



TongRen

A Publication of the Canadian Taijiquan Federation

Spring 2001

Volume 8, Issue 1

“Wo bu da hui shuo nimen de hua.”

Essential Mandarin Chinese for taiji

Compiled by Nick Gracenin

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TongRen Advertising Rates:

\$25 for business card size; \$45 for quarter page; \$75 for half page.
Rates are for pre-paid, single insertion with camera-ready art.
Please contact TongRen for multiple-insertion rate.

TongRen is a publication of the Canadian Taijiquan Federation.

Deadline for TongRen Summer Issue is May 1, 2001. We welcome early submissions.

Submissions may be sent to: mail—Tessie Smith, 206 Bell St., Milton, ON L9T 2A9 Canada;
e-mail—tongrenmagazine@hotmail.com; **fax**—905-878-6368;
preferred format (if sending computer disk)—Microsoft Word 2000

TongRen functions as a forum for discussion, expression and experience. The editors invite one and all to submit reports on events, articles, biographies, letters, book reviews or poems on taijiquan and related subjects.

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Letter from the President of the CTF

Greetings, all. Just a letter to keep everyone up to date on recent events and developments in the Canadian Taijiquan Federation.

Certificate presentation: Participants who have met the criteria of attending at least one of our **Teachers' Exchanges** (April and/or October 2000 and/or April 2001) and attended the January 2001 workshops Teaching Taijiquan Effectively and Core Principles and the Art of Teaching (conducted by Sam Masich) will be presented with their certificates at our **Annual General Meeting on Saturday, May 5, 2001** (see ad on the back cover).

If you have met this criteria, please contact us to let us know you will be attending so we can have your certificate ready. Please contact CTF Director Lynn Shwadchuck at shwadchuck@golden.net or at 519-741-8673 to confirm your attendance and the spelling of your name.

In addition to becoming the administrator for **Push Hands Free Play Zones** (see page 16), Lynn Shwadchuck is also the administrator for the Annual General Meeting and can be contacted concerning vending space, which is available at no charge and presented as a service to our members.

The CTF Annual Picnic is once again a shared event, with Ji-Hong College of Toronto playing host. We thank CTF Director Wilson Wong for making the necessary arrangements. Please consider joining us on **Sunday, July 15, 2001. See page 23 for details.**

CTF website: Many thanks to Charles Tauber, who retired from the CTF Board of Directors last spring but only recently retired as the CTF webmaster.

Welcome and thanks go to CTF Director Bill Forrest for stepping up to the challenge of becoming our new webmaster. Please make note of our **new address** (www.canadiantaijiquanfederation.ca) and bookmark your computers accordingly. Also thanks to Andrea Falk (www.thewushucentre.ca) out in British Columbia for linking our site.

Submitting an event to TongRen? Events can now be submitted to the website at any time and will be posted as they are received. **See page 18 for details.**

What's wrong with this picture? Thanks to our sharp-eyed CTF Elder, Leung Wong, for spotting our inadvertently reversed 'watermark' (the calligraphy for TongRen) on the front cover of our last issue—Tessie had been trying for some time to learn how to 'flip' images and up until that point she still didn't think she had it mastered.

New seminar format: This April sees a departure for the CTF in the way we organize and conduct seminars. In conjunction with the Tai Chi and Meditation Centre of Toronto, the CTF is co-presenting **Chung-Jen Chang** in a weekend workshop (see page 23 for details). TC&MC have worked with Chang before and this time he will be teaching Chen style 'cannon fist' routine, a fairly advanced form, on the Sunday. To make him and his teaching more accessible

to other practitioners, the Saturday morning's curriculum will be push hands; the Saturday afternoon, presented by the CTF, will be taiji fundamentals. Those of you who heard Sam Masich's strong recommendation of this remarkable practitioner will need no further introduction—Chung-Jen Chang is well-known for his flexibility and fluidity.

If you did hear Sam Masich's complimentary assessment of Chung-Jen Chang, it was while you were attending one of our most successful weekend workshops to date, no less remarkable because it was the tenth seminar **Sam Masich** has taught for the CTF.

We'd like to sustain that momentum next time Sam Masich is out here so we're looking for your input. **What curriculum would you like to see presented next time?** What changes would you make? Ten seminars over seven years represents a substantial curriculum—is there curriculum you would like to see revisited?

Also, just a reminder to those that attended the January workshop with Sam Masich: CTF Director Ken Hulls has volunteered to co-ordinate a 'master' set of notes from the weekend. In order to make the notes as representative as possible, he needs **YOUR notes.**

(continued over)

Nominations to the Board of Directors... We're looking for your recommendations. Know someone who has something to offer the Canadian Taijiquan Federation? Tell us why you think they'd shine--in time for our Annual General Meeting, of course, where we salute the retiring board members and welcome the new directors.

Letter from the President of the CTF

(continued from page 3)

So set aside some time to transcribe them (if you haven't already, there's no time like the present) and send them along to: Ken Hulls, 30091 Shackleton Line, Dutton ON Canada N0L 1J0 or via e-mail at kenhulls@execulink.com. And thanks to Sam Masich for offering to edit these notes, once Ken is finished—your additional time and effort is appreciated.

While we've had compliments on the new look for TongRen it has also been brought to our attention that there has been a unique **printing faux pas** in a portion of the copies printed. If that is the case with your Fall 2000 issue, please let us know and we'll happily replace it. If you haven't noticed anything unusual about the **last issue** (other than the watermark on the cover), yours is probably fine.

Lastly, even at an expanded format of 24 pages, the **volume of material submitted** for this issue of TongRen caught us a little off guard. Consequently, we have a backlog that we hope to clear up by the next issue. Our apologies to those affected.

Jill Heath

President, Canadian Taijiquan Federation

Our thanks for the following graphics:

Front Cover – Sparrows resting; page 5 –The what and how of Chinese Painting by Annie Chen, Ho Kung-Shang Publisher
 Pages 6 & 7– The Eastern Gate, William Collins Publishers Inc.
 Page 8 – Photograph by Lyndon Smith
 Page 16 (push hands ad) – The Complete Book of Tai Chi Chuan by Wong Kiew Kit, Element Books Ltd.
 Back Cover – Tai Chi Single Fan for Health and Martial Arts by Master Helen Wu & Master Wen-Ching Wu, The Way of the Dragon Publishing
 Special thanks to CTF Director David Bray for the lettering of TongRen logo and the calligraphy on the front cover.

Hello, my name is Laurence Hyschuk. I have been practicing taiji for more than twenty years. I am in my mid-fifties. I lost all of my eyesight at the age of ten. I have a strong interest in many aspects of Chinese culture: the language, the food, the martial and healing arts, as well as the philosophical and spiritual traditions. I am also a professional massage therapist. I am seeking help from someone who shares some of my interests in healing and Chinese culture. Particularly, I am looking for someone to read for me from materials in the subject areas just mentioned. I am willing to do a time, energy or monetary exchange for this help. I live in the Toronto High Park area. If you think you might be interested, call me at (416) 767-2825.

Letters to the Editor

First, congratulations to the new CTF Board of Directors. Your contribution to the internal art is greatly appreciated and qi-fully received. As for the thorny issues: I will leave the prickly subjects to the more enlightened taijiquan players and offer my views on continuing education. I look forward to their insights.

I feel that continuing education is vital to the health and growth of the instructors, practitioners and the internal arts. Qigong and Taiji have the potential to benefit every segment of our society. It is still the best-kept secret and education is the key to unlocking this treasure to the public. It is still largely undervalued, under-understood and under-used.

Education can remove some of the fear and negative images associated with “cults.” The image of a Qigong Master stopping the hands of a clock with his mind and Qi, and blowing people away without touching them (I wish I could do that) might be good publicity, but detracts from the real benefits to the wellness of society. Another image that can be misleading is seeing the elderly moving gracefully and effortlessly, leaving the impression that it must be easy to do, which goes against the western mind-set, which is conditioned to use force, strength and sweat to contort the body into the fashion-cover image.

In our society where image is everything, Qigong and Taiji seem boring. It is inexpensive, does not require designer outfits, expensive equipment or facilities. Perhaps we need to educate the public that it's cool and 'in' to lower the shoulders, relax the belly, breathe deeply, move slowly, walk softly and SMILE! Yes, we need continuing education for all the healthy reasons. Can you picture Sam Masich on a billboard with the caption, 'JOIN A TAI CHI CLASS AND YOU TOO, CAN HAVE A BODY LIKE MINE!'

Qi-fully yours,
 Harold Hajime Naka
 Kelowna, BC

Yours truly,
 Laurence Hyschuk
 Toronto, ON

“Wo bu da hui shuo nimen de hua”*

Essential Mandarin Chinese for Taijiquan Practitioners (Part Three) Compiled by Nick Gracenin

Using this guide, you can increase your ability to communicate with Chinese practitioners and your understanding of taijiquan theories and principles.

