superhero, we all learn tons from each other. As a beginner you may think you're just learning the beginning forms but you are also experiencing the skill and talent of an advanced member. You may not appreciate it at the time but this is vitally important. The advanced student is also learning a great lesson with your practice. As they help you they are confirming what they already know but also learning 'Volume Control' and teaching skills. This helps them advance and improve.

These are exercises and partner drills! Not competitions or ego-recitals. It's important that you keep the communication open between you. It's perfectly fine to ask your partner to slow down, or repeat a certain move, or ease up. ☺



# Taoist Movement Arts

## Winter 2017



## Wisdom of a Mirror

1. A mirror will reflect absolutely any object which comes before its surface, all are equally accepted, none refused.
2. There exists no distinction between good and evil, big and small, pretty or not. It will reflect huge things as mountains and small things as insect.
3. It reflects the mountain as a mountain, and the ocean as an ocean. It accepts all without changing them and sees them as they are.
4. The mirror never is attached to a reflection after it is removed. It returns to its peaceful state ready to reflect anything that comes before it.  
*nurture your mind like a mirror.*

### BURLINGTON

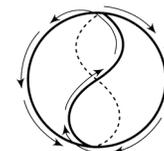
#### Bagua Zhang

Thurs. 10:15-11:30  
Sats. 8:30-9:30 am

#### Kalahi Martial Arts Academy Cascade Mall

#### Taiji Quan

Tues & Thurs 9-10 am  
Maiben Park  
Weather permitting



### SEATTLE

#### Sundays am

Taiji Roushou 9-10  
Chen Taiji Quan 10-11  
Yang Taiji Quan 11-12

#### MONDAYS am

Sun Taiji Quan 9-10  
Bagua Roushou 10-11

#### WEDNESDAYS am

Yang Taiji Quan 10-11

## UNDERSTANDING THE PRINCIPLES

These Internal Arts are based upon classics that convey the principles of correct practice. Though the arts have become stylized, some ignoring the basic principles, old style practitioners still adhere to the concepts they are based upon. One of my Aikido teachers, and a strong influence, was Koichi Tohei. He explained principles in the context of Body & Mind. I've borrowed from his

**XIN - Yi - Qi - SHEN**  
Body - Mind - Energy - Spirit

teachings, and added more. Body, Mind, Energy, & Spirit are governed by basic rules. Some are common sense, others require lots of practice.

### **RULES OF THE BODY:** (*shape, weight, time & physical laws*)

The physical body has rules and limitations. We are physically limited with some restraints that can't be ignored.

The body has limits. We have our range of motion which is different than our 'Circle of Power'. Our Circle of Power is where we are able to apply our natural strength safely. These are described in the Internal Arts Classes i.e. 'keeping our 3 bows or 5 curves', 'hollow the chest and round the back', 'energy is rooted in the feet and expressed by the hands.' If we violate them we get hurt trying to use our strength.

- a) Relaxed and smooth movement is strongest. Comfort = Relaxation. Smoothness = Endurance. Exercise = Health. Coordination = Efficiency. Circle of Strength = Safety.
- b) Use it or lose it. If we don't exercise our muscles they weaken. Not only does their strength diminish, so does their range of movement.
- c) Proper body structure is a necessity to keep our bones and joints safe. Muscles can stretch and become stronger. Joints need protection from movements not meant for their particular motion.

**RULES OF THE MIND:** (*shapeless, no weight, not restricted by time or physical laws*) Our mind is restricted by thoughts, worries, assumptions, beliefs, and emotions. It is strengthened by learning, exploring, interests, awareness, challenges, and curiosity.

- a) A calm clear mind doesn't over-react. It accesses it's data base and then



proceeds to deal with the problem.

b) A focused/directed mind is able to accomplish amazing things. Intent Leads Energy Our mind can focus and harness our energy and physical strength. Creating changes in our body as well as our world.

c) A mind constantly learning has no boundaries. One with a great imagination has no limits. This is how art, new inventions, cures, and progress happens.

- d) A calm mind can direct ones' energy in any direction for anything.

**RULES OF ENERGY:** (*no shape: everything*) everything is a form of energy at different vibrations. Thoughts are energy, our actions and movements are and produce various forms of energy.

- a) Energy is the river of all things. Think of it as water. It can be oceans, lakes, rivers, streams, drops, dew, steam, snow, or ice. If the body and mind are healthy, our energy flows outward like a shining star. Body and mind are intertwined and effect energy. Each has an effect on the other. A sick body draws down the mind thus weakens energy flow. A scattered or disturbed mind disperses the energy.
- b) In our physical form energy is influenced by our body, mind, and surroundings. If we are healthy there is no friction for our energy to flow strongly and outward. Strong energy cleanses just as a strong flowing river moves the debris down stream.
- c) A positive mind draws and produces strong energy. A negative mind draws and produces negative energy. Positive people radiate and share positive energy, the same holds true for gloomy gausses that drag you down.

### **THE SPIRIT :** (limitless, timeless, unique)

This is who we are, our uniqueness, our specialness to share with those fortunate to come in our lives, and we in there's. Being who we are = centering and freedom from all restrictions. (at this stage you may begin to spontaneously levitate.)

