



The Newsletter of the
Twin Cities T'ai-Chi Ch'uan
Studio
2242 University Ave
St Paul, MN 55114
(651) 767-0267

Wu-Dang

Vol. 11, No. 2
January, 2004

www.tctaichi.com
email: tctaichi@minn.net

Complimentary for studio members.
\$5.00 subscription for others.
Please send requests to address at left.

New Schedule

By Ray Hayward

Our new schedule begins Thursday, January 15th with **Praying Mantis Level II**, beginning a new set of curricula including **Knock-down Techniques**, the **Epitome Hand Form** and the **Shao-lin Sabre**. If you are interested in joining a Praying Mantis class, this, or **Level I** on Tuesdays can be started in January. (NOTE: Mailed schedules included an error—the Tuesday **Praying Mantis** class is Level I, not Level II.) At 8:30-9:30 there will be an additional **Hsing-Yi** class. Beginners as well as veterans can join this class.

Monday, 7:30-8:30 **Weapons** class will be offering the **Man Chiang-Hung Sword Form** as well as continuing to start Solo Form graduates on the **Sword or Sabre**.

Wednesday, 8:30-9:30 will be a new **Pa-Kua** Class teaching the **Mother Palms Form** and **Applications and Sensitivity**. All other classes in the schedule remain the same. ☺

2004 Chinese New Year: Year of the Monkey

We will be celebrating the Chinese New Year on Saturday, February 7 at 7:00pm at the Studio. A short demonstration, some acknowledgements and an altar ceremony will be followed by a banquet at U Garden. Look for a sign-up and menu at the Studio.

Some Reminiscences on 15 Years of Discipleship

By Ray Hayward

From *Webster's Dictionary*

disciple – a pupil, follower or adherent of any teacher or school of religion, learning, art, etc.

lineage – 1. descent in a line from an ancestor, 2. ancestry, family

November 11, 2003 marked the 15th anniversary of my discipleship ceremony during which I became a formal student of Master T.T Liang and a lineage holder of Yang style T'ai-Chi Ch'uan. I'd like to share some of my experiences in this article.

In Boston, Master Liang gave us six months notice to finish whatever we were working on because he was “retiring” and moving to Minnesota. I had most of Master Liang’s system and I could learn the few remaining forms from my classmates, but there was something I desperately wanted; discipleship.

I can't tell you how many times Master Liang would be talking about someone and he would make the distinction by saying the person was a “disciple” or a “formal student”, or he would say the person was “only a student”. I asked him what was the difference between a disciple and a student? He told me the old Masters would only teach the highest levels, the secrets, to their disciples and family members. He also said only a disciple formerly inherited the system.

15 Year of Discipleship con't. from pg. 1

One difference between the Chinese and Westerners is that the Chinese value the lineage over any individual. They don't care how advanced you are, they judge the sum total of the master and teachers of a particular school. In the West we tend to value the individual and their accomplishments. Master Liang cautioned us many times to "never forget your roots, don't forget your ancestors who passed this art on to you."

At the end of a class night, Master Liang would pack up his things and leave us to practice and lock-up while he went across the street to his apartment. I always carried his bag and belongings and walked him the half-block home and waited while he unlocked the front door to his building. One night I couldn't take it any longer and I blurted out, "Master Liang, please take me as your disciple!" He looked at me for a moment, then said quietly, "No." I asked him, "Is there more I need to learn? Is there anything I can do to prove my sincerity?"

"No, it's not that," he said. "You have to understand, I don't take disciples because I want all my students to be equal with me. In the Master-disciple relationship, the Master is the boss, the superior. I did that in the Customs Service." Being a foolish, impatient, young man I didn't really listen to him. "What about all the secrets? I need to learn them," I said. "I taught that all freely," he said. I left, dejected.

Seven years later, a similar scene transpired. Master Liang told us he had put his home in St. Cloud up for sale and was moving to Tampa to retire! Because we believed him this time, the Studio organized a farewell demonstration for Master Liang. Me, my classmates and an assortment of students put on a two and a half hour demo showing Master Liang his complete system, including Praying Mantis and Ch'in-na. At the conclusion of the demo we were told that Master Liang's house had been sold and he would be moving in a month!