The Pinyin system of romanization is used.

Technical Terms: Basic terminology of Taijiquan and other internal wushu styles.

Wo cong meiguo lai – I come from USA.

Wo cong Jianada lai – I come from Canada.

Wo xihuan taijiquan – I enjoy taijiquan.

Wo lian Yangshi taijiquan – I practice Yang style taiji.

Qingwen, youmeiyou biede? – Please allow me to ask, is there another?

Nei shi shemme taolu? – What routine is that?

Qing ni shuo yibian – Please say it again.

Congtou kaishi – From the beginning...

Zilai yibian – One more time...

Lian jian hennan – Sword practice is difficult.

Wo bu da hui shuo nimen de hua – I don't speak your language well.

Lianquan buliangong, daolao ichangkong – Practice martial arts without basic training, when getting older all will be empty.

Shifu lingjinmen, xiuxingzaigeren – The master can lead into the doorway, the results depend on the individual student.

Xiexie, zaijian! – Thank you, and goodbye.

* “I don't speak your language well.”



The body of the Tai Chi Practitioner is like a horse and rider. The legs are the horse, the upper body the rider. It is important to separate the rider so he can turn around and do actions while the horse does something else, yet they are one unit.

–Michael Gilman

Taken from *108 Insights into Tai Chi Chuan: A String of Pearls*.
Originally published as *A String of Pearls: 108 Meditations on Tai Chi Chuan*

Canadian Taijiquan Federation Taijiquan Teachers' Exchange

Report by Marsha Zuest



The Canadian Taijiquan Federation sponsored the second of a series of Taijiquan Teachers' Exchanges in Milton on October 14, 2000. Ed Cooper was the host and moderator for the event which covered a diverse range of topics and generated lots of questions and discussion. Presentations by five speakers were interspersed with small group discussions on topics related to teaching taijiquan.

Roland Isla began the day with a talk on taijiquan and martial arts training. Isla has found through his own personal experience with teaching that most people who study taijiquan want to focus on the health aspects and are not interested in the martial arts applications. He asserts that learning each posture for its fighting value as well as its healing value will improve your sense of well-being.

Isla's definition of a martial artist is "anyone who studies fighting arts for the purpose of learning their combative aspects." He outlined the different approaches to martial arts training and the steps to becoming a martial artist. Martial arts training can be seen as a pyramid in which the base is physical conditioning, progressing to technical skills training, tactical preparation, with psychological preparation at the peak. Each step in the training was expanded upon in the presentation.

The next speaker, Frank Fraser, spoke on how to teach taijiquan effectively. Fraser has been involved in martial arts for over twenty years. He began studying taijiquan in great depth fifteen years ago after suffering an injury. As a teacher, his goal is to try to shorten the time frame of learning for his students. There are six basic goals that taijiquan should promote if practiced properly. The first is to gain a strong body; second is to increase lung capacity and develop better breath flow; third is to increase the energy flow; fourth is to still the mind; fifth is to learn how to use empowering motions; and finally, to become inspired or "be full with spirit."

To achieve the six basic goals you must: know **what** you are doing; know **why** you are doing it; know **when** to do it; and, know **where** it should be applied.

The system of taijiquan can be used as a path to attain health and vitality. The first thing to learn is how to pressurize the body. Gradually deepening your stance and using the qigong "coiling set" (a series of twisting and turning movements) will help you to achieve pressurization.

Further taijiquan studies will help you to oxygenate and detoxify the body through breath control. Your body will be energized when you learn how to center the mind so that you may raise energy up from the dan tian.

Fraser impressed upon the audience the importance of having goals in your practice. Teaching can expand your knowledge and lead you to the second stage of training. When you have attained mastery over what you are doing you may choose to be a specialist in one of four areas—the martial, healing or medical, scholarship, or spiritual.

Effecting corrections in taijiquan was presented to the group by Steve Higgins. Posture is of utmost importance both in taijiquan and everyday life as it has

a direct bearing on your psychological and physical states. If your chin is tucked in and you are looking at the floor, you will lose power both physically and mentally. When a teacher is making corrections to a student, he/she should maintain a balance between positive and negative. The experience should be consistently positive. Remember when not to correct—over time students will develop the ability to make corrections on their own. However, if safety is an issue, the teacher must make corrections immediately.

Physical adjustment is a must, but ask for permission before touching a student. Approach the student from the front. With self-confident students, corrections may be more effective when they are unexpected. Be careful not to be dogmatic. Exercise common sense and work to empower the student.

Is there a topic you'd like to see addressed at the next Teachers' Exchange? One you'd like to see revisited? You can write to us at Teachers' Exchange c/o Canadian Taijiquan Federation or you can send an e-mail to the organizer, Ed Cooper, at... ed_cooper@email.whirlpool.com We look forward to hearing from you and seeing you on April 14th.

(continued over)

Taijiquan Teachers' Exchange (*continued*)

Higgins dealt with stylistic fundamentals, correction details, and how to deal with particular physical problems. His conclusion—*Efficiency equals dynamic relaxation*—provided a goal for teachers to work towards.

Jill Heath, president of the Canadian Taijiquan Federation, spoke next on personal and professional growth. The amount of professional development you attain will determine how much information you are able to give to your students. Continuing education is something you do for yourself to increase your personal development and skills. It will also benefit your students by increasing the pool of knowledge and skills that you have available to teach.

Professional development can take many forms. You may attend regular classes, participate in workshops and seminars, or study on your own through reading books and viewing instructional videos. Your own personal commitment to your field of study will reflect back to your students. If you distribute a reading list to your students, be sure that you have read all the books that are on it.

Heath raised the question, "Should we as a group of teachers be looking at becoming self-regulated?" Poor instruction may give the art of taijiquan a bad name. However, the conclusion, as with many things in our culture, is "Let the buyer beware."

Following this thread of discussion, Michael Ham spoke next on standards and certification. Ham asserts that the time is right to begin taking the job of teaching taijiquan to a more professional level. People are becoming more aware of taijiquan and institutions are starting to implement taiji programs. The medical

establishment is beginning to recognize the health benefits. The popularity of taijiquan will continue to grow as the baby boom generation ages.

However, there are at present no formalized certification programs available for taijiquan instructors on a national level.

Ham presented the audience with certification programs for an NCCP karate coach and a YMCA fitness leader and proposed components for a professional taijiquan instructor certification program. Such a program would "provide a set of standards to define a professional taijiquan instructor, improve the quality of teaching skills, give lay people a means of determining the competency of an instructor, and raise the overall level of taijiquan training in Canada."

Certification of taijiquan instructors is a thorny issue which will have to be grappled with in the future. Michael Ham is a worthy proponent to take up the cause.

The small group discussions throughout the day on topics related to teaching provided participants with much food for thought to take back to their own classes. We look forward in anticipation to the next edition of the CTF Taijiquan Teachers' Exchange on Saturday, April 14, 2001 in Milton, Ontario, Canada.

If you are interested in receiving an information package from this Teachers' Exchange and/or the previous one, please contact Ed Cooper at ed_cooper@email.whirlpool.com or write to us at: The Canadian Taijiquan Federation, P.O. Box 421, Milton, Ontario L9T 4Z1. This is free to members; all others please send \$5 to cover postage and copying costs.

CTF Presents the Third **Taijiquan Teachers' Exchange** Hosted by Ed Cooper

Join fellow taiji teachers and players for a day of learning and discussion about teaching taijiquan.

Saturday, April 14, 2001, 9 a.m. – 6 p.m.
St. Paul's United Church, 123 Main Street, Milton, Ontario

For more information contact Ed Cooper 905-878-1562 or 905-821-6542
or ed_cooper@email.whirlpool.com



Thoughts on Taijiquan Certification and Standardization

by Sam Masich

Certification For The Nation?

Certificates? Sure. Certification? Perhaps. Mandatory national certification? Personally, I don't think so. The most anyone can offer on this topic is informed opinions. Personally, I think that the inherent nature of Taijiquan, in all its glorious and sometimes wacky variety, precludes any all-inclusive standardization for certification.

The sometimes fierce individualism of representatives of various schools of thought in the world of Tai Chi has allowed the art as a whole to resist the rather sterile, homogenized, and overly political structures into which other martial arts styles have coalesced. (If you think that Tai Chi circles are political, hang around the Judo and Tae Kwon Do scene for a while!) The structures of these associations tend toward the political, military and the corporate. The history of standardization and certification in martial arts organizations, has frequently involved the exclusion of undesired technical and philosophical variety by those in charge.

War and Peace

Historically, Taijiquan was developed by people defending their homes from the organized rampages of such forces as the Taiping Rebellion, large bandit tribes and government troops (who were not much better than the bandits). While it may be said that Tai Chi was a part of the training of the Chen family's local militia and that some Taijiquan masters did receive appointments to train government troops, Tai Chi was developed to *resist* military, nationalistic and profiteering groups. There is no history whatsoever of invasion or of any hostile actions taken against any another group using Tai Chi boxing.

