### e Creativity

### WHAT BOX DO OTHERS PUT YOU IN?

n a planet far away (high school), we had a motivational speaker who e thinking. (it does happen once in a while)

as on the roadblocks we face and *accept*. Things like: "You're not", "That's not for you", "We've always done it this way", "You'll only ourself", etc.

this lecture was that most of these words come from people we nd respect. So . . . as children we accept that these words are 'true'. went on to say that at one of his earlier seminars he asked the at were their dreams. One overweight girl stood up and said, "I want tennis player." He said that looking at her he was sure it wasn't pen. But instead of crushing her dream he said something like: do e claimed that women was Billy Jean King, one of the great tennis

nd friends have us in boxes they perceive us to be in. We need to us on what we want and our dreams, what we envision our lives to go our heart, our spirit, our talent, and our inclinations.

#### TRUST YOURSELF!

it's <u>you</u> that matters! It's your life. Once in a while I've heard friends should do this." My thought is: "OK if you pay for it I'll try it."

and the idea that if I like something, with enough time, I'd be good at like something, if I focused, I could be OK at it. Actually, even if I hing, if I could focus, I'd be OK or mediocre at it.

that even though those around us have our best interests at heart, it he best for us. It's a box. They see our shell. Not many can see the talent, heart, convictions, or interests.

plies externally. Who are we to say (out loud), I just don't think inated to play: baseball, football, tennis, martial arts, music? We know the depth, the drive, the passion living inside the individual. of how well we know them. A well meaning statement' many be meone.

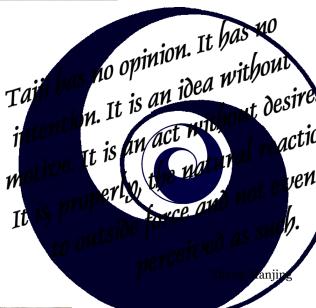
ts and passions or maybe a hobby may take your career to another curture you! Isn't that what it's all about?

vas martial arts. I was able to build a good size club over the years. I enced probably over 1000 individuals, and made a living from it. By ticulture was also my hobby. I clung to these interests since I really ested in a real 'profession'. Oops! They turned out to be real My favorite saying is:

# Taoist Movement C









BURLINGTON Kalahi Martial Arts Academy

Bagua Zhang Tues 10:15-11:30 am







9-10 Chen Taiji 10-11

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SEATTLE Woodland Park

SUN Sanshou

## ings of Master Zheng Manjing

### **FUNCTION**



The hands should only touch the opponent. If they move fast, move fast. If they move slow, move slow. Take space away from them, then attack. One never really wills a push. This must be distinguished from intention. Intention is an objective idea. Trying to push implies mind, desire.

In practice, feeling your opponent's strength, it's not too late. It's late right now, but it won't be later. If your opponent uses strength, receive it. Your partner's strength will make you stronger.

an opponent who used strength on me 100 times. Ninety-nine ocked me down. Once I knocked him down. That was when I had d invested in loss. I was the victor because I learned from that n the Dao De Qing it says:

> Be empty and you will be filled. Bend, and will be straightened. Be humble, you will be victorious. For nature fills those that are empty, and puts right where there is wrong.

### **FORMS**

ents must come from the legs. If there is no movement in the ood. If there is movement in the arms, this is not Taiji Quan. The must come from the legs, to the waist, through the arms, to the e palm, and then to the fingertips. Everything must move at the

ald arrive at different points at the same time. The hands must go elaxed at all times. Let the Qi handle the body. Use your intuition the movement ends. It's good to visualize the image evoked by a These names evoke the spirit or intention of the move. In Pull

Bow to Shoot the Tiger, the legs step first, then the arms rise to position as the leg settles into the root. In Repulse Monkey, the feet must be parallel and it is necessary to open and strengthen the nerves that run parallel to each other, running vertically between the crotch. When top and bottom move according to your partner's move, this is called following.



### **TUISHOU**

Keep the arms empty. Wherever this emptiness, you will feel that a heavy. The emptier you get, the heavier it will feel. When you feel the heavy, you have loosened up.

The whole body can be limp as when the body is tired or exhausted head must be lifted by the Qi, and the spirit.

Remember two things:

- 1. Intuition
- 2. Listen (feel).

If you can learn one push you can learn all the others. They are all t When you push, push within the space of an inch. Within this inch matter whether it's large or small.

Countering a force as soon as it is felt, you become too excited. You yield. You desire to impose your force on your partner. This is not ? You will never learn nor improve.

For in nature, all are the same. Everything is one. That which attack same as that which counterattacks. It is the same force---redirected recycled. When you initiate an ill intentioned move, it all comes back The principles of Taiji are the same principles behind the inner me of the huge engine of

the Universe.

You have to give up. an advantage, your are There are always two attacked on one side, vulnerable. When one



When you think actually at a disa sides. When you the other side is side is full the of