

AND HABITS

In the last article, we need to stretch and expand ourselves in all directions. Under if the reason some of us are lefties or righties is because it's just how we're too lazy? There's also lots of traditional superstitious beliefs in most cultures about being left-handed. My grandfather and I were forced to learn to be right handed as youths in school.

If you have a passion for playing music don't consider it unusual to be able to use both hands. Have you ever heard, "I'm a right-handed piano player" others may favor one side but need both to act in harmony for their art. If you ever drove a manual transmission it really didn't take you were able to use your left foot for shifting gears, did it?

Part of having something consistent and set, keeps us locked-in (for a while) to certain patterns.

Locked into doing the form only right sided I'm locked into a long, one direction hallway. If I learn the form left I now have a wide, two direction hallway. Although this is great using our less dominant hand doing the forms is just a larger box we're in. Changing sides now-and-then throughout the practice stretches us even more since we're following or creating a changing pattern as we know. Even though changing more often, creates its own, but we're in. The next step might be mixing forms or directions, just like the next movements, or . . . trying to do the form backwards! (*Reverse your Qi! Maybe that'll be good for you.*)

Fixed - Fluid - Change

These is the progression levels in Bagua Zhang.

Fixed movements and postures are set to develop structure and strength.

The physical training.

Fluid you practice fluidity. Smooth and quick footwork with change of directions. The energetic training.

Change; mixing various forms and movements. Being creative with what you know and trying to think outside the box. Your spirit should roam free and explore.

WORKSHOPS

WORKSHOP

2017 (Sunday)

(limit 10) Cost \$70

Workshop set for Sifu Restita DeJesus' Kali Weapon Throwing ☺ (*It comes in many sizes, people run away from you!*)

Sifu Restita DeJesus is Master Instructor of Seattle Wushu.

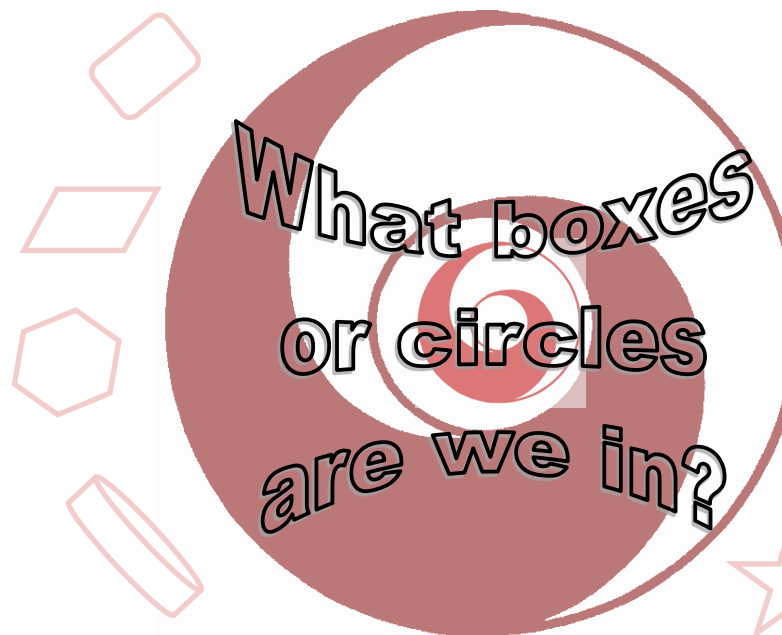
She is awesome with a bullwhip which I hope we can schedule a future workshop.

You will need to have your own equipment to attend. Screaming Arrow Knives on Amazon. Also needed is either softwood rounds or floor puzzle mats.

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Taoist Movement School

Autumn 2017



BURLINGTON

Kalahi Martial Arts Academy/Maiben Park

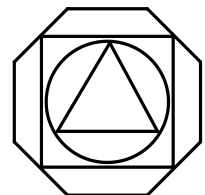
Bagua Zhang

Tues 10:15-11:30 am
Sat 8:30-9:30 am

Tues 5-6 pm

Taiji Quan

Tues & Thurs am



Though each one is larger than the last, each has its outline, it's restricted.