Standards

Like anyone serious about their art, I find myself frustrated from time to time with hacks, charlatans and 'non-profit' organizations which capitalize on the public's lack of understanding as to what Taijiquan is, what it potentially offers and what it requires. My knee jerk response is to want to see regulation of the art in order to prevent the sad misadventures of so many individuals who have been adversely affected by participation with such groups and individuals.

However, setting up some kind of board of certification is very problematic. Technically speaking, without seriously limiting the definition of what constitutes 'real' or acceptable Taijiquan, there is no panel truly qualified to deal with all of the possible varieties of approach. It is, at least to some extent, an opinion-driven subject.

Also, while standardization may well suit certain approaches to competition evaluated by criteria similar to gymnastics or figure skating, this does little to address the myriad other motivations for practicing and training in the art. Bear in mind that until the last thirty or so years, these competitions did not exist and thus have little to do with traditional Taijiquan training.

A Modern Approach

Recently arguments for criteria allowing certification of Taijiquan instructors has centred on the creation of an organization focused on considerations peripherally related to Tai Chi such as standardized training in general physiology, pedagogy and first aid, as well as participation in a liability insurance collective. Such an organization might also make available Taijiquan judges' training, special seminars and learning materials to its membership.

An organization which offered such content might indeed be helpful in establishing some common ground between government, legal entities (such as community centres) and the Tai Chi community. It may also garner enough popular or political support to begin establishing the kind of standards which would allow national certification and its recommendation of Taijiquan instructors.

In some ways this could be of great benefit, particularly if a policy of equal respect for traditional, sport- and health-oriented Tai Chi approaches could be maintained. This could be accomplished perhaps through the creation of various departments within the organization.

Criticism

While such an approach to certification might be in some ways beneficial to many Tai Chi practitioners and to the public, I cannot help but feel that critical problems would be created as well.

(continued over)

Thoughts on Taijiquan Certification and Standardization (continued)

For example: *Who decides which curriculum or programs would best augment the eclectic nature of Tai Chi training? How are those adversely affected by non-participation to be represented? How are administrative biases toward aspects of Taijiquan which generate the most revenue handled? Does such an organization necessarily guarantee better Taijiquan instruction or help preserve the diversity which makes the art so unique amongst the popular martial arts?*

Such problems inevitably become issues of politics, popularity and self-interest—group dynamics rather than the individual citizenry acting as a whole. Personally, I find the quiet anarchy of Tai Chi to be a healthy sanctuary from a world intent on globalization and where the few decide what is valid for the rest of us.

TongRen will continue to publish opinion pieces and articles on the subject of continuing education, professional development, certification and standards. If you have something to contribute, please forward your thoughts to us via e-mail at tongrenmagazine@hotmail.com or via regular post (if computer-generated, Word 2000 disc preferred) at TongRen c/o Canadian Taijiquan Federation P.O. Box 421, Milton, ON, Canada L9T 4Z1 or via fax at 905-878-6368.



Sam Masich has studied martial arts full-time since the age of eighteen. He was a gold medalist in both the U.S. All-Taijiquan Championships and the All-American Tai Chi Championships in 1988. He is a former member of the Canadian National Chinese Martial Arts Team and competed in China in 1994 winning 7 gold medals. He is a senior student of Master Liang Shou-Yu and Dr. Yang Jwing-Ming, and has studied with other taiji masters in both the United States and China. He continues to be a judge in numerous tournaments. He regularly conducts workshops throughout Canada, the United States, and elsewhere in the world.

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Setting Standards

A Brief History of American T'ai Chi Associates

by David Berlin

The challenge of creating an Instructor Certification Program for Tai Chi and Chi Kung was a wonderful undertaking.

Several years ago I authored the Performance Standards on Tai Chi for the Presidents Council on Fitness and Sports. Here I put forth a set of guidelines to be followed, all of which were consistent with the orthodox practice of Tai Chi.

I now have approximately 25 years of experience in the practice of Tai Chi and Chi Kung, and certainly the more years I put into learning the art, I realize the less I really know.

So, if this is the case, and I believe any long-time practitioner of Chi Kung will agree with me, how can you possibly come up with a set of guidelines to certify anyone?!!

It took a lot of soul searching, and I mean that literally, because this art truly affects you at that level. What I came up with was actually quite simple. This art is about one thing, ENERGY—the cultivation, circulation and balancing of energy.

Drawing from my 25 years of practice, I divided this 'energy art' into four different categories of movements and postures. They are: Loosening, Invigorating, Flowing and Energizing, and I called this the L.I.F.E. System.

All of the components in the L.I.F.E. System draw from classical Tai Chi and Chi Kung practice. What was new was my way of organizing the information. It fits neatly into the western mind-set. There are clear right and wrong ways of doing each posture, which can be measured by the classic Chinese Treatises of Tai Chi and Chi Kung. I did not leave it to myself to set the standards. I let the old masters do it. So now we have a way of conveying this information that is measurable and repeatable.

At the same time, we also have a system of Health. When all four components of the L.I.F.E. System are practiced in conjunction with one another, they act to purge the body of stagnant and negative energy, balance the body's energy system, and energize any part of the body that needs it.

Instructor Certification in this system is comprised of several parts.

Part One: You must know and be able to convey the history of Tai Chi and Chi Kung. You must be knowledgeable about all aspects of Chi.

Part Two: You must be able to demonstrate and teach with proper form all of the component movements and postures in the L.I.F.E. System. You must be able to explain the internal mind-set necessary to fulfill each posture.

Part Three: You must understand how each component of the L.I.F.E. System benefits your body physically (the particular internal organs energized, that is, and skeletal muscular effect), as well as energetically (the particular meridians that are affected).

Once a proficient demonstration of this knowledge is shown, you then must be able to author an individual prescription for sound health using the L.I.F.E. System to treat the needs of the individual student (prescriptions for high blood pressure, insomnia, stress reduction).

Part Four: The final part of Instructor Certification has to do with the movement of his or her internal energy. The Instructor must be able to show that he or she is capable of small circulation of chi, at a minimum. This is demonstrated by standing in posture for prolonged time periods.

Of course, like all of my Tai Chi and Chi Kung the Instructor Certification is a work in progress. This art is about change, and as a result I am constantly changing and refining this system. The more I learn, the more I change.

The L.I.F.E. System Certification is not an end, but rather a beginning of the opening up of this wonderful art of well-being to the general public. I look forward to sharing this with as many of you as I can.

American T'ai Chi Associates was founded in 1993 by David Berlin. Berlin has been involved in the oriental arts for more than 20 years and has been teaching the health benefits of T'ai Chi for over 10 years. He is responsible for ATCA marketing, program delivery and instructor certification. ATCA Inc. can be contacted at ebchi4@aol.com or 631-584-5354.

Off-Centred in the Tao Dancing Toward Wholeness

By Harold Hajime Naka

Sometimes one has to step back, just to see how far one has come.

For me, that step goes back to the last century, to 1979, when I was an insecure 39-year-old introverted, non-conforming rebel, searching for happiness, peace of mind, and the meaning of life. At the same time I was looking for a way to escape the responsibilities of life and society. The solution to my dilemma was to liberate my inner dancer and move with wild abandonment, revealing my true nature to the world. When you're insecure like me, you dream big.

Locked up in my body was a burning passion to move freely and naturally, a feeling I had felt since I was nineteen. After twenty long years of suppressing my secret, my heart and soul longed to be set free. But I couldn't dance! I felt trapped in my body by a cultural strait-jacket that kept getting tighter and tighter, squeezing my creative energy out until I couldn't deny myself any longer. I decided to 'come out' and unlock my body—if only I could find the key. I didn't care that real men didn't feel this way. Not in public anyway.

I worked up enough courage to go to the Kelowna Recreation Centre to register for the jazz dance class (I knew this was what I wanted to do, because I had seen it on TV). The man behind the counter told me that I couldn't join the jazz class because I would be the only male in class, and besides, I wouldn't like it anyway. With an annoyed look on his face, he told me to take disco instead. My heart sank at the thought of having my dream dashed.

I reluctantly signed up for disco. The room was full of people wanting to learn the latest dance craze. I stood against the wall, trying to look invisible, when to my surprise the instructor asked me to demonstrate a new step with her. She put the music on and took my hands in hers. I froze as she stepped back, pulling me towards her, causing me to step on her foot and almost

knocking her over. She glared at me and quickly cast me aside and picked someone else. I was humiliated and embarrassed, my self-esteem dropping to zero from one. After that disaster, I took jive and ballroom dancing lessons, stepping on more toes, not knowing which was left or right. Being musically challenged didn't help either. Feeling discouraged, I did my last waltz out the door, vowing never to dance again.

