

The Newsletter of the  
**Twin Cities T'ai-Chi Ch'uan Studio**  
2242 University Ave  
St Paul, MN 55114  
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# Wu-Dang

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www.tctaichi.org  
email: mail@tctaichi.org

Paper copies complimentary for studio members.  
An e-version is available. Please email.

## NEW SCHEDULE

By Ray Hayward

Starting on Wednesday, September 15, there are new classes being offered in our curriculum. The 8:30pm class will feature an introductory course in Southern Praying Mantis. Basic blocks, footwork, and sticky hands will be explored.

Thursday at 7:00pm, we will study Master T. T. Liang's classic book T'ai-Chi Ch'uan for Health and Self-Defense. Copies are still available at the Studio if you need to buy one. This study will be preceded by the Short Form class and followed by Pushing-Hands at 8:00pm.

Monday at 7:30pm, we will be learning the T'ai-Chi saber form and its applications. Also, we will cover the Sabre Fencing set and 13 basic techniques. The 8:30 Pa-Kua class will begin an introductory cycle, with basic hands, circle-walk, Single and Double Palm Sensitivities, as well as Bridge-Hands and a two-person Pa-Kua form. For Pa-Kua you may join at any time, no previous experience necessary.

Tuesday's Push-Hands and San-Shou class at 7:00pm will be open to anyone who has completed the 150 Posture Solo Form. The 8:00pm Praying Mantis class will be Northern Style and Southern Style on alternating Tuesdays.

## TEACHER TRAINING SEMINARS

By Ray Hayward

Teacher training and tutor refresher course,  
Fall/Winter 2010-2011

### **Saturday, October 16, 2010**

Teaching and Learning Styles, part 1

### **Saturday, November 13, 2010**

Teaching and Learning Styles, part 2

### **Saturday, January 15, 2011**

Class Structure

### **Saturday, March 12, 2011**

Tutor Training and Update

These seminars are free and open to any current member of the Studio. If you are a regular tutor at our Studio, you need to attend either of the October/November classes plus the March class. There are new policies and teaching strategies being instituted for assimilating new students.

### *St. Paul Art Crawl*

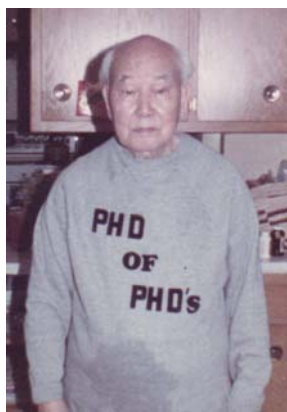
We will be participating in the 2010 Fall Art Crawl on October 8-10 (Friday 6-10pm, Saturday 12-8pm, Sunday 12-5pm). We will have a fundraiser and show/sell Master Gin-Foon Mark's paintings. If you can take a shift or help in any other way with this event, please contact Rondi at [volunteers@tctaichi.org](mailto:volunteers@tctaichi.org)

## SOME ANECDOTES ABOUT MASTER T.T. LIANG

By Ray Hayward

Master Liang's youngest son, Joseph, a retired professor at USF Tampa, told these funny stories about his father. When Master Liang was immersed in recovering from cirrhosis, his sole focus was regaining his health. He used to get up before dawn and go to the park to practice T'ai-Chi for hours. Evenings were spent studying with many teachers of various disciplines.

When Joseph graduated from high school and was accepted at the prestigious American University in Taipei, he spent the night celebrating with his friends. Sneaking in the front gate during the wee hours of the morning, he bumped into his father who was going out to practice. Master Liang scolded Joseph for staying out all night. When Joseph told



him he was celebrating his graduation and being accepted into college, Master Liang said, "You were in high school?"

~

Joseph told me that when his father was the head of the Maritime Customs in Taiwan, Master Liang was always meticulously

dressed. He was so particular about his appearance that if he got any dirt on his clothes, he would change his complete outfit, even a couple of times a day, if need be. Liang would wear his spotless Customs uniform during the day and change into a three-piece suit for evening wear. Alligator shoes and silk ties were a regular part of his wardrobe.

