



Xin Qi Shen Dojo

WUJI.COM

8316 8th Ave NW
Seattle, WA 98117

Autumn 2006

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Teachers, We Need To Raise The Bar!

When it comes to teaching the internal martial arts and Qi Gong there are no standards. Everyone's teaching! Once someone learns a form, or part of a form, very often they go out and immediately teach. Some sincerely seek to share what they've learned, some want a group to keep them practicing, some really want to be a teacher, and some just want to make a buck. There are no standards and no controlling organization for these arts. If there were I wouldn't be in favor of it since I've seen many organizations started with a good idea ending up run by power seeking, money hungry, manipulative people who care nothing for the art. This is one of my biggest fears, that these arts will be regulated. In one country, regardless of your credentials, you have to be licensed through the national martial arts association. Some disciples of the founder of Aikido had trouble setting up Aikido classes due to this organization. If you go, visit, and teach without the proper paperwork, you're in trouble.

Though there are many teachers of varying levels out there it's important for us as sincere and dedicated teachers, interested in teaching and passing on the art, to keep trying to raise the bar to improve the teaching and practice methods as well as the art itself. We can't be responsible for what others do or teach, but we can set a higher standard for ourselves and our students. One of the best compliments I've gotten from students moving and looking for another teacher

is, "We're spoiled". After studying with master Tchoung it took 20 years before I found someone equaling his openness, skill, sincerity, and commitment.

Teaching Is Not Practicing

Ask yourself, "Do I practice every day? Do I research my forms or merely repeat them?" As a teacher, it's more important to have our own practice time daily to gain greater depth, understanding, insight, and skill in these arts. If we're teaching we need to become as perfect as we can. We are the example, we're training the future. There is so much misinformation being presented and taught in the name of these arts. One school tells its students 'Bagua Zhang was started by Mr. Bagua!'. We need to set a very high example not just in demonstrating the forms but in our understanding and practice of the principles and classics these arts are based upon. Aikijitsu master Don Angier would say, "in order to gain skill you must practice with the same dedication as a concert pianist." I think a teacher should practice equally. Walk the talk. As a teacher you should be able to demonstrate & explain the principles, the applications, and the energies of the art. Teachers need to look more at themselves and their own practice. Especially those of us who have taught for a long period of time. Are we getting lazy? Put this down and go practice. Even if you're not a teacher, go practice!

NEWS

Thank You

Roger Cloutier

for designing, building, and donating the new dojo bench. It's not only functional, it's beautiful.

September

Time to move inside all evening classes will move back to the dojo. Morning sessions will stay in the park until colder weather except Joel's Tuesday Bagua.

Interested in Teaching?

Let me know.

Dojo Clean Up

During this month and next we will have several dojo clean up & paint parties.

New Classes Offered

Sanshou - Thursdays
 Push Hands - Mondays
 Ki Movement - Wednesdays
 Qi Gong - Saturdays
 Bagua - Tuesday AM

PayPal Option

I'm still working out direct-pay for dojo dues. If you go to the wuji.com/classes there are links to pay for club fees via PayPal

Bandon in July 2007

Next year Bandon Dojo will definitely happen. The last weekend in July!



Xin Qi Shen Taiji Quan Teaching Certification

In the interests of helping more members become certified Taiji instructors I think it's about time to change my thoughts and get real.

Club certification up until now was similar to the way Master Tchoung did it. Once you know the entire system then you're certified. Well, that makes for a holistic instructor of these arts but many individuals aren't interested in the complete spectrum of the art. This leads me to seeing some instructors specializing in certain areas of the art. Some are merely interested in teaching the solo forms only and not interested in pushing hands or weaponry. In order to teach the elderly it's more important you understand good body dynamics and safety over applications. Though applications are important in understanding the solo

form movements, you don't need to pursue all the advanced forms to be a good instructor of the solo forms.

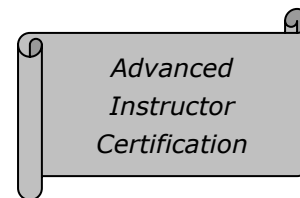
In addition to Bagua I've had many requests from people living in remote areas wanting to learn and eventually teach but can't move close to a teacher. Learning these arts from a video is like trying to learn the violin from a video.

To encourage more to teach I've divided the Taiji teaching certification into three levels:

- Solo Form Certification*
- Taiji Weaponry Certification*
- Taiji Applications Certification*

Solo Form Certification means the individual has been tested and is qualified to teach our basic solo forms. (See below for details). Included in the mere forms is knowing the theory, philosophy, & classics of the art. Understanding elements of body structure, energies, and applications are part of this certification as well as basic Qi Gong. I will be doing a series of workshops over the next year for members seeking to become teachers.

