



# Xin Qi Shen Dojo

WUJI.COM  
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Winter 2009

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2009

## WINTER CLASSES

### Chen Taiji Quan

Saturdays

9-10 am Advanced

10-11 am 96 Form Work

11-12 Partner Work

### Qi Gong

Tuesdays

6-7pm Tian Shan Qi

Gong

### Yang Taiji Quan

Tuesdays

7-8 Form Work

8-9 Partner Work

### Aikido

Wednesdays

6-8 basics

8-9 advanced

### Bagua Zhang

Thursdays

6-7:30 Basics

8-9 Roushou

Tuesdays

8-11am Basics

### Advanced

Mondays

6-7:30 Sanshou

### Roushou

Mondays

7:30 - 9:00



## Oneness With The Dao

### Moving away from fighting

*As I was picking up copies of Professor Zhang Jie's Bagua book, I had a very nice conversation with him about Bagua and the Internal Arts.*

*He mentioned he had seen some of the 'cage fighting' on TV and was wondering . . . Why? He said it was interesting to see but it was totally in the opposite direction of his thoughts about training and the purpose of the martial arts. The idea is to use your skill only when necessary, not for sport.*

*It's amazing that the contenders don't realize that the injuries they get now will never go away and will hinder their health and quality of life if they live to grow into old age or even past 50!*

*Though a martial art, Bagua and the other martial arts evolve as humanity grows. Originally meant to protect the village and country, now they have grown as a method of training for us to polish ourselves, to strengthen our health but also to understand ourselves through our training and practice. A method to understand our crude nature and work on refining it, focusing it in a positive direction. A study of the principles and the philosophy they are based on instead of merely the result of the applications.*

*Xu Dao or Shu Dao: Oneness with the Tao. Zhang Jie's thoughts are that the study and training in Bagua (and other internal arts) are to refine our nature to bring us closer to the Tao. Understanding the nature of our universe, the world, our culture, our higher levels. Not merely uniting with the Tao but becoming one with it.*

*Masters Gao Fu and T.T. Tchoung both emphasized that Taiji without applications or function wasn't Taiji, just movement. The importance of the applications is to train the body, mind, intent, and qi. Thinking about pulling something heavy instead of miming the movement puts your body and mind into the action and focuses your qi accordingly. To strengthen the body and our coordination, not merely preparing to fight. Using our training for a creative and constructive function instead of destruction. This is also Wu De, martial virtue. Being strong enough, focusing our strength to help build homes for the poor and homeless. Being a help to someone who needs it. Not destructive.*

## Professor Zhang Jie Liu Bin's Zhuang Gong Bagua Zhang



I'm very happy to announce the professor's book is finally done! For Bagua geeks it's a must-have. Before talking about the book, first I'd like to add that Richard Shapiro has done a wonderful job. His translation isn't just excellent, I can hear Zhang Jie's voice speaking as I read the book. He has captured the professor's voice in print.

Liu Bin was one of Grandmaster Cheng Tinghua's senior students. Coming from a Xing Yi Quan background he also attracted many of his colleagues to study with Cheng. He was quite a scholar as well as a proven martial artist. He's partly responsible for systematizing Cheng's Bagua with the Bagua diagram and creating or expanding many Bagua forms.

This book is the result of Zhang Jie's trips back to Beijing and visiting with many of the old masters, Bagua uncles, colleagues, teachers, and friends. He said he was inspired while talking with them and gained deep insight into the art of Bagua. This book is the result of his visits and his sincere desire to share what he's learned, and to spread Liu Bin Bagua Zhang.

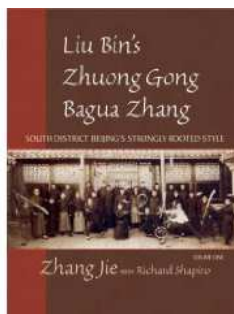
It covers the history of Liu Bin's Bagua, also known as the "South District Rooted Style". It cleared up for me many questions about the differences between the various Cheng styles I've been taught. The difference between traditional Bagua and modern Bagua.

