

WORKSHOPS



BANDON RETREAT

WEEKEND

10-24th 2017
in Oregon

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

will be Qi Gong, Taiji,
weaponry, and partner

Bandon Instructors

- Andrew Dale
- Joel Hartshorne
- Gene Burnett
- Derryl Willis
- Roger Cloutier
- Bob Iden

AUGUST

KNIFE THROWING

August 2017 (Sunday)
Burlington (limit 10)
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. Screaming Arrow Knives on Amazon. Also needed either soft wood rounds or floor puzzle mats.

BURLINGTON WA

Taoist Movement

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www.wuji.us.com

Summer 2017



Soft but not Limp
Firm but not Hard
Relaxed but not Sluggish
Centered but not Fixed
Quick but not Hasty

BURLINGTON
Kalahi Martial Arts Academy

Bagua Zhang
Tues 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



SEATTLE

SUNDAYS
Taiji Roushou
Chen Taiji Quan
Sun & Bagua

MONDAYS
Sun Taiji Quan
Bagua Roushou
Bagua Zhang

WEDNESDAYS
Yang Taiji Quan

Energies of Sanshou



not about the individual energies of our techniques as
d in the various classics and text the internal arts are raised
stead about the energies we try to *become*, or resemble, as
vice the various sanshou forms or during tuishou / roushou.

have learned the forms and don't have to think about what
next, we need to expand our training and continue
ng our skills of listening, flowing, reacting, and applying our
es.

ind of 'play time'. As you move through the sanshou. How
choosing an element? For instance: this time I will move
the sanshou as water, fire, air, earth, metal, or wood.

practice with various club members, what about trying to
their energy? Responding and applying the techniques like
they do. How about practicing as Drunken style? What
n animal, responding like a monkey, snake, bear. Or
g like one of the animals?

at thing about this is that it helps move us out of our box,
ned' responses, our habits. It stretches our imagination and
nts, permitting us not to be ourselves or staying in our
zone.

Volume Control Is The Highest Skill!

a good example of this. When Joel works with a beginner,
c, light, gentle, and helpful in an instructive way. If he's

working with an experienced student he adds more
requires them to perform a more refined technique.

When working with an advanced member he'll push you,
real energy and force to work with, if you're an instructor
hold back.

What I've been talking about is the physical partner pr
same holds true for our teaching methods.

A beginner, a new student, needs to learn the bas
movements and 'basic' structure. Bombarding them w
details on angles, exact weight distribution, or energ
overwhelming. Eventually that should be taught but at the
the goal is to help them get the correct feeling a
understanding of the movement.

MY SECRET (do not share with anyone!)

When I watch you do your forms, *I am watching when*
know it, I look for what stands out the most. Both positive
correction.

The positive I see isn't just when you do the movements c
even better when you don't, and then correct yourself. This
happy since you know the difference. This is a huge step.
of the time, I'll see you moving very well and then a quar
your body and thinking. You'll start moving into the nex
then your brain/thinking engages. A speed bump in you
Your brain goes: "That can't be right", while your body sa
me this shows your body wisdom and muscle memory ar
:)

On the other side I look for the most obvious or common
focus on correcting it. I don't try to correct everything at
it's impossible for anyone to do that. Instead I think of
current project to work on. Once this is fine then I'll go on

All in all just practice mindfully, with a happy heart and
practice.