After recovering from illness and retiring from customs, he gradually lost some of his fashion taste. Joseph said one time when he visited his mother and father in St Cloud, Master Liang came to the table for a meal and Mrs. Liang brusquely told him to go and change his shirt. She said he had spilled food all over the cuffs and he should change. Liang said quite angrily that there was no need to change because, "It's not food, it's snot."

## EMBRACE TIGER, RETURN TO MOUNTAIN

By Paul Magee

The names of the movements in T'ai-Chi Ch'uan fall into two distinct categories, the poetic and the prosaic. The prosaic names are nothing more than a description of the movement itself. Twist Step and Brush Knee, Step Forward Deflect Downward Parry and Punch, and Fist Under Elbow are all prime examples.

The poetic names, alongside of being more fun to say, often contain deeper meanings. Embrace Tiger, Return to Mountain falls firmly into this second category. The Tiger, tradition teaches, represents our own instinctive anger. It's the deep, primal part of our personality that tries to make you yell and swear at the car that cuts you off in traffic, or wants to strangle your boss when he reprimands you. Your tiger doesn't consider consequences, morals, or strategy. Your tiger just reacts.

To embrace your tiger is to admit that this part of you exists and acknowledges that action without forethought is not T'ai-Chi's way. To return to the mountain is to take your own personal tiger to the place of serenity and enlightenment and begin the work of subduing this part of yourself.

When it comes to moving my tiger, I am the proverbial 90-pound weakling. I've struggled with anger issues my entire life. One of the reasons I got involved with martial arts in the first place was to learn to have more control over my temper. In grade school and middle school I got into way more than my fair share of fights. By the time I reached high school, the discipline of martial arts training at least kept me from getting into any more fights, but the impulse, the anger reaction, which is my tiger, remained.

A few years ago, Sifu Ray and I were at a social gathering, a meet-and-greet for a fraternal organization we both belong to. We were sitting in small groups, and the conversations wandered to whatever topic we chose. One prospective member was a young man, still in college, who apparently thought himself quite the expert on martial arts. He was talking at great length about what he perceived

to be the “fatal flaws” of various martial art styles. One of the other people in the conversation, with a sideways look at Sifu and a smile he tried vainly to keep under control, asked, “So what do you think about T’ai-Chi?”

Looking somewhat confused, the young man said, “T’ai-Chi? That’s not a martial art! It’s like yoga.”



My tiger snarled deep down in my chest, demanding blood for such an ignorant insult. I drew a deep breath, wracking my brain for an appropriately snarky, acerbic comeback to put this little boy in his place.

“Oh, really?” asked Sifu before I could say anything. His eyes were wide and innocent, and his voice betrayed nothing except complete sincerity. “It

sounds like you really know a lot about this martial arts stuff!”

Huh? My tiger and I both stopped in our tracks. How was this going to play out?

“Yeah!” The kid leaned back into his chair, enjoying the attention. “Three years of training and I’m already a black belt!” I heard several quiet snorts from the audience.

“Where do you study?” Sifu asked. The kid named a local McDojo and started going on and on about his teacher, a 24-year-old “master.” My tiger turned away in disgust, no longer at all interested. I sat and listened for a while, my annoyance transforming into amusement, then into pity, and finally into compassion. He was simply a young man feeling self-conscious, trying desperately to impress us and fit in. After a while, the conversation changed topics and the young man left. Sifu turned to me and raised an eyebrow.

“Do you understand?” was his unspoken question. I nodded in reply.

I’d been given a lesson in how to manhandle a tiger.

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## WALKER - OPEN FIELD

Thanks to Rondi and Julie for putting together a practice/demo for the Walker Open Field program on Saturday, September 4. Several Studio folk showed up to represent. Joanne Von Blon stopped by to inspect the troops. Thanks to Woody for the usual yummy cake.