Then one day I heard that they were having jazz dance classes in my neighborhood. My heart skipped a beat while my head said, "Don't make a fool of yourself." I listened to my heart and returned to the Recreation Centre, this time determined to get into the class. To my great delight the staff was kind and courteous.

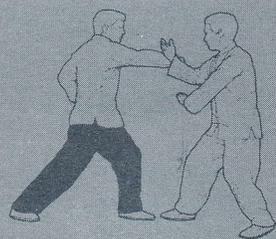
I showed up at the first class wearing a baggy jogging suit and looked out of place beside all the female dancers in their tights. I didn't care. All I wanted was to move gracefully and effortlessly like the dancers I had seen on TV. I was surprised at how hard and fast we had to move. I was exhausted at the end of class. I persevered, and my teacher told me I had lots of. I told her, "That's all I have." She took me under her wing and soon the rest of the group made me feel welcome. I was in jazz heaven. I tried tap-dancing and liked the sound the shoes made, but found the routines difficult to follow.

After a year and a half of pounding away and flailing about, I finally heard my first beat of music. Now I had solved the mystery of how those dancers moved in perfect synch while I was always out of step. Then my teacher, Marion, moved away. I felt sadness in my heart as she had brought so much joy into my life.

Then Robb Card moved to Kelowna and started a class. I quickly registered and found myself having fun again. It didn't matter any more that I was often the only male in class; I was comfortable in my body now.

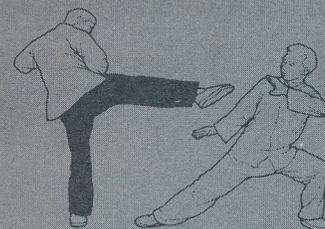
(continued on page 13)





Yang Style Traditional Applications Form

by Michael Babin



While it is certainly not wrong to practice the traditional Yang Style long, 'slow' form at a variety of paces, the Yang tradition also has a 'secret' (read 'rarely taught anymore') long, fast form that is completely different from the long, slow form and is designed to be done with speed and power. As I learned it from my main instructor, it can also be split into two parts by a pair of students and matched like a jigsaw puzzle as an applications form. In some schools, this form is taught first as two separate forms; sometimes it is only taught as an applications set and not learned first as a solo set.

Sadly, this great training form is becoming increasingly rare because it takes a great deal of time to learn, a fair amount of space to perform, and a partner who at least knows the other half of the martial 'puzzle.' In addition, at least in North America, many of those instructors who still teach it have modified its pace and intensity for a variety of reasons, including student safety and retention. For example, I have seen it done by students of one famous American teacher in which the two players never actually even make contact with each other's arms when doing it together!

Conversely, it is important to be careful while training. In fact, you must, in some ways, practice incorrectly for your partner's safety unless both participants are of equal height, weight and skill – incorrectly in the sense of not going too fast or using explosive energy. In relation to this caveat, it is also true that 'flowing' from one technique to the other requires that neither partner ever finishes a technique – if you don't have competent instruction, you may actually never get a feel for how each method could work if it wasn't countered skillfully.

There is a fair amount of controversy over who invented this form and such discussions over legitimacy and "family" versus "non-family" are often heated as well as pointless. My own feeling is that whoever invented it was a genius and if you are fortunate enough to have access to one of the legitimate versions of it–

count your blessings. Historically speaking, it is also true that many of the applications are 'museum pieces' in that you would not likely be attacked by a mugger doing, for example, Slanting Flying.

However, the true prizes of long-term training are internal body mechanics, martial timing and using sensitivity and peripheral vision rather than just technical mastery of the individual techniques themselves. It's also a good exercise in continuity and endurance. For example, if you start holding your breath while practicing, either solo or with a partner, you're liable to be huffing and puffing by the end of the exercise—even if you are relatively fit.

As far as I am concerned, students who choose to study this form need solid basic Yang-style skills, sensitivity, the ability to flow and change – and the willingness to risk a few bruises to benefit from their training.

Pay attention to the following points when beginning the study of this (or for that matter, any) application form:

- ☉ Many of the defensive methods will only work easily when you learn to move away from the incoming force only as much as necessary, rather than 'running-away' from it.

- ☉ Most of what seem to be pulling movements are really 'snappy' downward strikes, but be very careful when training with a partner as you can give them whiplash or cause knockout (the whole idea in a martial sense) if you do it excessively and/or he or she is excessively stiff.

- ☉ Learn the individual techniques by counting them as 'one' for the offensive aspect, then 'two' for the defensive aspect, but remember that the majority are really one action when done well, and a few postures are always done on a one-count right from the beginning.

(continued over)

Yang Style Traditional Applications Form (continued)

☉ Exhaling with a sound can help you to keep from becoming needlessly breathless. However, don't do 'ha' sound too loudly as you may use more power/speed than you wanted and hurt yourself (i.e. hyper-extending your limbs) or your partner or scare the cat if you are practicing alone at home!

☉ Eventually you should be able to do this form at a variety of speeds and intensities, and it is essential that you not lose sight of the goal of learning to apply internal-style martial sensitivity—not just thump

each other or do a lovely-looking dance together. Meaningful choreography implies that both players 'pay attention' no matter how quickly or slowly they may practise together.

Whatever you call this form—Large San-Sau or the Yang Fast Set or the Yang Secret Fighting Form or the 88 Posture Application set—it can be a valuable addition to your Yang-style practice—a fast Yang to complement a slower Yin.

Interested in Researching this Subject Further?

Both Yang, Jwing-Ming and Erle Montaigue have written on this subject. Dr. Yang's book is *Advanced Yang Style Tai Chi Chuan* and is available through YMAA Publications. It contains the same form as described in the above article by Michael Babin and contains pictures. Erle Montaigue has put out several books on the subject *Large San-sau* and are available through e-mail via his website.

Off-Centred in the Tao Dancing Toward Wholeness (continued from page 11)

But as they say, 'all good things must come to an end.' My old sports injuries were catching up to me. I found it difficult to do the floor exercises and my lower back pain was becoming chronic. I knew that I couldn't continue without aggravating my injuries. It was time to say good-bye to the world of jazz and tap-dancing and search for a gentler creative physical activity. As one door closed, another opened and I walked into the magical world of Tai Chi and Qigong. In 1982, I took another step. I was now going to dance to a different beat—the yin-yang dance of the cosmos (or jazz Zen).

The slow circular movements of Tai Chi were easier on my body. In 1983, I took my biggest step, starting my own Tai Chi-Qigong classes. I wanted to create a space for self-healing, self-discovery, self-empowerment and self-expression through movement and spiritual cultivation. Over the years Tai Chi-Qigong has slowly and surely transformed my body. I can still picture my 'old' former self, with my body

slouched over, feet dragging as I shuffled along staring at the ground—body reflecting my attitude. (I would have made Angele look like a Feldenkrais model). Now, as I turn 60, I can happily say that I feel younger, have more energy and smile more often (to give my face a break from all the years of frowning). Thanks to Tai Chi-Qigong, I have healed my body. Today I live in a pain-free, tension-free (getting there), supple and relaxed body. I have also found peace of mind and as for the meaning of life, 'enlightenment is just another roadside distraction — real men pump Chi.'

Now I know why they call Tai Chi and Qigong China's gift to the world – it works. I hope my story inspires you to listen to your heart and never give up on your dreams or visions. Each person has a gift to offer humankind and our home, Mother Earth. Now, if you will excuse me, I can hear my inner-outer dancer saying, "Get off your butt and dance your fool head off and let the spirit soar."

Taiji and Emotions: Whatever Gets You Through The Night... An Evening with Sam Masich Marsha Zuest Tells All

Attitudes towards the issue of touching vary amongst different cultures. For instance, it is not unusual to see two males holding hands in China and Europeans will commonly greet each other with a kiss on both cheeks. In North America, touch has a ceremonious quality and, apart from our closest friends, is used most often for greetings and partings. We guard our personal space carefully and if we brush against another person in a public place we reconcile these boundaries with an apology.

It has been proven that touch stimulates healthy neurological development in infants, but as we grow older our culture provides less opportunity for touch and we become uncomfortable with it.

Sam Masich introduced his talk to the Canadian Taijiquan Federation on *Taiji and Emotions* with these thoughts about touching. The study of taijiquan creates awareness of our bodies, he told the audience of fifty taiji practitioners, but when the teacher introduces push hands to the class, many students become uneasy. Although there may be an initial aversion to the oddness of the exercise, the act of being with another person in that tactile way can be very soothing.

Masich commented that, "Push hands has been called an asexual form of dual cultivation," and the practice can awaken the sense of a person's inner landscape. Through the practice of push hands, you can learn to listen, learn to hear, and develop understanding of another person's physical being.

Taijiquan is different from other martial arts in that it deals with accepting and working with physical force rather than blocking it or pushing it away. A big part of push hands training is learning how to 'stick,' 'follow' and 'receive.' Most people have difficulty receiving force.