The book covers the basics of walking the circle, standing meditation, applications, single palm changes, and a detailed description of the 24 Animal palms.

Well, there's more good news! There was too much information to go into just one book. This first book has been divided into two books and the second one is at the editors. He also has plans for a third book. The second book will cover more of the history and theory of Bagua but will also cover several forms. Zhang Jie would like to include or put in print all of the Liu Bin Bagua forms. (*I don't think three books will do it.*)

You can find the book on Amazon.com but if you'd like to get an autographed copy and meet the professor you can contact him at:  
[www.baguazhangzhangjie.com](http://www.baguazhangzhangjie.com)

Personally, I can't wait for the next book 😊.



### YANG TAIJI WEAPONS DVD

*finally done!*

After several years in the works I'm finally done with our Yang Taiji Weaponry DVD. In addition to the traditional broadsword, sword, cane, and spear, I've included Master T'choung's double sword, kunlin sword, and our dojo 8 directions short staff. It only contains the solo forms.

Sometime in the future I do plan on a dojo weapons DVD that will include all the partner weaponry.

It can be purchased for \$20 at the dojo or at  
Emerald City Gardens, 4001 Leary Way NW, Seattle



Tian Shan Mountains

## Tian Shan Qi Gong

Tuesdays  
6-7 pm

January - March

I learned the Tian Shan Qi Gong from Master Fook Yueng. I studied privately with Master Yueng for several years at his invitation to primarily learn the Tian Shan system and visit with him. During this time I was permitted to ask any questions and was also taught a bit of double broadsword and monkey staff. We talked about energy patterns and the energy of things around us.

This Qi Gong is a Taoist Hermits Qi Gong from the Tian Shan Mountain range, the foothills to the Himalayas. The purpose isn't merely for health but to develop an awareness of the flow and currents of energy. This Qi Gong was primarily for spiritual pursuits though its health and healing benefits are well known.

Movements are not as restrictive or controlled as most Qi Gong. The emphasis is on feeling instead of directing the flow of movements. A great Qi Gong for those interested in healing as well as for personal health. Or just relaxation.

As a side note, if you've seen the DVDs of the Russian Martial Arts System there are many elements of the Tian Shan in it. Not surprising since the Tian Shan Mountains border Kazakhstan. The Kazaks fighting methods are part of the roots of the Russian Martial Arts System.

氣功



## Harris Sensei - Goodbye friend

It still hits me hard. When I'm at the shop I expect Dave and Gerry to walk in for a visit. Thursdays, I have to remind myself not to go in early for Gerry's lesson. I don't just see them, I feel them. Dave's opening joke, his care and interest in how things are going, his latest research and insight into movement, technique, and learning. I've been crying a lot and it's not lessening.

Even though it was raining, we lucked out with getting a partially covered spot for the dojo memorial. I received over 100 emails and almost as many phone calls from shocked students and instructors around the US. North Seattle Community College did another memorial and there was an equal attendance of people, all similarly shocked and saddened. Dave touched many lives. As with many great teachers, I don't think he had a clue as to how many he influenced, and inspired, and cared for him.

I also found myself getting a bit angry when talking with various people. 'Oh, I was planning on studying with him.' or 'I was so looking forward to his next workshop.'

### ***TOMORROW THINGS MAY CHANGE***

Keep that in mind. When Tchoung Ta Tchen first came to Seattle I was a teenager. AKA not much income. I started teaching more Aikido classes to afford his class. At first I wanted to learn real Taiji, it slowly moved to, "I want to learn whatever this guy teaches." I wanted to study with him, not merely study the art. I didn't know he also taught Bagua, Xing Yi, and Qin Na.

Dave was a silent treasure in the NW since 1963. He didn't brag but loved to share. The biggest drawback was that when he married Gerry he promised only to accept men in his club. This was a great loss since when we had him do workshops there was no discrimination or belittling when he taught women. There was no difference in his teaching whether it was man, woman, young or old, beginner or expert. He loved to teach, no . . . . He loved to share his insight.

