

the Creativity

WHAT BOX DO OTHERS PUT YOU IN?

On a planet far away (*high school*), we had a motivational speaker who was always thinking. (*it does happen once in a while*)

He talked about the roadblocks we face and *accept*. Things like: "You're not good at this", "That's not for you", "We've always done it this way", "You'll only succeed on your own", etc.

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

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

TRUST YOURSELF!

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

I had the idea that if I like something, with enough time, I'd be good at it. If I like something, if I focused, I could be OK at it. Actually, even if I don't like something, if I could focus, I'd be OK or mediocre at it.

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

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

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

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

Taoist Movement

2017



Taiji has no opinion. It has no intention. It is an idea without motive. It is an act without desire. It is, properly, the natural reaction to outside force and not even perceived as such.

Zhang Manjing



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Teachings 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
knocked 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

uld arrive at different points at the same time. The hands must go
relaxed 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. The 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 the same. 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 Taiji. You will never learn nor improve.

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

the Universe.

You have to give up. When you have an advantage, you are vulnerable. There are always two sides. When you are attacked on one side, the other side is vulnerable. When one



When you think you are actually at a disadvantage. When you are on one side, the other side is full of the other