From taiji theory they know they need to be soft and light, and when they observe other people it looks understandable. Push-hands practice should allow you to "settle" into your body. When you shift your awareness into the centre of your body, your breathing

will release. Then you have to "make a decision to relax into another person."

We hold so many emotions inside of us that sometimes they just flow out and we have no control over them. Conscious touch allows us to approach these emotions instead of avoiding them. We "clear a space for something to happen" or "get a handle on it." We need to identify where exactly in oneself the problem lies. If we can actually feel it in our bodies, we can deal with it.

"Human beings universally have an instinctive aversion to being touched in any way that is unfamiliar to them."

Physical education, emphasizing team sports such as basketball, hockey, and soccer mainly exercise our ability to get round objects into specified spaces. Those people with a natural proclivity toward sports become winners and reap the greatest rewards. Those without special abilities become discouraged when they do poorly and often drop out of physical activity altogether.

In contrast, ordinary people can feel graceful doing taijiquan and they can create change in their inner landscape through movement. Through taiji, people are able to "draw forth what their physique has to offer," which is a more literal meaning of "physical education," taken from the Latin root of *educare*, to draw forth.

Consciousness of the internal organs and the way breath affects them is central to the study of taijiquan, but is not common in other sports.

Spending more time in your internal landscape helps you to be aware of greater texture and detail. The dan tian acts as a furnace where the refining of energy takes place. It is your centre of gravity, centre of movement, and centre of origin. When you understand what your hips and waist are doing, you can work on your internal landscape which will take you to your deepest sense of taiji. Breaking open your centre will start energy moving along channels which will heighten your sensitivity and self-diagnosis.

Speaking to the taiji teachers in the audience, Masich asserted that you have to be in yourself first before you can teach it.

(continued over)

Taiji and Emotions: Whatever Gets You Through The Night...

An Evening with Sam Masich (continued)

One of the Chinese classics states, "Know yourself and you will know others." As a teacher, you must encourage your students in this process so that they can be generous with themselves.

There is a tendency for our bodies to hold pain and trauma inside. If you can't feel or if you are not conscious of your inner landscape, then you will be unable to find the places you are holding. When your body sustains an injury, the injury may heal, but you may continue to hold onto the injury. Massage therapists or acupuncture specialists may be able to find these points, but you need to feel it yourself for treatment to be most effective. The study of taijiquan can help you towards understanding your own internal self and you can use this self-understanding to help yourself and others.

Our bodies as organisms react to threats from outside. Our structure or form wants to live in a natural way but must constantly respond to outside influences which assault our natural boundaries ('sustained insults to form'). Over time, patterns of response develop and our bodies begin to take on recognizable shapes or ways of holding. Masich presented these body types as outlined in the Stanley Keleman book *Emotional Anatomy: The Structure of*

Experience. The four basic somatic shapes are rigid, collapsed, swollen, and dense. We may have a predominant structure within ourselves or a combination of these structures.

In conclusion, Masich emphasized that we have to have movement in the interior to recognize what is going on in our own bodies. The only way to successfully solve problems or to effect change is through movement. We can view taijiquan as a window into our internal state but we "don't have to get heavy about it." We can all do our best regardless of our age or our talents. Masich would like to nudge us toward turning our waists a little more and to take the study of taijiquan a little beyond recreation.

"Open your eyes, ears, self a little more, to touch what can be touched, instead of what gets touched by default."

We're looking for your input for the next Sam Masich seminar that the Canadian Taijiquan Federation hosts.

What curriculum would you like to see covered? What would you change? Is there a curriculum you'd like to revisit? Please let us know, so the CTF can better serve you.

Comments can be directed to Jill Heath at 905-849-0244 or jillmheath@globalserve.net.

In the next issue of

TongRen...



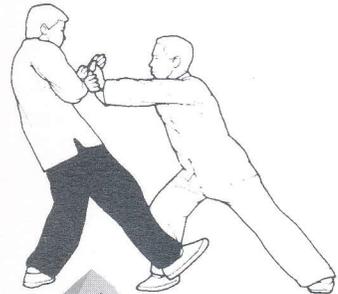
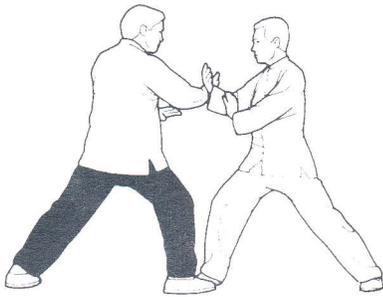
Read any good books lately? Give us your top five books on or related to taiji and a brief comment on why these books were important to you.

Please note: Ken Hulls of the CTF Board of Directors has generously volunteered to create a 'master' set of notes from the January 2001 weekend workshop with Sam Masich. Sam Masich has offered to edit the 'master' set once Ken is finished.

You can contribute to this process by transcribing your own set of notes and sending them to Ken Hulls at 30091 Shackleton Line, Dutton ON Canada N0L 1J0 or via e-mail at kenhulls@execulink.com

In addition to the Friday evening, the weekend also included: Teaching Taijiquan Effectively (Saturday) and Core Principles and the Art of Teaching (Sunday).

Push hands - come out and try it!



Have fun and make new friends!

Try push hands in a safe, supervised, friendly and casual learning environment. Newcomers have discovered that more experienced players are eager teachers and are always looking to bring new players into the fold. For the more experienced player, this is an excellent opportunity to play with different partners whose styles and approaches differ. **You only do what you want to do.** We have rules of conduct, and the first one is that partners talk and arrive at an understanding about what they want to do, be it cooperative exercises or the more competitive fixed step or moving step push hands. **Safety and fun are always our first concerns. Also see individual event listings (pages 17-22).**

**Push hands
Free Play Zones**

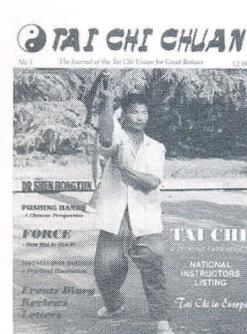
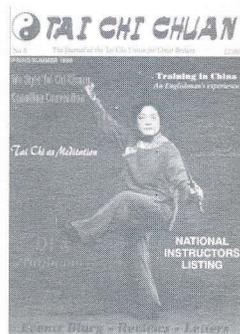
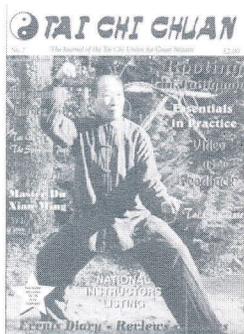
Saturday 3 March 2001 Chistian Wushu Fellowship 201 Tempo Avenue (Victoria Park Ave. and McNichol Ave., south of Steeles Ave.) North York ON	Sunday 20 May 2001 University of Hull (UQAH) S.A.P.S. Centre 283 Boul. (Alexandre-)Tache Hull QC (Ottawa ON) Canada	Sunday 3 June 2001 United Family Martial Arts 1450 Headon Road (south of Upper Middle Road, west of Walkers Line, east of Guelph Line) Burlington ON	Sunday 26 August 2001 Tai Chi & Meditation Centre 173 Danforth Avenue (east of Broadview & Don Valley Parkway, south of Highway 401) Toronto ON
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Start time at all locations is 2 p.m. Fee \$10

For more information contact Jill Heath @ 905-849-0244 jillmheath@globalserve.net

Lost & need directions day of event? Call cell phone 905-467-8180.

Worth A Look... *Tai Chi Chuan: The Journal of the Tai Chi Union for Great Britain* Contact them at Chiron@dial.pipex.com



Events Listings

Teaching The Teacher

Hosted by the Association of Women Martial Artist

Instructors (AWMAI)

Fri 23 - Sun 25 Feb 2001

Palm Springs CA U.S.A.

Contact: Dara Masi

AWMAI@aol.com or www.AWMAI.org

Qigong

With Sam Masich

Sat 24 Feb 2001

Bowen Island (Vancouver), BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Taijiquan: Methodes d'entrainement

Avec Rene Veillette

Dim 25 fev 2001

Hull QC Canada

Contact: Rene Veillette 819-770-8286

rene.veillette@caramail.com

Note: This seminar will be conducted in French.

Note: Ce seminaire sera donne en francais.