I've know Dave since 1970. Like the founder of Aikido he evolved his art, it was true art. I saw him go from teaching basics to jazz. I'm confident that if he were alive 10 years from now his art would be even more spectacular. But, he's gone. Except through the DVDs and memories, we no longer have the gift of his presence and teachings. Did we avail ourselves of his gifts while he was here? Did we put enough effort into what he taught us? Were our ears open to what he was saying and teaching?

As with many of the masters you have groupies, students, followers, onlookers, and critics. Of all the critics that I've met, most never crossed hands with him. With some, to avoid doing permanent damage, I saw him just let go instead of proving his point. After bloodying one challenger's lip, Dave stopped the workout and said you've won. It was clear Dave was about to cream him, but instead he stopped. He felt bad even a week later for having split the guy's lip.

Next there were those who would come to his workshops and say, "Oh yes, we do (or have) that." "Yep, that's the way we do it." Overhearing this I would often wonder why their skill wasn't any better. There were those in the workshops that would attend but not empty their cup. He'd show the subtlety of a movement and they'd proceed to use force and wrestle the way they were use to.

When learning from a master first empty your cup. None of this "we do it this way." I've been in many classes and workshops along side of Dave. He always had beginner's mind and would do what was being taught the way it was being taught, even though he might have a better rendition of it.

We can't learn from Dave anymore but we can learn from his example:

- Be eager to learn more
- Research all fields
- Don't be satisfied with what you can do.
- Learn, learn, learn.
- Share, share, share.
- Don't assume you know it.
- Empty your cup! Beginner's mind always.

Dave was a gift in our lives.  
The teacher.

The kind, caring friend.

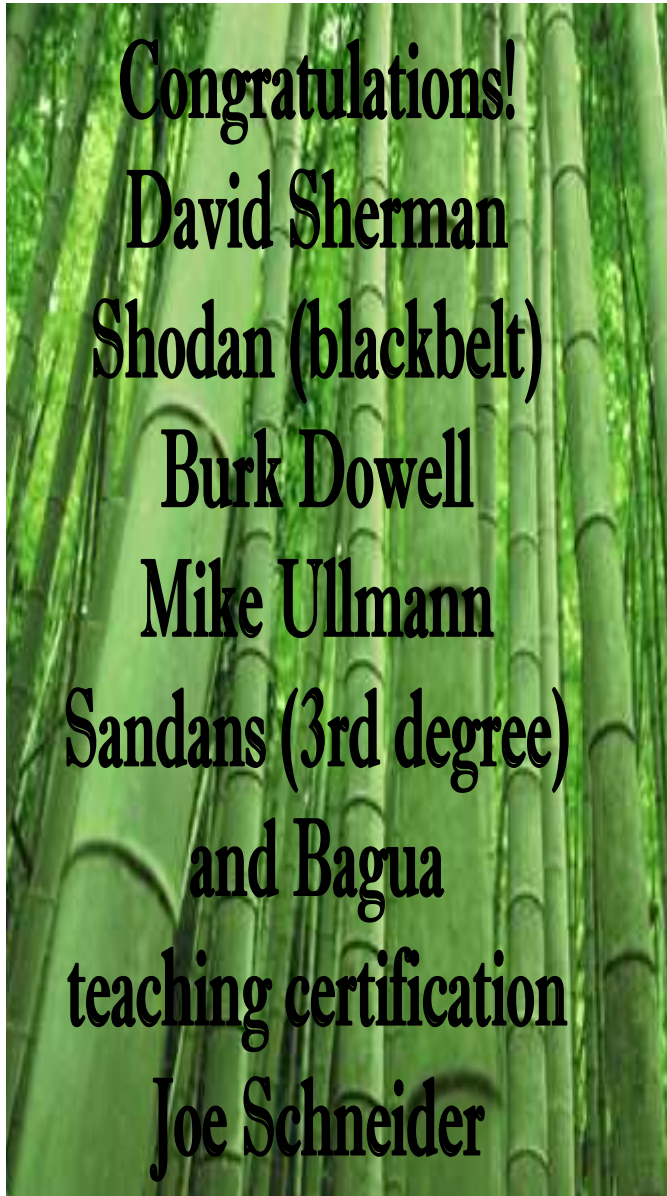
The bad joke teller.