At this time, Paul Abdella and I, were the last students who regularly drove to St. Cloud for a weekly private class. My time slot Friday night was the last class Master Liang would be teaching, seeing

as he was packing and flying out the next week. Paul and I made the one-hour drive and the class started as all the others had, with the Solo Form. This time though, instead of watching and correcting, Master Liang got up and did the round with us. We then went on to do a few more forms, and then Liang asked, "What's next?" "Sir, we want to be your disciples," I said. "No," he said. "No need." "Really, Sir, that's what we want," I said. "All right," Master Liang answered, and proceeded to go upstairs to the kitchen.

We packed up our stuff and went upstairs. Master Liang said, "You must have a witness." He called one of his daughter's friends, Amy Rosko, who lived a few blocks away, to come over. Amy stood to the side as Master Liang sat in a chair to receive our Kow Tow (kow-9, tow-head). Nine times Paul and I prostrated ourselves before Master Liang, our heads touching the floor in front of him. The first six bows Master Liang accepted, during the last three he returned the bows. "You must pay the witness," Master Liang said. I tried to give Amy some money, but she said she didn't do anything to deserve it. I ended up hiding the money in her coat. It was done.

A few days later I called Master Liang in St. Cloud and said, "How are you, Sir?" He answered, "How should you address me now that you're my disciple?" I said, "I don't know what's proper." He said, "You should call me Shih-fu, but it's all right if you still call me Sir."

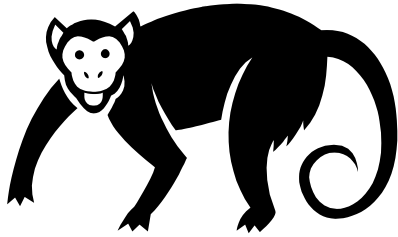
Three months later Paul and I were in Tampa visiting Master Liang at his new home. His son, Joseph met us and told us his father was happy he had made us disciples. "My father is proud of you two," Joseph told us. At the end of a great visit, Master Liang said to us, "You two are the only ones I ever gave a (discipleship) calligraphy to. I never expected to have disciples. I am happy I gave these to you two—a good choice."

So what about the secrets? Master Liang had taught all the secrets, in the regular classes. In the old days, you became a disciple, then you received the "good stuff". In my experience, I received the good stuff, then I became a disciple.

Thank you, Sir. ☺

The Monkey in Chinese Astrology

1944 & 2004 – Wood Monkey



*I am the seasoned traveler
of the Labyrinth.
The genius of alacrity,
wizard of the impossible.
My brilliance is yet unmatched
in its originality.
My heart's filled with potent magic
that could cast a hundred spells.
I am put together
for mine own pleasure.*

I AM THE MONKEY

Of all the animals in the lunar cycle, the Monkey bears the closest resemblance to the Naked Ape himself, the Human. It is therefore no wonder that this sign will inherit most of human intelligence as well as the all-too human capacity for deceit.

In the Chinese zodiac, the Monkey is the sign of the inventor, the improviser and the motivator, a charlatan capable of drawing everyone in with inimitable guile and charm. Being the quick-witted genius of the cycle, they are clever, flexible and innovative. Monkeys can solve intricate problems with ease and will be very fast learners. They can master anything under the sun and usually have good linguistic aptitude. A person born during this year will be successful at whatever they choose to do. No challenge will be too great.

On the negative side, Monkey people have inborn superiority complexes. As a result, they don't have enough respect for others. Or rather, from their point of view, they have too much respect for themselves. They can be extremely selfish, egotistic and vain. There is also a jealous streak in them that surfaces every time someone gets promotion or something the Monkey doesn't have. They are extremely competitive, but good at concealing their feelings and planning their cunning moves. In the pursuit of

money, success or power, the Monkey's prowess is unbeatable.

Because of innate versatility, the Monkey-born can be good actors, writers, diplomats, lawyers, sportspeople, stockbrokers, teachers, etc. They are immensely sociable characters who can get on the good side of everyone. They have the rare gift of making you like them ever after they have tricked you.