Two Person Tai Chi Set (172 Move Form)

With John Peel

Sun 25 Feb 2001

Sun 25 March 2001

Sat 29 - Sun 30 Sept 2001

Sun 28 Oct 2001

Temple Knights, Muskoka ON Canada

Contact: Valerie Houston 705-767-1177

tknights@muskoka.com

Iron Shirt & Chi Kung (Thurs)

Taoist Sexology (Sat & Sun)

With Ron Diana

Thurs 01 - Sun 04 March 2001

Universal Tao Centre of Toronto

100B Yorkville Avenue, Toronto ON Canada

416-515-7475 soletosoul@hotmail.com

Push Hands Free Play Zone

Hosted by the Canadian Taijiquan Federation

Sat 03 March 2001

Christian Wushu Fellowship

201 Temple Ave., North York ON Canada

Contact: Jill Heath 905-849-0244

jillmheath@globalserve.com

(see ad on page 16)

Push Hands—Fixed Step Four Hands

(Ding Bu Sze Cheng Tui Shou)

With Sam Masich

Sat 3 - Sun 4 March 2001

Vancouver BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Tai Chi Push Hands Basics & Qigong Training (Fri)

Tong Ren [Energy Healing] (Sat & Sun)

Qigong Training (Sun); Pi Gu [Energy Fasting] (Sun)

With Tom Tam

Fri 09 - Sun 11 March 2001

Oriental Culture Institute

1735 Lakeshore Road West, Mississauga ON Canada

Contact: 905-822-9368

'Heaven Palm' Body Mechanics for Power

With John Painter

Fri 09 - Sun 11 March 2001

Los Angeles CA U.S.A.

Contact: John Adams 310-935-2412 pager

jca9dragon@earthlink.net

Ji Ben Gong (Fundamentals) Training for Taiji, Part 3

With Li Lairen

Sat 10 March 2001

Chen Style Taijiquan Workshop Canada

200 Silver Star Blvd., Unit 330, Scarborough ON Canada

Contact: Charles Tauber 905-453-5888

charles@braille.uwo.ca

<http://www.braille.uwo.ca/~charles/chen-taiji-workshop.html>

Push Hands, Tai Chi Applications & Self-Defense

With James Carrothers

Sun 11 March 2001

Phoenix Tai Chi Centre, London, ON Canada

Contact: Gloria Jenner 519-439-8875

Tai Chi - Focus on Health, Meditation & Chi Kung

With Eddie Wu Kwong Yu

Sun 11 March 2001

Wu's Style Tai Chi Chuan Academy

427A Queen Street West, Toronto ON Canada

Contact: Evonne Tan 416-597-8426 etkaye@yahoo.ca

www.wustyle.com

Something Different: Drumming & Moving

With Sam Masich & Pepe Danza

Sat 17 March 2001

Bowen Island (Vancouver), BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Events Listings

Da Lu

With Sam Masich

Fri-Sun 23-25 March 2001

Minneapolis MN U.S.A.

Contact: Tom Cannon 612-722-5799

brown016@maroon.tc.umn.edu

Tai Chi – Focus on Martial Applications

With Eddie Wu Kwong Yu

Sun 18 March 2001

Wu's Style Tai Chi Chuan Academy

427A Queen Street West, Toronto ON Canada

Contact: Evonne Tan 416-597-8426 etkaye@yahoo.ca

www.wustyle.com

Taijiquan: Applications Martiales

Avec Rene Veillette

Dim 25 mars 2001

Hull QC Canada

Contact: Rene Veillette 819-770-8286

rene.veillette@caramail.com

Note: This seminar will be conducted in French.

Note: Ce seminaire sera donne en francais.

Taijiquan Core Principles:

Guan Qi Fa (Fri)

Form & Push Hands (Sat/Sun)

With Sam Masich

Fri 30 March – Sun 01 April 2001

Seattle WA U.S.A.

Contact: Kim Ivy 360-331-5815 tigirlily@whidbey.com

Core Principles, Form & T'ai Chi Two Person Form

With Ed Cooper and Roland Isla

Hosted by the Peterborough T'ai Chi Association

Sat 31 March 2001

385 1/2 George Street North, Peterborough ON Canada

Contact: Louise Yates 705-932-3615

moonstar@ptbo.igs.net

Iron Shirt & Chi Kung (Th)

Tai Chi Chi Kung (Sat/Sun)

With Ron Diana

Thurs 05 – Sun 08 April 2001

Universal Tao Centre of Toronto

100B Yorkville Avenue, Toronto ON Canada

416-515-7475 soletosoul@hotmail.com

The Canadian Jiulong Baguazhang Association presents

INTRODUCTION TO JIULONG BAGUAZHANG BASICS

**A weekend with Shifu John P. Painter
April 21, 22, 2001**

This workshop will cover the essential aspects of Jiulong Baguazhang basics through the study of Heaven Palm.

Heaven Palm is the master energy source of expansive power from which arises the other seven energies of Jiulong Baguazhang: Earth, Water, Fire, Thunder, Wind, Lake and Mountain.

The seminar will include standing meditation, Heaven Palm Qigong, stances, linear walking, circle walking basics, push hands exercises, and real-world combat applications.

**For information please contact us at
inquiries@ninedragonarts.com
Phone: (416) 763-9052**

Please mention this ad when registering.

Chen Style Kwan Dao (General's Knife)

With Ren Guangyi

Sat 07 - Sun 08 April 2001

Rochester NY U.S.A.

Contact: Bob Loce 716-671-2653

Bobloce@aol.com

<http://hometown.aol.com/bobloce/smnr.html>

Yang Style Taijiquan—Taiji Straight Sword

With Sam Masich

Sat 07 – Sun 08 April 2001

Eugene OR U.S.A.

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Events Listings

Push Hands—Moving Step: Four Hands Yang Style He Bu Sze Cheng Tui Shou

With Sam Masich

Tue 10 – Thurs 12 April 2001

Eugene OR U.S.A.

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Teachers' Exchange

Hosted by the Canadian Taijiaquan Federation

Sat 14 April 2001

St. Paul's United Church (auditorium), 123 Main Street
Milton ON Canada

Contact: Ed Cooper 905- 878-1562 or 821-6542

ed_cooper@email.whirlpool.com

(see ad on page 7)

'Heaven Palm' Body Mechanics for Power

With John Painter

Fri 20 - Sun 22 April 2001

Toronto, ON Canada

Contact: Eric Reynolds 416-763-9052

inquiries@ninedragonarts.com

<http://www.ninedragonarts.com/upcom.htm>

(see ad on previous page)

Taiji Weapons Weekend:

Taiji Fan and Taiji Straight Sword

With Helen Wu and Nick Gracenin

Hosted by A Taste of China

Fri 20 – Sun 22 April 2001

Hershey PA U.S.A.

Contact: Pat Rice 540-667-7595 or toll-free 877-847-8057

atocrice@mnsinc.com www.atoctaijiquan.com

Taijiquan Core Principles

Form (Sat) & Push Hands (Sun)

With Sam Masich

Sat 21 – Sun 22 April 2001

San Francisco, CA U.S.A.

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Push Hands, Taiji Fundamentals (Sat) & Chen Style Cannon Fist Form (Sun)

With Chung-Jen Chang

Sat 21 - Sun 22 April 2001

Tai Chi & Meditation Centre, Toronto ON Canada

Contact: Andy James 416-465-6122

www.powerofbalance.com

(see ad on page 23)

Hun Yuan 24 Chen style "Essense" Taiji Form, Part 1/ 3

With Li Lairen

Sat 28 April 2001

Sat 19 May 2001, Part 2/3; 09 June 2001, Part 3/3

Chen Style Taijiquan Workshop Canada

200 Silver Star Blvd., Unit 330, Scarborough ON Canada

Contact: Charles Tauber 905-453-5888

charles@braille.uwo.ca

<http://www.braille.uwo.ca/~charles/chen-taiji-workshop.html>

Push Hands Workshop: Softness Overcomes Hardness

With Elaine Waters

Sat 28-Sun 29 April 2001

Fayetteville AR U.S.A.

Contact: Elaine Waters 501-582-5671

ewaters@dicksonstreet.com

Push Hands: 1-8 Drills

With Sam Masich

Sat 28 – Sun 29 April 2001

Portland OR U.S.A.

Contact: Bob Lau 503-888-0566 RKL@dunn.carney.com

Chi Kung, Meditation, Iron Body

With John Peel

Sun 29 April 2001

Temple Knights, Muskoka ON Canada

Contact: Valerie Houston 705-767-1177

tknights@muskoka.com

San Shou 4-Day Intensive:

'Taiji for Two' (Traditional 88 Move Set)

With Jay Dunbar and Kathleen Cusick

Thu 03 – Sun 06 May 2001

Camp New Hope, Chapel Hill NC U.S.A.

Contact: Dr. Jay Dunbar 919-968-3936

drjay@magictortoise.com

Annual General Meeting & Demonstrations

Hosted by the Canadian Taijiquan Federation

Sat 05 May 2001

Martin Street Public School, 184 Martin Street

Milton ON Canada

Contact: Jill Heath 905-849-0244 jillmheath@globalserve.net

(see ad on back cover)

Chen Taiji Old Frame Second Routine (Cannon Fist / Laojia Erlu)

With Ren Guangyi

Sat 12 - Sun 13 May 2001

Madison WI U.S.A.

