

NEWSLETTER

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*Daily training in the art allows your inner
divinity to shine brighter and brighter.*

*Do not concern yourself with the right and
wrong of others.*

Do not be calculating or act unnaturally.

*Keep your mind set on the art and do not
criticize others.*

*The art never restrains, restricts, or shackles
anything.*

It embraces all and purifies everything.

O'sensei, Founder of Aikido

No Classes
Labor Day Weekend
Sept 5,6,7th

FALL CLASSES
September schedule will
change, see page 5

AIKIDO THIS FALL
Starting September 14th I will
teach a beginning Aikido class
Mondays 7-8:30 p.m. This class
will be Sept - Dec. The class
will be conducted traditionally.
Sessions will be at the Xin Qi
Shen Dojo

CLUB INFORMATION
Have you moved?
Changed phone #?
Added an e-mail address????
If so be sure I have the info.
If you're on e-mail you'll usually
have access to the newsletter a
week a head as well as bulletin
updates.
Need a form printout? Check out
the resources page on our web
site. Most of the Qigong, Taiji
and Bagua forms you're learning
are online.
Also you can access various
classics and writings on this
page.
www.cnw.com/~atdale/

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Bandon Retreat Review

Wow, what a place.

Needless to say, we had a good time. Since Bandon isn't a tourist trap we were the crowd on the beach. With the weather behaving there was usually someone on the beach practicing throughout the day. It worked! My intention wasn't to have a training camp but a casual practicing session and semi-vacation. This enabled members to bring non-Taiji/Bagua family members and not ignore them.

Highlights consisted of the evening practice sessions scattered along the beach, a open dinner feast hosted by Barbara and Marybell, and the interaction and visiting of club members, significant others and friends. Members were able to bring pets and there were no incidents of misbehaving. The longest trek goes to Jeff and Bernie who came all the way from Spokane.

Yes it was quite far away but once we arrived it was worth it. Thanks to everyone who participated, I thought it went perfect. Next year we will be closer, perhaps the San Juan Islands. But I'll always be making a trek to Bandon once a year. Interested in seeing pictures? Jay took over 100 photos of the beach and has put quite a few up on the internet. The URL is: <http://members.tripod.com/DigitalHomesteader/bandon.html>

If members have pictures of our practice session I'd like to scan them in to put up a club picture site.

WORKSHOPS

August 23-29th
**KOOTENAY LAKE
TAI CHI RETREAT**
\$445 Canadian or \$370 US
Kootenay Tai Chi Centre
Box 566,
Nelson B.C. Canada V1L 5R3
Phone Fax (250) 352-3714
e-mail: chiflow@insidenet.com

September 4-9th
**GILMAN STUDIO
TAI CHI CAMP**
Camp David on Crescent Lake
inf.: P.O. Box 431
Port Townsend, WA 98368
Call: (360) 385-5027 asap and
register!

September 26th
BAGUA INTENSIVE
Xin Qi Shen Dojo
2:30-6:00, \$25 RSVP
Seattle
October 17th
YANG TAIJI INTENSIVE
Xin Qi Shen Dojo
2:30-6:00, \$25, RSVP
Seattle

WORKSHOPS

Seattle Taiji History

First, though extensive this isn't a complete list but it's very close as far as the early days in Seattle. I had heard of a Taiji master teaching in China town but wasn't accessible to outsiders in the early 70's. Also, Harrison has been teaching in Seattle since the early 70 but I wasn't able to get detailed information due to busy summer schedules about his clubs and the Taoist Studies Institute. If you have more information not listed below please send it to me since I can always correct and update the web version.