Famous Monkeys

Metal

Pope John Paul II
Milton Berle
Federico Fellini
Walter Matthau

Wood

Mick Jagger
Eleanor Roosevelt
Harry S. Truman

Earth

Joan Crawford
Bette Davis
John Kenneth Galbraith
Paul Gauguin
Lyndon B. Johnson
John Milton
Nelson Rockefeller

Fire

Duchess of Windsor (Wallis Simpson)

Water

Charles Dickens
Edward M. Kennedy
Leonardo da Vinci
Queen Sirikit of Thailand

“String of Pearls”



The TCTCC 10th Anniversary Book will soon be available in soft-cover.

We plan to have them by or before the Chinese New Year demo.

\$15 each

Sign up at the Studio or by email to reserve your copies now.

Assorted Quotes

“The true teacher knocks down the idol that the student makes of him.”

-Jalaluddin Rumi



“You take yourself too seriously. You are too damn important in your own mind. That must be changed! You are so goddamn important that you feel justified to be annoyed with everything. You’re so damn important that you can afford to leave if things don’t go your way. I suppose you think that shows you have character. That’s nonsense! You’re weak, and conceited.”

-Don Juan Matus



“Always do right—this will gratify some and astonish the rest.”

-Mark Twain



“The genius of our ruling class is that it has kept a majority of the people from ever questioning the inequity of a system where most people drudge along, paying heavy taxes for which they get nothing in return.”

-Gore Vidal



“And thus he has encountered his second enemy: Clarity! That clarity of mind, which is so hard to obtain, dispels fear, but also blinds. It forces the man never to doubt himself. It gives him the assurance he can do anything he pleases, for he sees clearly into everything. And he is courageous because he is clear, and he stops at nothing because he is clear. But all that is a mistake; it is like something incomplete. If the man yields to this make-believe power, he has succumbed to his second enemy and will be patient when he should rush. And he will fumble with learning until he winds up incapable of learning anything more.”

-Don Juan Matus



“Total freedom is never what one imagines and, in fact, hardly exists. It comes as a shock in life to learn that we usually only exchange one set of restrictions for another. The second set, however, is self-chosen, and therefore easier to accept.”

-Anne Morrow Lindbergh



“A lie can travel halfway around the world while the truth is putting on its shoes.”

-Mark Twain

“If you help others, you will be helped, perhaps tomorrow, perhaps in one hundred years, but you will be helped. Nature must pay off the debt...It is a mathematical law and all life is mathematics.”

-G.I. Gurdjieff



“Too much awareness, without accompanying experience, is a skeleton without the flesh of life.”

-Anaïs Nin



“I don’t know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.”

-Albert Schweitzer



“Those who do not understand a thing claim that it is useless.”

-Jalaluddin Rumi



“Every time I take a step in the direction of generosity, I know that I am moving from fear to love. But these steps, certainly at first, are hard to take because there are so many emotions and feelings that hold me back from freely giving. Why should I give energy, time, money, and yes, even attention to someone who has shown no respect for it? I might be willing to forgive, but to give on top of that!

“Still...the truth is that, in a spiritual sense, the one who has offended me belongs to me “kin,” my “gen.” The word “generosity” includes the term “gen” which we also find in the words “gender,” “generation,” and “generativity.” This term, from the Latin *genus* and the Greek *genos*, refers to our being of one kind. Generosity is a giving that comes from the knowledge of that intimate bond. True generosity is acting on the truth—not on the feeling—that those I am asked to forgive are “kinfolk,” and belong to my family. And whenever I act this way, that truth will become more visible to me. Generosity creates the family it believes in.”

-Henry J.M. Nouwen



“Every society faces not merely a succession of probably futures, but an array of possible futures.”

-Alvin Toffler



“In spite of everything I still believe that people are really good at heart.”

-Anne Frank

Graduation News

Congratulations from the instructors to those members who have finished the 150 movement Solo Form. With group classes getting larger you are encouraged to schedule private classes for personal correction and instruction upon completing the Solo Form sequence. Congratulations also to those members who have completed other forms.