Contact: Suwandi Rusli 608-236-4628 ruslis@cae.wisc.edu

Events Listings

Push Hands: Moving Step Four Hands Yang Style He Bu Sze Cheng Tui Shou

With Sam Masich

Sat 12 – Sun 13 May 2001

Vancouver BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Taiji Staff

With Kathleen Cusick and Dan Pasek

Sat 19 – Sun 20 May 2001

Chapel Hill NC U.S.A.

Contact: Kathleen Cusick 919-968-3936

kcusick@magictortoise.com

Yang Style: Taijiquan Martial Applications

With Sam Masich

Sat 19 – Sun 20 May 2001

Nelson BC Canada

Contact: Sana Shanti 250-354-4114 sanashanti@telus.net

Push Hands Free Play Zone

Hosted by the Canadian Taijiquan Federation

Sun 20 May 2001

University of Hull, S.A.P.S. Centre

283 Boul. (Alexandre-)Tache, Hull QC (Ottawa ON) Canada

Contact: Rene Veillette 819-770-8286 (en francais / english)

rene.veillette@caramail.com

(see ad on page 16)

Taiji & Qigong Retreat Weekend

Hosted by Phoenix Tai Chi Centre of London

Fri 25 – Sun 27 May 2001

Michaelite Retreat Ctr, Melrose (near London) ON Canada

Contact: Gloria Jenner 519-439-8875

Taiji Judges Training Weekend:

For Judges, Competitors & Coaches

With Nick Gracenin and Pat Rice

Hosted by A Taste of China

Fri 25 - Sun 27 May 2001

Charles Town WV U.S.A.

Contact: Pat Rice 540-667-7595 or toll-free 877-847-8057

atocrice@mnsinc.com www.atoctaijiquan.com

Tai Chi, Yang Style—Long Form & Refinements

With John Peel

Sun 27 May 2001

Temple Knights, Muskoka ON Canada

Contact: Valerie Houston 705-767-1177

tknights@muskoka.com

Taiji Fan Workshop

With Helen Wu

Hosted by the Canadian Taijiquan Federation

Sat 02 June 2001

St. Paul's United Church, 123 Main Street Milton ON

Contact: Tessie Smith 905-878-8261

jillmheath@globalserve.net (see ad on back cover)

Push Hands: Da Lu

With Sam Masich

Sat 02 – Sun 03 June 2001

Vancouver BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Push Hands Free Play Zone

Hosted by the Canadian Taijiquan Federation

Sun 03 June 2001

Location: United Family Martial Arts 905-332-8941

1450 Headon, Burlington ON Canada

(south of Upper Middle Road, west of Walkers Line)

Contact: Jill Heath 905-849-0244

jillmheath@globalserve.net

(see ad on page 14)

Healing Love Chi Kung & Tao Yin Workshops

With Mantak Chia

Fri 08 – Sun 10 June 2001

Universal Tao Centre, Toronto ON Canada

Contact: Deb Stewart 416-515-7475

soletosoul@hotmail.com

Taiji and Yoga Weekend Retreat

Hosted by Betsy Chapman & Dorian Abel

Fri 08 – Sun 10 June 2001

Wernersville (near Philadelphia) PA U.S.A.

Contact: Betsy Chapman 610-385-8890

opendoorfitness@yahoo.com

Tai Chi Caledonia 2001

Hosted by the Tai Chi Union for Great Britain

Fri 08 – Fri 15 June 2001

Stirling University, Glasgow/Edinburgh, Scotland, U.K.

Contact: Bob Lowey 013552-35722

ronnie@taichiunion.com

Da Lu

With Sam Masich

Fri 15 – Sun 17 June 2001

Golden BC Canada

Contact: B and Lil Cacaci 250-348-2363

chinadoll@redshift.bc.ca

Events Listings

Da Lu

With Sam Masich

Fri 23 – Sat 24 June 2001

Vancouver BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Silk Reeling & Qigong

With Chen Xiao Wang

July or August 2001

Rochester NY U.S.A.

Contact: Bob Loce 716-671-2653 Bobloce@aol.com

<http://hometown.aol.com/bobloce/smnr.htm>

Summer Seminars: Taijiquan, Push Hands, Qigong, Teachers' Exchange and Open Forum

Hosted by A Taste of China

Mon 02 – Fri 06 July 2001

Winchester VA U.S.A.

Contact: Pat Rice 540-667-7595 or toll-free 877-847-8057

atocrice@mnsinc.com www.atoc taijiquan.com

(see A Taste of China website for faculty)

U.S.A. All-Taijiquan Championships: Taijiquan, Baguazhang, Xingyiquan, Weapons, Push Hands

Hosted by A Taste of China

Sat 07 – Sun 08 July 2001

Winchester VA U.S.A.

Contact: Pat Rice 540-667-7595 or 877-847-8057

atocrice@mnsinc.com www.atoc taijiquan.com

Friendship Demonstrations

Hosted by A Taste of China

Sat 07 July 2001

Winchester VA U.S.A.

Contact: Pat Rice 540-667-7595 or toll-free 877-847-8057

atocrice@mnsinc.com www.atoc taijiquan.com

Annual Summer Picnic

Hosted by Ji Hong Tai Chi College

& Canadian Taijiquan Federation

Sun 15 July 2001

Sunnybrook Park

Scarborough ON Canada

Contact: 416-292-2981

(see ad on page 23)

Please note that there has been a change in how you submit events to TongRen for publication....

Events will now be posted on our website and information regarding this should be sent directly there. 'Current' events will be drawn from the website at each quarterly deadline (the first of May, August, November and February) and posted into Events Listings in TongRen.

Visit us at our new address...

www.canadiantaijiquanfederation.ca

Annual Push Hands Training Camp

Push Hands: Sticking, Listening & Understanding

Tui Shou: Tsan Nien-Ting-Dong Jing

Mon 16 – Sat 21 July 2001

Push Hands: Receiving, Neutralizing, Seizing & Issuing

Tui Shou: Chieh-Hua-Na-Fa Jing

Mon 23 – Sat 28 July 2001

With Sam Masich

Bowen Island (Vancouver), BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Tai Chi Self-Defence and Push Hands

With John Peel

Sat 28 - Sun 29 July 2001

Temple Knights, Muskoka ON Canada

Contact: Valerie Houston 705-767-1177

tknights@muskoka.com

Yang Style 88 Taijiquan Application Form

With Sam Masich

Thurs 02 – Mon 06 August 2001

Prince George, BC Canada

Contact: Leslie Farrella 250-564-4684 nessa@pgonline.com

Events Listings

Push Hands: Sticking Energy

Tui Shou: Tsan Nien Jing

With Sam Masich

Sun 12 August 2001

100 Mile House, BC Canada

Contact: Anthony Cecil arktos@bcinternet.net

Taiji Weapons Training

With Sam Masich

Fri 17 – Fri 24 Aug 2001

Rock Lake, BC Canada

Contact: Gordon Rae 250-426-7324

(see ad on page 9)

Push Hands Free Play Zone

Hosted by the Canadian Taijiquan Federation

Sun 26 August 2001

Location: Tai Chi and Meditation Centre 416-465-6122

173 Danforth Avenue, Toronto ON Canada

Contact: Jill Heath 905-849-0244

jillmheath@globalserve.net

(see ad on page 16)

Tai Chi Summer Retreat--25th Anniversary

Hosted by Kootenay Tai Chi Centre

Sun 26 Aug – 01 Sept 2001

Nelson, BC Canada

Contact: Eric Eastman 250-352-3714 voice, -2468 fax

chiflow@uniserve.com

www.retreatsonline.com/can/goto/kootenay.htm

Push Hands: Receiving/Neutralizing/Seizing/Issuing

With Sam Masich

Mon 27 – Fri 31 August 2001

Bowen Island (Vancouver), BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

2001: A Training Odyssey!

Hosted by the Pacific Association of Women Martial Artists--
Annual Training Camp

Fri 07 – Mon 10 Sept 2001

Camp Elphinstone, Gibsons BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

pawma2001@canada.com or www.pawma.org

Tai Chi Toys

With Sam Masich

Fri 14 – Sun 16 Sept 2001

Kimberley, BC Canada

Contact: Greg Miller 250-489-2689 gmillier@crestbrook.com

Autumn Qigong Retreat

With Dr. Yang Jwing-Ming

Hosted by A Taste of China

Fri 21 – Sun 23 Sept 2001

Winchester VA U.S.A.

Contact: Pat Rice 540-667-7595 or toll-free 877-847-8057

atocrice@mnsinc.com www.atoc taijiquan.com

Teachers' Exchange Weekend

With Nick Gracenin and Jay Dunbar

Hosted by A Taste of China

Fri 16 – Sun 18 Nov 2001

Charles Town WV U.S.A.