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- 1967 Mr. Yueng, a martial artists and Chinese Opera performer had a small group of students in Seattle's China town some of which he taught a version of Yang family 108 Taiji Quan. Mr. Yueng had studied numerous styles in China including: Wing Chun, Northern & Southern Mantis, Monkey, Taiji, Bagua, and is accomplished in most weapons. Mr Yueng's specialty is in weapons, applications, Wing Chun and Mantis. He suggested those students interested in delving deeper into Taiji find his friend, a Taiji-Bagua-Xing I master up in Vancouver B.C. Mr. Peter Tsai and Dave Harris went up to Vancouver and took some lessons from Raymond Chung. At this time the Seattle Kung Fu club was also offering Wu Style Taiji Quan classes.
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- 1969 Raymond Chung began teaching at the North Seattle School of Karate founded and run by Dave Harris. Raymond taught in Seattle until 1972 (3 years).
Some time after Raymond Chung had been teaching in North Seattle, he also began teaching Tai Chi in China Town. The club was called the Seattle Tai Chi Association. Master Chung's core group consisted of: Dave Harris, Brian Hata, Richard Skinner, Betty Kay and Yuen Lui. Richard Skinner continued to study with Master Chung many years after Chung stopped coming down to Seattle.
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- 1971 Hsu Shan Tung (Sandy Hus) began teaching Taiji at the Madrona Dance Studio. Sandy was a student of Professor Ping Siang Tao, one of Cheng Man-Ching's top apprentices in Taiwan.
Also around this time Roger Tung, a wushu stylist was teaching Taiji in the University district on Boat Street. Roger taught Kung Fu, Tae Kwon Do, and Taiji Quan. Roger's assistant and senior student at this time was
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- 1972 Master Tchoung Ta Tchen began commuting to Seattle from Vancouver B.C. to teach Raymond Chung's former Taiji Club,(Seattle Taiji Association) in China Town. Tchoung inherited the continuing and advanced group of Raymond Chung. Two of these members were Dave Harris and Brian Hata. Harrison Morrtetz had established Taiji classes at this time and continues to teach.
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- 1974 Internal Wushu Arts was established by Andrew Dale, student of Master Tchoung Ta Tchen to teach Tai Qi, Bagua and Xing I as taught my Master Tchoung.
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- 1975 Professor Huang Wen-Chih moved to Seattle from Taiwan and started teaching assorted martial arts including Taiji.
Master Tchoung's Taiji club moved to the Wallingford district. The Northwest T'ai Chi Chuan Association was formed by his advanced students to be a branch of the Chinese Tai Chi Association of Canada. His advanced students at this time were: Dave Harris, Andrew Dale, Harvey Kurland, Don Scott, Kerry Brooks.
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- 1976 T.Y. Pang moved to Orcas Island and began commuting to Seattle with his assistant Bob Fong. He taught calsses in Taiji, Bagua and Qi Gong
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- 1980 The influx of instructors in the 1980's began to increase dramatically. Many instructors slipped into town quietly, some students of established teachers began to teach. It's impossible to keep track of the Taiji history after this point. Here are some known facts:
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- 1981 Michael Gilman settled and began teaching Taiji in Port Townsend, Washington. Michael teaches the complete Yang family Taiji method that he learned from Master Choy Kam-Man. It's Master Choy's father, Master Choy Hak-Peng, who is credited with introducing Taiji Quan to the United States in the 1940's. In 1973 Michael was authorized by Master Choy to teach. In 1990 Michael build his own studio which teaches Taiji Quan, Qi gong and Aikido.

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IT IS TRUE

T'AI CHI CH'UAN LOWERS BLOOD PRESSURE

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Many students comment how the t'ai-chi they practice in our classes has helped them to keep their blood pressure under control. There are many reasons for high blood pressure including being overweight, too much salt in the diet, genetics, kidney problems, stress, etc.. But exercise seems to help.

In China t'ai-chi is a therapy for high blood pressure and many students use it successfully to keep their blood pressure under control. But, Dr. D. Young from Johns Hopkins University was surprised that t'ai-chi significantly reduced blood pressure. In a 12 week study, she found systolic blood pressure fell 8.4 mm Hg in the aerobic exercise group and 7 mm Hg in the t'ai-chi group. The benefits were seen after only 6 weeks (AHA press release, Washington Post, 4/14/98. p. Z28) I don't find these results surprising, based on what students have said and the research we reviewed in past issues. Several studies showed that t'ai-chi ch'uan is an aerobic exercise and has reduced blood pressure. For example, Dr. K. Channer found t'ai-chi reduced blood pressure in cardiac patients (*Postgrad Med J* 1996 Ju; (848):349-351). When I looked at it at the University of Washington in 1975, I found it lowered BP in one session. Aerobically. Later I found t'ai-chi was 3 to 4 METS. (*Sports*

Med., Training and Rehab., 1992, Vol 3, p228) and D. Zhou, et al., found t'ai-chi long form to be 4 METS, (*Can J Appl Sport Sci* 1984, Mar;9(1):7-10. Zhou classified the "long form" as a moderate aerobic exercise. One MET is equivalent to resting metabolism, about 3.5 mlO₂/kg/min and three METs is like walking at 3MPH.