SEATTLE

SUNDAY

Sanshou
Chen Taiji Quan
Yang Taiji Quan

MONDAY

Sun Taiji Quan
Bagua Roushou
Bagua Zhang
Taiji Quan

WEDNESDAY

Yang Taiji Quan

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Healthy Mind & Body

When many reports and opinions on how good Taiji is for health. Everything from balance and bone strength, to the immune system. Did you do something relaxing is good health?

ABOUT MENTAL HEALTH?

During the forms, your focus on relaxing and feeling your This exercises your mind, attention, and spirit. This also mind/body coordination and that strengthens our nervous systems. Ideally merging and closer.

... Taiji methods seem to be right dominant side instead of balanced in its practice. How do you Taiji people practice left handed? Do you practice Sparrow's Tail/Lazily Tying? Even Single Whip? Try to find many excuses for why this is not best are either from copying or practice (because it's wrong to superstitious reasoning: "The Qi is improperly.")

... of Grandmaster T.T. and his teachings, it has changed my life, thoughts, and outlook. How I teach, and what I think is about our training to increase our health and skill. His genius in the symmetrical Yang Taiji is brilliant. (he was the first to

Did you know that Taiji Quan is the **only** martial art that teaches empty-hand solo forms one sided? In the last few years there are some that are adopting double sided practice but it still isn't common in Taiji. The majority of martial arts, internal and external, emphasize right and left *except* with most weaponry.

WHY?

MIND-BODY-SPIRIT

Now to my point: We've all heard that some of us are right brained, others left. Some of us are right handed, others left. We have the analytical side and the creative side. Some of us tend to be creative some are technical.

身心合一

MIND/BODY UNITY

Mind and body are *elements* of our greater wholeness, they are not independent! They are the Taiji symbol, Yin/Yang intertwined and inseparable. Each effects the other for health or not, for good or not, for happy or not.

USE IT OR LOOSE IT!

Your body, your muscles: if you don't work them or challenge them they stiffen and you loose your range of motion. If you exercise and move about moderately all stays in moderate shape.

The same holds true for your mind. If

you're mentally active and curious, your mind grows stronger just like a muscle. Muscles and mind need constant exercise! There has been research that shows those who are mentally active are less likely to show *symptoms* of Alzheimer's. Even though they have it! The brain, being active, creates new connections when the usual ones break down. Keeping the brain active (exercising it) keeps that muscle strong.

I've read that as we get older it's good to learn another language. Learning another language not only effects the mind but also our senses, our body. It *stretches/exercises* us on many levels.

ALL SAME Master Yueng's quote

Due to Master Tchoung's teachings and influence, it started me doing all the weaponry left handed. Now, it doesn't matter or feel awkward using the sword, broadsword, or spear left handed. In his Yang Taiji solo form we switch right to left, then left to right, and back and forth throughout the form. It seems very natural and easy after a while. Nothing special.

I've incorporated this to the Chen, Sun, and Wu Taiji forms as well. It just makes sense. The last form I learned from Master Tchoung, which he learned from Master Wu Tunan, was the Wu Broadsword. What impressed me about this form was there are moments where you'd switch hands with the broadsword. It felt natural. This is why I've spent the last few years re-working the Taiji and



Diagram of Chan Su Spiraling energy, the twining of one's energy and muscles. We need to cross-wire our brain also!

Bagua weaponry, the two sides modifying the changes original forms. Be learn them this way nothing special when members who do quite difficult since locked into a

weapons form.

Aside from its physical stretches and challenges our and intent. Perhaps harmonizing right brain. Though I've practiced years left and right weaponry Broadsword taught me the importance of switching back and forth instead of performing the forms one sided, then left side. Those who practice Broadsword on Ice might remember what I was doing. The real reason was it was the only way I could jump and spins!



A CHALLENGE

Even if you're not used to with studying right and left, or if you're not here is a exercise for you to stretch/challenge your mind/body connection:

Practice writing your first name on opposite hand. The difficulty is the mind/body harmony, then physical, muscle/nerve coordination there! Challenge your limits! Increase your mental/physical emotional/spirit muscle tension beyond its understanding and Exercise your body/mind coordination :)

If you're already ambidextrous then take up juggling