**WELCOME, TIGER-YEAR BABIES!**

**Liang Sorman  
Daughter of Ying & Chris  
Sunday, August 15 at 1:29pm**



**Estrid Griggs Thompson  
Daughter of Matt & Rachel  
Sunday, August 29 at 11:12am**



Did you know that you can now pay the Studio for dues, donations, or anything else - online!



The link is on the home page at [tctaichi.org](http://tctaichi.org). It will take you to Paypal where you can use your Paypal account, or simply use your credit card with no account.

Ask Kim if you have questions: 651-767-0267 or [mail@tctaichi.org](mailto:mail@tctaichi.org)



**Did you know that you can park in the evenings across the street at the Wright Building, 2233 University Ave?**

Do you want to write?  
Have you pondered something after class and long to share it?



Do you have some inspiration that must be put down for all time? Please write for the Wu-Dang or Wee Wu-Dang. Submit things via e-mail or hand them in at the Studio. Thank you for your consideration.

**Tutors:** Please let your instructors know when people you are working with are finishing the First Section or entire Solo Form. They will now receive a certificate at completion.



The Guodian Bamboo Slip Text:  
*The Great One Begot Water*

From *The Book of Tao and Teh*  
by Lao Tzu

Part II

The Tao of Heaven values the weak,  
It weakens the successful so as to benefit the living;  
It attacks the strong;  
It punishes [the rigid];  
It helps [the weak];  
It benefits [the gentle];  
What is beneath our feet is soil;  
We call it the Earth;  
What is above our heads is air;  
We call it Heaven.

Likewise, **Tao** is just what the word *Dao* itself means.  
Then what does the name of Tao mean?  
He who does his business by using Tao  
Must do it in the name of Heaven and Earth (Tao),  
That's why he can have a successful career and good health.  
When the Sage does his work,  
He does it in the same name of Heaven and Earth,  
Thus he succeeds without harming himself.  
Both as the signifiers and the signified, Heaven and Earth  
Are just named as expedients,  
They are not to be thought of as things [equal].  
[Heaven is low] in the northwest,  
But is high and strong in the southeast.  
The earth is thin in the southeast,  
But is [high and strong] in the northwest.  
*[i.e. that which does not have enough in the northwest]*  
Has more than enough in the southeast;  
That which does not have enough in the southeast  
Has more than enough in the northwest.



## Class Schedule for September 15, 2010—January 15, 2011

Monday		Tuesday	Wednesday	Thursday	Saturday
12:30-2:00 Solo Form (all levels-join anytime)				12:30-2:00 Solo Form (all levels-join anytime)	9:00-10:00 Chi-Kung (enrollment closed)
6:00-7:30 Solo Form (beginners only)		6:00-7:00 Solo Form Refinement (instructor authorization required)	6:00-7:30 Solo Form (all levels-join anytime)	6:00-7:00 Prof. Cheng's 37 Postures Short Form (all levels-join anytime)	10:00-11:30 Eclectis (join anytime)
7:30-8:30 Weapons: Sabre, Applications, Fencing and Techniques (prerequisite: Solo Form completion)		7:00-8:00 Pushing-Hands & San-Shou (prerequisite: Solo Form completion)	7:30-8:30 Hsing-Yi Ch'uan: Level II: 12 Animals (prerequisite: 5 Elements)	7:00-8:00 Study of Master T. T. Liang's Book (join anytime until 11/15)	11:30-12:30 T'ai-Chi Review & Practice (prerequisite: Solo Form completion)
8:30-9:30		8:00-9:00 Praying Mantis (Alternating weekly: Northern/ Southern) (join anytime)	8:30-9:30 Introduction to Southern Praying Mantis (join anytime)	8:00-9:00 Pushing-Hands (enrollment closed)	12:30-2:00 Solo Form (all levels-join anytime)
Liu Ho Pa Fa (join anytime)	Introduction to Pa-Kua Chang (join anytime)				

**NOTE: The Studio will be closed Thursday, November 25 and Saturdays, December 25 and January 1.**

### Open Practice Schedule for December 27-30

Monday	Tuesday	Wednesday	Thursday	Saturday
12:30-2:00			12:30-2:00	
6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	

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