[www.wuji.com/HarrisSensei](http://www.wuji.com/HarrisSensei)



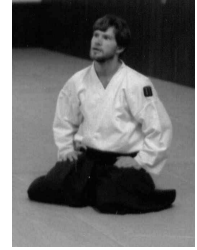
Dave's ceramic art





## Keep things going?

It's obvious that times are difficult; the dojo is no exception. It now takes two hands to count the schools that have closed over the last year. You can help keep us here and it doesn't take much. Once in a while grab a club brochure or workshop flyer and post it somewhere, even a telephone pole. The club rate has stayed the same but the rent has gone up each year and we've had a few club members relocate. Against the advise of many I'm trying to keep the club membership fee the same. In 2009 our lease is up and I need to make the decision to stay here, find a cheaper or smaller space (if possible), start holding classes in the park, or just offer private lessons.



There is incredible talent in the club as it is. The instructors, the assistant instructors, not to mention the club members. Most of our members have at least 15-25 years of experience (in the art). Anytime you work with Don, Mike, Joel, Bruce, Burk, Ruth, Belinda, Tom, Bill, Joe, Barry, Francine, Dave W, Dave S, Russ, and others you basically have a private lesson. Don Scott, for instance, was my class mate under Grandmaster Tchoung Ta Tchen. I see much of Tchoung in him, learn as much as you can from him. He has Tchoung's teaching and manner. This is a good thing, take note! The creativity of the other teachers, moving beyond. Also look at the other club instructors, what creative talents. It seems like the time for creativity. This comes from internalizing the art and its principles, then moving beyond them, not merely making stuff up. Appreciate this now, for when it's gone you'll only be able to look back to appreciate it. Granted, we're not Dave Harris but there is talent and a sharing of inspiration there.

Our club is very deceptive since we don't have many braggers. Members seem more interested in their own practice and studying the art. But the bottom line is over 1/2 the club members have studied deeply the various arts and actually live the principles of the art.

## Pang's Bagua DVD Done!

Another happy announcement: Bagua Master T.Y. Pang has done a basic Learning Bagua DVD.

I had the privilege to study with Pang for a little over a year. Though this was a short time he influenced my practice and study immensely. Pang moved like a sparrow moving through the forest. Fluid, fast, exact, and smooth. When I showed Master Tchoung the Bagua Bagua I was learning from Pang he encouraged me to keep studying since it was good Sun Xikun Bagua.

This DVD instructs basic walking, stepping, inner palms, and the 8 mother forms. It also includes the linking 8 mother forms. EXCELLENT!

Club members will also notice things aren't different. Our 8 mother forms are almost exactly as Pang teaches in this DVD. You can order it for \$45 from:

TY Pang  
108 Jensen Road  
Eastsound WA 98245

## 2009 Year of the Saber

This spring, once we move outside, classes will be focusing on the saber (broadsword/dao) of the particular art.

## Form completions

### Taiji Saber:

Tom Flener  
Bill Ross

### Yang Taiji Cane:

Don Scott  
David Traylor  
Edmund Ng

### Chen Taiji 96 Form:

Don Scott  
David Anderson

### Sanshou Short Form:

Bill Ross  
Russ Fish  
Ruth Pattison  
Belinda Frazier  
Carrie Lafferty  
Blake Emery  
barry Lasky  
Lori Peterson  
Debbie Doyle  
Jim Douloug  
Rhonda Brown  
Joe Schneider