Someone qualifying for all levels will receive



Solo Form Instructor

Yang Taiji Quan

Emei Qi Gong/ Zhan Zhuang
Basic Drills
Solo Form 1-6

Chen Taiji Quan

Chan Si Gong/Zhan Zhuang
Basic Drills
96 Form
Pao Chui

Taiji Weapons Instructor

Yang & Chen Taiji

Sword
Partner Sword
Broadsword
Partner Broadsword
Cane
Partner Cane
Short Staff / Spear
Partner Staff & Spear
Double Swords

Taiji Applications Instructor

Yang & Chen Taiji

Pushing Hands
Da Lu 4 Corners
Sanshou 7&8
Interlocking Rings
Lion Plays With Ball
Roushou
Mixing
Good Uke Waza

Certification Workshops

Yang Taiji Quan
section 1
Sunday, Oct. 1, 2006
9:30 - 1:00 pm \$75

Chen Taiji Quan
section 1
Sunday, Nov 5, 2006
9:30 - 1:00 pm \$75

What should you work on?

Part of this question is really a no-brainer. First, if you have problems remembering choreography then that's where you should put your effort and practice time. Since we can't access real Taiji or Bagua practice until we don't have to occupy brain space with remembering, this is the logical part.

Once you have the choreography down then it's time to make sure you're practicing correctly. Xin Yi Qi Shen (body, intent, energy,

spirit). We live in bodies that are restricted by physical laws. If we try to violate these physical laws then we suffer with sprains, strains, and physical problems.

Correct postures

The practice of these internal arts adhere to the Taoist Internal Arts classics. Three Bows, Four Directions, Five Curves, Six Harmonies, Seven Stars, and Eight Energies. These principles keep us structurally safe not to mention physically strong and healthy.

Examine your postures, or

better yet have a classmate watch your form. Are your knees in line with your toes? Are your arm movements within your circle of strength.

The energetics and applications are important, but until the physical structure can support power and movement it's best to perfect postures.

Once the postures are correct then it's time to begin to work on the internal part of the art.

Transitions

Moving from posture to posture, the smoothness of movement

and power. The ripple of power from the feet to the hands. Su Ting, Fei Ting (the movements seem to stop but don't).

Keep in mind, the success of these internal arts are based upon correct practice and training. So, if you're interested in applications it's even more important for you to pay attending to awareness as you move from one posture to the next.

Energies & Function

Only after the above are correct will focusing on the energies and applications be beneficial.

Xin Qi Shen Dojo Workshops *more at www.wuji.com*

September 29, 2006
Friday 6:30 - 8:30
\$40 (\$30 psiaa members)

sign up: dojo@wuji

Aiki Jo Basics
Dale
Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

This is the last in the Friday night Jo workshops for a while. This session will return to basics of the Aiki Jo. Basic drills, footwork, and quite a bit of partner work. This session would be a good beginners, introduction to the jo for Aikido and non-Aikido people.

October 1, 2006
Sunday 9:30 - 1:00
\$75

sign up: dojo@wuji

Yang Taiji Certification
Dale
Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

This is the first of 4 workshops for attaining the basic instructor's level certification in the Symmetrical Yang Taiji Quan form. The first hour will be on the Emei Qi Gong method used as our warm-up and relaxation method. The we will focus on section 1 of the Symmetrical Yang Form. We will work on basic body structure, alignment, principles, history, philosophy, energetics, and applications of all the movements.

October 8th, 2006
Sunday 9- noon
\$35 (\$30 psiaa members)

sign up: dojo@wuji

Internal Principles: Yielding to the ground and back
Dowell

This workshop will focus on yielding and softening to pressure and force. Learning how to keep your center, and yield to force and gravity yet not being out of control.

October 15, 2006
Sunday 10:00-noon
\$40

sign up:
206-234-8794

Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

Excellent for anyone interested in relaxing and softening more and especially for those doing partner work. Highly recommended for Aikido, Aikijujitsu, and Bagua or Taiji people doing tuishou or sanshou.

Taiji Sanshou (7&8)
Flener

Held the 3rd Sunday of every month, this workshop is for those who know the Taiji partner set. It will work on the basic stepping patterns and partnering skills.

Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

October 22, 2006
Sunday 10:00 - noon
\$40 (\$30 psiaa members)

sign up: dojo@wuji

Traditional Push Hands
Dale
Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

This session will be on the walking patterns and maneuvers of pushing hands and learning the timing needed for neutralizing and pushing.

November 5, 2006
Sunday 9:30 - 1:00
\$75

sign up: dojo@wuji

Chen Taiji Certification
Dale
Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

The first of 4 workshops for attaining the basic instructor's level certification in the Symmetrical 96 Chen Taiji Quan form. This form is based upon Grandmaster Feng Zhiqiang's 48 form. The first hour will be on the Chen Taiji Chan Si Gong. Then we will proceed to section 1 of the form. We will work on basic body structure, alignment, principles, history, philosophy, energetics, and applications of all the movements.

November 19, 2006
Sunday 10:00-noon
\$40

sign up:
206-234-8794

Taiji Sanshou (7&8)
Flener
Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

Held the 3rd Sunday of every month, this workshop is for those who know the Taiji partner set. It will work on the basic stepping patterns and partnering skills.

November 26, 2006
Sunday 10:00 - noon
\$40 (\$30 psiaa members)

sign up: dojo@wuji

Traditional Push Hands
Dale
Xin Qi Shen Dojo
8316-8th Ave NW,
Seattle

This session will be on all the hand drills (16) in learning the basic patterns and maneuvers of tuishou.