

# WORKSHOPS



## BANDON RETREAT

### WEEKEND

10-24th 2017  
in Oregon

our yearly weekend, family  
y seminar on the beach in  
of the Sunset Motel in  
n. Sessions are taught by  
ent instructors and cost \$10

will be Qi Gong, Taiji,  
y, weaponry, and partner  
The instructor line up will  
ted soon on the dojo web

### REGISTRATION PAYMENT

those who don't know,  
an make club  
ents through PayPal if  
asier for you.

type in my email:  
e2245@gmail.com

### AUGUST

#### KNIFE THROWING

August 2017 (Sunday)  
Burlington (limit 20)  
Cost \$70

*more details to come*

I am very happy to say that this  
August we are lucky to have Sifu  
Restita DeJesus presenting a  
workshop on Knife Throwing ☺  
(It comes in handy when people run  
away from you!)

Restita is chief instructor of  
Seattle Wushu Center and highly  
skilled in several martial arts. She  
is awesome with a bullwhip which  
I hope we can schedule a future  
workshop for.

The exact Sunday will be  
announced closer to August. You  
will need to have your own  
equipment to attend. This will be  
posted on the dojo site.

BURLINGTON WA

# Taoist Movement

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www.wuji.us.com

## Spring 2017



### Chuang Tsu

*There is a beginning. There is no beginning of that  
beginning. There is no beginning of that no beginning of  
beginnings. There is something. There is nothing. There is  
something before the beginning of something and nothing,  
and something before that.  
Suddenly there is something and nothing.*

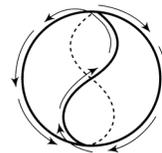
Something can't come from nothing. Take a small piece  
of paper. Cut it in half. Take a half and cut that in half.  
Take that half and cut that half and keep cutting each  
half in half. Smaller and smaller with each cut. Even  
though it looks like there is nothing left, there is still half  
of the last piece and so on, there is never nothing, there  
is always something even though we may not be able to  
detect it. What is it?

#### BURLINGTON Kalaha Martial Arts Academy

**Bagua Zhang**  
Thurs 10:15-11:30  
Sat 8:30-9:30 am

**Maiben Park**  
Weather permitting  
Tues 5-6 pm

**Taiji Quan**  
Tues & Thurs 9-10 am  
Wed 6-7 pm



#### SEATTLE

#### SUNDAYS

Taiji Roushou  
Chen Taiji Quan  
Sun & Bagua

#### MONDAYS

Sun Taiji Quan  
Bagua Roushou  
Bagua Zhang

#### WEDNESDAYS

Yang Taiji Quan

*New Members Learn The Forms  
 Beginners Practice The Forms  
 Intermediate Practitioners Train The Forms  
 Advanced Practitioners Learn From The Forms*

**LEARNING THE FORMS**

When you first start these arts you begin by learning the forms and memorizing them. The energy is mostly in your head. Your focus is on remembering the movements and exercises, there is no room for anything else. You are practicing what you don't know. Your mind and RAM is filled with information learned last or are trying to remember it. You are spending your energy remembering, all in your head, not really practicing the movements.

**TRAINING THE FORMS**

This is the point where you can remember the movements and exercises and store them into your memory. Your focus is on proper stepping, alignment, positions, and directions. This also takes up lots of brain power and energy. Even though you can feel the movements and the benefits, much energy is still in your mind, thinking. You are mostly benefiting from mental practice, the physical exercise of the art. Your muscles are getting stronger and more pliable. Your concentration getting better.

**STUDYING THE FORMS**

When you know the various forms and start working on applying the principles of the art. It's where you start working and training your body with intention and intent, not your thinking. You discipline your body and follow the guidelines to develop and focus your Qi.

*Staying Fei Ting:* The movement stops but doesn't stop.

Every part moves, every part moves.

Extend the head top, sink the waist.

Yang clearly differentiated.

Energy rooted in the feet, directed by the waist, expressed in the hands.



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



- ◆ *Dui La:* Counter balance = Centered
- ◆ *San Yuan:* Three curves.
- ◆ *Sung ar bu shea, Peng ar bu zhiang:* Relaxed but not limp, firm but not rigid.
- ◆ Outside moves, inside calm. Outside calm, inside moves.

And the other thousand principles that guide us to practicing correctly. This level is also where we work on perfecting the postures, alignment, and studying the energy/function of the individual movements. The function of the movement directs our Qi. *Intent Leads Energy!* We're no longer on the shell of the movements, instead we're working on the guts.

**STUDYING THE FORMS**

Studying the forms is actually studying ourselves. As we flow through various movements we gain insight into our own mind, body, energy, and spirit. We uncover and discover things about ourselves. The posture now become our teacher and guide us through a journey of self-discovery. The onion gets peeled layer by layer and each layer has a new lesson and insight for us. Understanding of ourselves is an understanding of the art.

**THINGS TO KEEP IN MIND**  
*Breath unifies Mind and Body.  
 This may be qi gong, practice, or meditation.  
 When you are comfortable your mind and body relax, there is less friction between them so your natural energy can flow smoothly.  
 Training body and mind strengthens energy and spirit.*