Dr. Ching Lan of the National Taiwan University Hospital found that there was a significant increase in aerobic capacity (VO₂max). There was a 16% increase in aerobic capacity in men and 20% in women. Dr. Lan found a significant increase in flexibility and knee strength as well. The exercisers averaged 4.6 days a week for 11.2 months. Classes consisted of 20 minutes warm-up, 24 minutes t'ai-chi and 10 min cool down. (*Medicine & Science In Sports & Exercise, 1998*) Dr. Lan also found that classical Yang and Chen style were 4-5 METS for women and 5-6 METS for men. This is higher than Zhou or I found. There is no doubt that t'ai chi is a low to moderate intensity aerobic exercise and will produce the benefits found by other aerobic exercise of similar intensity.

Harvey Kurland is a well respected t'ai-chi ch'uan instructor, a teacher under Grand Master Tchoung Ta-tchen, who teaches for the University of California at Riverside and Loma Linda University's Drayson Center. Kurland graduated from the University of Washington and has certification from the ACSM, ISSA, and the CTCCA www.pe.net/~rvtaichi/



(Continued from page 1)

FORM COMPLETION

Dayan (Wild Goose) Qigong

- * Belinda Frazier
- * Emily Mandelbaum
- * Ruth Pattison
- * James Doulong
- * Chris Laliberte
- * Arne Walker
- * Dennis Sharp
- * Victor Crandall

Bagua 8 Flowing Changes

- * Cedar Acosta
- * Victor Crandall
- * Joel Hartshorne
- * Steve Cousins
- * Francine Seders
- * Russ Fish

Aikijo Ikkyo

- * Cedar Acosta
- * Victor Crandall
- * Joel Hartshorne

CONGRATULATIONS

ADVANCE NOTICE

January 1999 basic club fee will raise to \$60 monthly

ENERGIES OF TAIJI QUAN

AN & TUI JIN

If you looking at the translation of *An* & *Tui* you'll get *push*, but in practice and application they are distinctly different. Hence, a good reason to use Chinese terminology.

You have the energy *AN* in Grasping Sparrow's Tail: *Peng, Lu, Ji, An* (ward-off, roll-back, press, push). Then you have *Swuang Tui* (double push) or *Tui Shou* (push hands). In this article and in future articles I will differentiate them as follows:

AN = push, *TUI* = shove.

Perhaps *An* is energetic and *Tui* is more the physical action (I don't know Chinese well enough to say). This point I'm not too sure of, however there is a very different feeling when one is applied to you, or when you apply them, in contrast to the other.

In Chen Taiji *AN JIN* has a downward motion to it. It's like you're trying to close an over-filled suitcase. Yang Taiji *An* is done forward but still has a slight downward start to it. Think of pushing someone on a swing; you yield to their momentum, then slowly being applying pressure down, increasing the pressure and eventually 'push' them away. This is *An*

Jin. *An* starts out gentle and gradually adds pressure, you take up the slack before pushing.

Tui Jin is a bit rougher, hence more of a shove but not necessarily a rough shove. In Bagua energies, *Tui* is used mostly, *An* is not really used.

Also, *Tui* is directly forward and away from you, no downward action at all to begin with.

When Master Tchoung uses *An jin* it's a pleasure to be uprooted (as if there is a choice!). When receiving *An* from a partner the feeling is like a big wave or wind is causing you to go back. There is no place to resist, it sweeps you away regardless of what you do. If you feel like you've been shoved in Tuishou chances are your partner is using strength, bad technique, or *Tui* instead of *An*.

If your interest is in refining or trying to master Taiji, study *An* deeply. As you practice Tuishou remember: if you perform *An* correctly your partner shouldn't feel roughed up also there is no impact as you apply *AN*.