Contact: Pat Rice 540-667-7595 or toll-free 877-847-8057

atocrice@mnsinc.com www.atoc taijiquan.com

Yang Style Intensive

With Sam Masich

Thurs 01 Nov 2001 – Mon 28 Jan 2001

Bowen Island (Vancouver) BC Canada

Contact: Jan Parker 604-947-0888 or toll-free 800-668-1126

littleproductions@canada.com

Tai Chi Teachers' Workshop

With John Peel

Sun 25 Nov 2001

Temple Knights, Muskoka ON Canada

Contact: Valerie Houston 705-767-1177

tknights@muskoka.com

Combat Principles of Single Palm Change

With John Painter

Fri 9 - Sun 11 Nov 2001

Toronto, ON Canada

Contact: Eric Reynolds 416-763-9052

inquiries@ninedragonarts.com

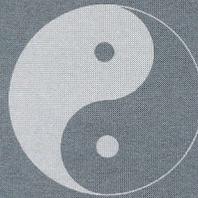
<http://www.ninedragonarts.com/upcom.htm>

(see ad on page 18)

**Visit the CTF website
at our new address...
www.canadiantaijiquanfederation.ca**



Tai Chi Chen & Push Hands Seminars



With
Chung-Jen Chang,
one of North America's
most knowledgeable and experienced
instructors of Tai Chi Chuan



INSTRUCTOR: **Chung-Jen Chang**

Chung-Jen Chang is especially well-known for his remarkable fluidity and flexibility. In 1989-90 he dominated the tournament circuit by winning the U.S. All-Taijiquan Grand Championship, the Annual American Tai Chi Chuan Championship and the Red Lion Tournament, and is well-known for his extensive knowledge in Tai Chi, having taught for over 20 years. He is a senior student of Hsiung, Wei, a renowned master in Taiwan.

Push Hands Applications/Training Exercises
Saturday April 21, 2001—10 a.m. - 12 p.m.

Tai Chi Fundamentals

(Hosted by Canadian Taijiquan Federation)
\$55 before 1 April 2001; \$65 after; non-CTF/TC&MC members add \$10
To register e-mail jillmheath@globalserve.net or call 905-849-0244
Saturday April 21, 2001—1:30 p.m. - 4:30 p.m.

Chen Second Routine, Cannon Fist

Sunday April 22, 2001—10 a.m. - 4:30 p.m.
A 1.5 hour lunch break is scheduled.

Register in advance, only Push Hands accepting at door.

Chung-Jen Chang's seminars will cover:

Push Hands Applications and Chen Cannon Fist

For those of you who practice or wish to learn push hands, here is an opportunity to learn how to use Jin (power) without strength. Suitable for all levels of practitioners. Cannon Fist is an old frame traditional Chen form (Laojia Erlu). Suitable for advanced practitioners only.

Tai Chi Fundamentals

Essential exercises common to all styles of Tai Chi Chuan. Develop root and flexibility. A great introductory course, and teachers can improve or add to their curriculum. Suitable for all levels.

Call 416-465-6122

or email via

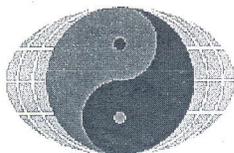
www.powerofbalance.com

EMERGE INTERNAL ARTS



Tai Chi and Meditation Centres

173 Danforth Avenue, Toronto ON M4K 1N2



基宏太極學院

JI HONG TAI CHI

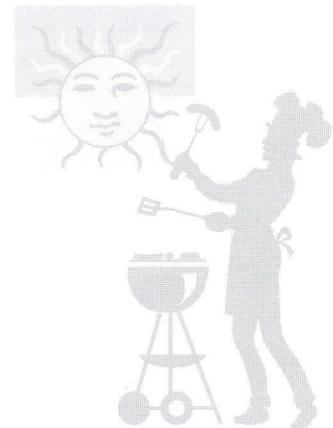
Toronto Ji Hong Tai Chi Association

34 Midland Ave., Unit 13, Scarborough, Ontario, M1V 4V6 Canada
Phone: (416) 292-2981 Mobile: (416) 704-9288



and the Canadian Taijiquan Federation

Annual BBQ/Picnic



Our Annual BBQ/Picnic will be held on Sunday, July 15th, 2001. Everyone is welcome. Enjoy the food, or just for fun, join our Sunday Tai Chi class, which will begin after lunch by our picnic area. In the event of bad weather the BBQ will be held at the Ji Hong Club, at 3400 Midland Avenue, Unit 13. Please see our website for further details and map.

Time: 11 a.m. - 4 p.m.

Location: Picnic Area #7 (adjacent to riding stables and restaurant)
Sunnybrook Park (northwest corner of Leslie/Eglinton, entrance on Leslie)

Cost: \$10.00 per adult or \$15.00 per family

Registration: Please sign up by Thursday, July 6th. The sign-up sheet is on the notice board at the school premises. Or you can call (416) 292-2981 and leave a voice mail.

Note: Lunch will be served between 11 a.m. - 1 p.m.



Tai Chi Fan Workshop

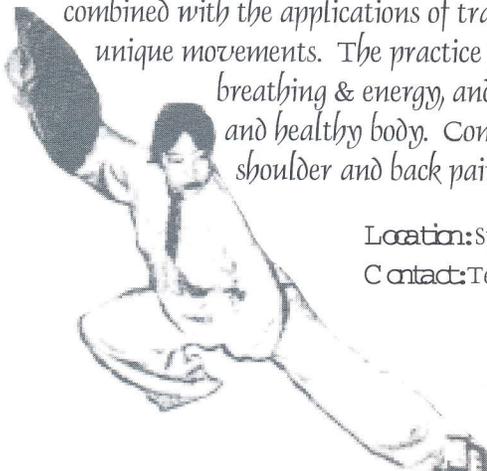
For Optimal Health & Martial Arts Skill Development

with Helen Wu

Sponsored by the Canadian Taijiquan Federation

Experience the beauty and power of Tai Chi Fan for the first time or brush up on your skills and continue your study of the fan.

The Flying Rainbow Tai Chi Fan routines are based on the principles of Tai Chi Chuan, combined with the applications of traditional Chinese short weapons, to become a routine of unique movements. The practice focuses on the unification of : Yi - intent & focus, Qi - breathing & energy, and Xing - movement pattern, to attain and maintain a strong and healthy body. Consider Tai Chi Fan a part of your health regime for neck, shoulder and back pain, chronic diseases, and stress management.



Location: St. Paul's United Church, 123 Main St. E., Milton Ont.

Contact: Tessie Smith 905-878-8261 or jillmheath@globalserve.net

Single Fan (A)

Saturday, June 2, 2001

Time: 9 a.m. - 1 p.m.

Fee: \$50 (CTF members)

Double Fan (B)

Saturday, June 2, 2001

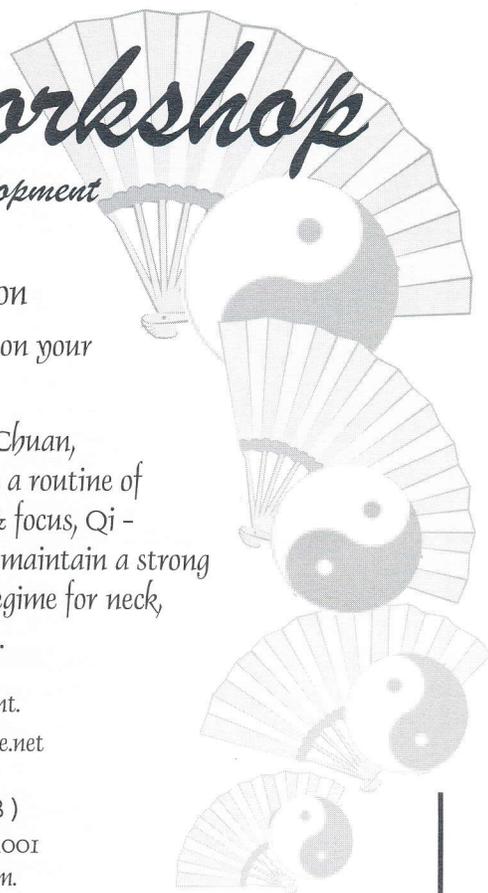
Time: 2 p.m. - 5 p.m.

Fee: \$40 (CTF members)

Attend both seminars (C) for \$80 (CTF Members).

Early Bird Special: (A) \$45; (B) \$35; (C) \$70; (for registration received on or before May 5, 2001).

Non-CTF Members please add \$10 per seminar or \$15 for both.



Annual General Meeting and Open House

of the Canadian Taijiquan Federation

Saturday, May 5, 2001

Doors: 10 a.m. for Push Hands Free Play Zone & Vendors

Demonstrations: 11 a.m. **Annual General Meeting:** 1 p.m.

All are welcome!!!

Come and see..... demonstrations.

Come and play..... push hands.

Experience..... the "TongRen" (fellowship) of the taiji community.

Location: Martin St. Public School Auditorium
184 Martin Street, Milton ON Canada

Admission: \$5.

Vendors: Tables are available free of charge, but space is limited. Contact Lynn at shwadchuck@golden.net or call 519-741-8673 to book in advance.

