

FEBRUARY SESSIONS

For the month of February the Seattle Sunday sessions will follow the list below. This is intended to give a better in-depth workout while covering the entire spectrum of forms in the various arts.

If you don't know the style being taught you can simply come and follow along or come, and do your own workout. As you see each session will start with some type of qi gong and basic drills for the first 1/2 hr which you most likely already know.

\$ FEES \$
 \$25 per session
 \$10 qi gong session
 \$110 all monthly

SEATTLE

| | | |
|-------------------------------------|----------------------------------|---|
| Every Sunday 9-10:30 am | Tuishou Roushou | Sun Sanshou Yang Sanshou Bagua Sanshou |
| January 28 th 10:30-12 am | <i>Bagua Zhang</i> | Warm ups Stepping patterns Qi Gong Inner Palms 8 Mother Forms |
| February 4th 10:30-12 am | <i>Chen Taiji Quan</i> | Fan Sung Gong Chan Si Gong 96 Form Pao Chui Sword Knife |
| February 11th 10:30-12 am | <i>Qi Gong</i> | Emeri Bagua Tian Shan Fan Song |
| February 18th 10:30-12 am | <i>Yang Taiji Quan</i> | Emei Qi Gong Solo Form Sword Knife Cane Sanshou Da Lu Tuisho |
| February 18th 10:30-12 am | <i>Movements Of Aiki</i> | Ki Taiso Aiki Taiso Footwork Aiki Ken (sword) |

Xin Qi Shen

2018 Winter



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TRIANGLE - CIRCLE - SQUARE

Body - Energy - Spirit

Stable - Fluid - Spontaneous

Basic - Flowing - Creative

Learning - Studying - Researching

Alignment - Structure - Centered

Thinking - Doing - Responding

Following - Practicing - Studying

身氣神

內功

Sunday 9-10:30 Partner Work is open to all, even beginners. After are theme sessions: 10:30 - noon as you see on the back page is to finish, refine, and remember forms taught in the various styles.

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|------------------|-------------------|
| SEATTLE | MONDAY |
| | Sifu Joel & Tom |
| SUNDAY | 9-11 am |
| <i>Sifu Dale</i> | Practice |
| 9-10 | WED |
| Sanshou | Sifu Scott |
| 10-11 | Yang Taiji |
| Forms | 10-11 am |

Andy Stuff : What's Going On?

I'm not folding my hands but roughly, I've semi-retired! I'm still teaching but it's no longer my primary focus, even though it's still my love and passion. February will be the 50th year anniversary since I started training in these wonderful arts but there are new opportunities opening up for me. I'm very proud to say that I've been practicing continuously all 50 years.

Every time I wanted to slack off another awesome, highly skilled master would enter my life and screw-up my plans on talking it easy.

Since the recession, enrollment and interest has diminished considerably, while the rent, insurance, and other costs kept going up. With the fluctuation of club attendance it's been scary at times paying bills, especially with last year's medical stuff.

This was one of the reasons Jay and I had to leave Seattle. The choice was very difficult but in hindsight this was a great thing. Time to move on whether I liked it or not.

It's been difficult to start classes in the valley. It took me years to get the Seattle club to what it was; I'm very proud of that. I no longer have the energy or drive to do it again. Club members are my kids and a continuation of the arts, lineage, and dojo we represent. I'm super proud and thankful :)

I'm especially happy to see each member advance and express their inner understanding, artistry, thirst to train and understand the depths of the art.

Though I'm not really old enough to retire (*I'm just 45!*) finances say move on. Though it's my life's work I'm trying to think of it now as a hobby and personal study now. My own practice and research is nurturing, and I'm overwhelmed by how much I don't know. I'm learning lots from my practice.

My new job is supportive, steady income, great boss, and I'm learning *lots*. Screw drivers (*not the drink*), electrical, plumbing, and all sorts of stuff.

Until spring I've temporarily discontinued the Skagit Valley sessions since there isn't a large enough group to pay rent. Lou, owner of Kalahl Martial Arts Association, gave me a good rate on the rent but still, enrollment didn't cover it. Though I'll always teach and want to share the massive teachings I've been privileged to learn, the stability of a steady and enjoyable job is now taking precedence.

Bandon No Bandon this year. I'm planning it every other year. Time permitting I'd like to plan a smaller event up here in the valley. This will get you Seattle folks out of the city to enjoy the beauty of the valley and meet new friends and teacher.

I will also be parrying down the the dojo web site: www.wu.jl.us.com I will be slowly putting up a new site with lineage and info stuff about my studies and experience.

Practitioner, Teacher, Technician, Artist

I love creativity, those who are able to move beyond the box, the standard. See something I'd never think of or seem impossible. Showing me a dimension outside my box and perhaps my imagination. Just youtube Parkour to get an idea.

These arts start as training to discipline and harmonize mind/body/spirit. Once basics are internalized then it's up to us to move or continue beyond, to develop our skills or to create our own art. We all have our own uniqueness and brilliance if we allow ourselves to be free.

A technician will perfect the postures and the forms. Stay in-line with the system and try to perfect their postures to the standard or particular family style. A meditator or healer will pursue the inner depths of the energy and inner alchemy. A martial artist will dive into the movements to find the 'secret', possibilities, techniques and functions of the forms. An artist will try to see the flow and expressions of the movements and forms. Though the martial or functional aspects of the art, it's not important about your teacher defeating 10,000 warriors with merely chopsticks or the 'true' bloodline of your system.

If you think about it, anyone studying these arts can trace their lineage back to the beginning.

Many members of the dojo have moved beyond the art to my delight and pride. I cannot take credit for it, I just gave a push. Gene went beyond what I had taught in the partner cane and put in variables. Kelly and Joel have taken the Bagua 64 palms and improved the set. Joel has

taken many movements from the Sun/Yang/Wu/Chen/Bagua into helping me create a Sun Broadsword, and expanding on how to practice the Bagua inner & animal palms. Oh, and he's also figured out how to make the Bagua Dragon Sword symmetrical. Tom, aside from being a great uke and teacher has created great depth to the various form (*even though he doesn't know it! Don't tell him*). The energy expands like ripples in a pond. The flower grows, blossoms, matures and the seeds start a new generation.

This makes me soooooo happy. This is what it's all about! Physical, energetic, emotional, spiritual. Continually moving on, growing, evolving. Not stuck in the past, or being religious about the forms taught. As Gene has said, "Someone made this up." I'd add that along the way everyone, regardless of style, helped evolve the art. Keep it growing.

To start, first you definitely need strong basics and an understanding of the art to move forward. Keep in mind it's the principles that matter, not merely the choreography. We learn the forms to study them and the hidden teachings they have. You might want to study the Taiji/Bagua tree I put together. It contains the teachings and principles from the internal arts classics.

*walk the talk
be an example*

Remember

*We don't walk
in the same shoes*