Seattle Taiji History

Continued from page 2

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- 1982 The 5 Willow Taiji Association was founded and incorporated by the advanced students of Hsu Shan Tung, Richard Aries appointed president for life. Many members of the 5 Willow Taiji Association have branched out and are teaching currently in Seattle. Among them: Mark Baclawski, Mary Newbill, Howard Nevitt, and Cosette LeCiel.
- Other instructors establishing themselves in the mid to late 1980's in Seattle are: Martin Mellish, Ron Jorgensen, Elf Evans and Chu Lan Chiong.
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- 1988 Master Gao Fu of the Beijing Chen Research Institute paid a visit to Seattle and accidentally met Martin Mellish. He help her connect to the local Taiji Instructors. Shortly after she began teaching a large number of beginners as well as many of the established Taiji instructors. Among this group was: Harrison Morretz, Martin Mellish, Andrew Dale, Cosette LeCiel, Shoko Amdur, Ellis Amdur,
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- 1989 Dr. Wang Xue Chi arrived and established the Gi Gong Longevity Association.. Dr. Wang and his brother teach Qi gong and internal arts in the university district.
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- 1990 Bagua and Wutang Taiji Master Zhang Jie came to visit Seattle at the invitation of the Taoist Studies Institute. Master Zhang began teaching and stayed in Seattle founding the Seven Stars Studio.
- Other Instructors moving and establishing clubs in Seattle in the 90's are: Kim Ivy, Ken Wright, Hon Yi Jiao, Xie Bing Can, and Caylan Storm.
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- 1992 Saul Krotki, an original student of Grandmaster Cheng Man-Ch'ing moved to Seattle and began teaching Tai Chi. In 1993 established the Bear Palm T'ai Chi Association. Mr. Krotki began his studies in the early 1960's in Taipei, Taiwan.

My apologies to those who slipped pasted my records and information that are not listed. All inaccuracies and misinformation above can be blamed on me. Andy

Ai Ki Do

GET READY FOR A DIFFERENT APPROACH

By Atdale

Those of you who have only studied Taiji will find the Aikido session quite different and challenging. Get ready for a Zen approach. First of all Aikido is taught as a martial art right from the start, contrary to Taiji. What that means is immediately there are expectations of the students. The manner of teaching and practice is closer to Bagua yet still different. The attitude is . . . Be alert, watch, listen, do it!

FORMALITY

Etiquette and mindful action is expected from the minute you enter the dojo. Once you enter the dojo you are there to train. No visiting or chit-chat. The dojo is a place for practice and study so when you enter you begin to warm up, practice or meditate. The instructor is always called Sensei. The etiquette is to keep you focused upon the purpose of the place, respect and thankful attitude to your classmates, instructors, and principles of the art.

INSTRUCTION

You learn by doing, not asking or talking, so questions are held until the sensei is watching your practice. Follow and do. When learning Taiji and Bagua initially you are spoon fed the instructions. In true martial arts alertness and mindfulness are the secret to success. This is trained the minute you walk into the dojo. A waza (technique) is demonstrated several times then you find a partner and practice what you saw. The teacher will come around to correct and refine. You are not led step by step as in Taiji. Go do it, fumble, just keep moving. Activate your mind to figure it out.

ALERTNESS

You will be expected to be aware of the entire room and other members in order to keep practice safe. There is no 'sitting-out' or resting during a class session. As with life, you're on NOW, there is no 'rest' period.

Also, you are responsible for the safety of your partner and classmates. You are expected to practice and keep the practice session safe and on track. There is no free-play, what-if's, or sucker punching permitted.

THE WAY OF THE WARRIOR

This describes the training and attitude of the Japanese Budo (martial way). You are not learning a technique or an art, you are working on polishing

your mind, body, and spirit. Though the dojo is the primary training place, life is your practice arena. In one of the books by Carlos Castaneda on the teachings of Don Juan the bottom line is to live life impeccably. INTEGRITY.