Solo Form

Dwayne Collis
Chad Davis
Tony Digatono
LeAnne Johnson
Karin San Juan
Mary Turner
Sara Warren

T'ai-Chi Cane

Douglas Allchin
Randi Hellman
David Innes
Amie Jo Johnson
Marcos Lopez-Carlson
Janet Marzolf
Lisa Strong

Hsing-Yi 5 Element Change Form

Marcos Lopez-Carlson
Chris

Hsing-Yi 5 Element Linking Form

Jason Donner
Dave Dressler
Patrick Jarvis
Matt Lauters
Mark Lazar

Hsing-Yi 8 Styles

Steve Bialon
Ryan Gallmeier
Craig Lewis
Kyle Wicklund
Ian Williamson

OPPORTUNITIES TO SEE HOW MY BODY HAS CHANGED!

By Angela Novak Amado, Ph.D.

I started taking T'ai-Chi classes the first week of January, 2003 and at the end of July completed learning the solo form. When I was first learning the form, I would come once or twice a week, and am now stable at coming once a week.

At the beginning of September my husband Rick and I took a vacation for 10 days riding horses at a ranch in eastern Wyoming, in the Big Horns east of Yellowstone. We have been riding and taking riding lessons off and on for the last four or five years, and this was our 3rd trip to a Wyoming ranch in the last 4 years. I was shocked at the difference that tai chi has made! I have NEVER found it so easy to get on and off the horse! I didn't need any help with a little step or box to mount (as is available at most ranches, and as I usually had used before)—no matter how tall the horse was. On our long rides, sometimes we would stop for a break or for lunch, or sometimes we would come to a gate between pastures or between the ranch and the national forest, and on occasion there would be a problem opening or closing the gate from the back of the horse. On all these occasions, it was NEVER a problem for me to simply jump down and then get back up on the horse again, no matter how high the ground was. Just that stretching – to get the left leg up into the stirrup, and then the strength involved in pulling myself up and over – was never an issue, and even a pleasure.

The week we came back from the ranch, I happened to have an annual physical scheduled. As I get older and closer to menopause, the concerns get more and more real about weaker bones and likely osteoporosis sometime in the future. (Most reports say things like at least half of women in their 70's and 80's experience serious fractures from falls because their bones are too brittle.) I especially have these concerns since my mother has osteoporosis, and also because I am lactose intolerant, have not had a glass of milk in 20 years and don't have regular avenues of getting enough calcium.

When I went to have my physical this year, I wasn't particularly thinking or expecting anything special or different – I was just going as a routine matter. A year ago at my annual physical in August 2002 I had had my first bone density test taken. This September 2003 when I had my annual physical, I was shocked to discover that my bone density had actually INCREASED! This was completely unanticipated – I was simply expecting it to be about the same or perhaps to have decreased a bit since I'm a year older. This increase I completely attribute to T'ai-Chi!

Also, although my blood pressure has almost always been relatively low my whole life (like 70 over 100), this September at my annual physical it was even lower – 64 over 90. This is the lowest I've ever known it to be. This was also something I was not particularly expecting or thinking about, and also something I completely attribute to T'ai-Chi.

When I told my husband these results from my physical, his first reaction was to say how shocking to see these changes even though I am only coming to T'ai-Chi once a week! ☺

Schedule
January 15 — June 15, 2004

Monday	Tuesday	Wednesday	Thursday	Saturday
12:30-2:30 Solo Form			12:30-2:30 Solo Form	10:00-11:30 Eclectsis
6:00-7:30 Solo Form	6:00-7:30 Pushing-Hands: Drills/Methods	6:00-7:00 Solo Form	6:00-7:30 Solo Form	11:30-12:30 Liu Ho Pa Fa Level II
7:30-8:30 Weapons	7:30-8:30 2 Person San-Shou	7:00-8:00 Hsing-Yi	7:30-8:30 Praying Mantis Level II	12:30-2:00 Solo Form
8:30-9:30 Pa-Kua Sensitivity/ 12 Animals	8:30-9:30 Praying Mantis Level I	8:00-9:00 Pa-Kua Mother Palms	8:30-9:30 Hsing-Yi	2:00-3:00 Pushing-Hands Drills/Practice

NOTE: The Studio will be closed Memorial Day, Monday, May 31.

Twin Cities T'ai-Chi Ch'uan
2242 University Ave, Suite 207
St Paul, MN 55114

First Class Mail