TERMINOLOGY

AIKI – blending and harmonizing energy. Unity of energy.	MA-AI – distance, space between partners.
ATEMI – strikes to vital, vulnerable points.	TANDEM – (dantien) center and energy source in lower abdomen.
BO – long staff	SHOMEN – the head, this can mean a person's head or the front of the club.
BOKKEN – wooden sword	SHIN SHIN TOITSU – mind and body as one
DO – (tao) a path of training, philosophy, life.	SEIZA – sitting
DOJO – a place to study and train in an art.	SUWARI WAZA – seated techniques
GI – practice uniform	TAKE MUSU AIKI – spontaneous harmonization
JIYU WAZA – free technique	TANTO – knife
JO – short staff	UKEMI – art of tumbling
KAESHI WAZA – countering techniques	WAZA – technique
KAME AI – stance, attitude	
KEN – sword	IKKYO – number one
KI – (chi/qi) universal energy	NIKYO – number two
KI MUSUBI – tying of energies together.	SANKYO – number three
KIHON WAZA – basic techniques and training	YONKYO – number four
MISOGI – purifying oneself by training.	GOKYO – number five
MIZO NO KOKORO – mind like water	

合氣

Fall Schedule: Internal Wushu Arts / Xin Qi Shen Dojo

Beginning September Saturday Classes	
9-10am	Open practice & corrections
10-11	Qi Gong
11-noon	Taiji / Bagua instruction

SATURDAY CLASSES:

In September the Saturday summer schedule will slightly modify to: 9-10 Bagua, 10-11:00 Qigong, 11-noon Taiji. If not sooner (depending upon weather) all October Saturday sessions will move back to the Phinney Neighborhood Center. This fall we will work on Bagua Qigong methods 10-11am. October we will also switch to the winter schedule: 9-10 outdoor practice and instruction, 10-11 qi gong, 11-noon Taiji *and* Bagua beginners.

Saturdays are where beginners have the priority. Continuing members who can't make evening sessions I'll fit you in but be sure I know you'll be there. If I don't see you at the beginning of a session I won't have budget time for you.

NEW EVENING SESSIONS SETUP:

This is an attempt to enable members to practice more and also encourage members of the different classes to practice tuishou and sanshou together.

6-7:00pm: You may not be able to come on-time for this session but that's OK. These sessions are a group practice I will lead. Minimal instruction, primarily meditation, practice and workout. All member (even beginners) can come to these sessions and follow along.

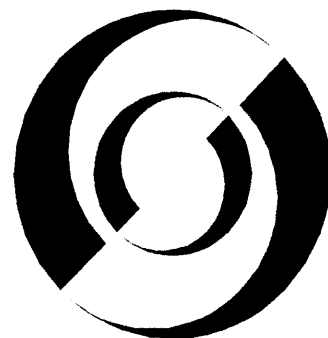
7-8:00pm: This session is strictly for those in the specific class. These are not beginner sessions, you must know the material we are practicing the specific night in order to be in those classes. These sessions are by invitation only.

8-9:00pm: I have listed on the schedule Chen, Bagua, Yang but . . . This means that members of that group has the priority of 'space' for practice (we'll see how this works). All continuing members may come for this session but my attention will focus on corrections and refinements for the members working on that particular art, that night.

XIN QI SHEN DOJO FALL 1998 SCHEDULE				
p.m.	Mon	Tues	Wed	Thur
6-7		T'ien Shan Qigong	O'mei Qigong	Chan Ssu gong
7-8	Aikido	Yang Taiji Long Form	Chen Taiji 48 & Dao	Bagua Inner Palms 8 Changes
8-9		Open Chen (pao chui, tuishou)	Open Bagua (flowing forms, applications)	Open Yang (tuishou, 7&8)

AIKIDO

7-8:30pm: Sign-up is required for this class ASAP, as is steady attendance. Uniforms are not necessary so far, this is a trial class. However be sure you have a good T-shirt or sweat shirt on, we will do many grabs and flimsy garments rip. If you have a gi then please bring at least the top. Aikido is taught as a martial art so this class will be taught traditionally which means: You will be expected to be on time. Traditional etiquette will be followed. No discussions during practice. No sitting-out of practice, if you're not up to participating in the session don't come.



TENTATIVE WORKOUTS

Yang Taiji:

Sept - section 1
Oct - section 2
Nov - section 4
Dec - section 6

Chen Taiji

Sept - Broadsword
Oct - 48 form
Nov - applications
Dec - Chan Ssu Gong

Bagua

Sept - Inner Palms
Oct - 8 Mother Changes
Nov - Flowing Forms
Dec - Striking Palms

1999 Previews:

Yang - section 9
Chen - Ar Lu
Bagua - 64 Palms