



The Newsletter of the  
**Twin Cities T'ai-Chi Ch'uan  
Studio**  
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# Wu-Dang

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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 January 15<sup>th</sup>. The first change is that we will have a Weapons class where we will review and teach various weapon forms. If you've completed the Solo Form, you can start any weapon. Practice and corrections will also be part of this class. **(7:30-8:30 Mondays)** Those wishing to start, continue, or review the 12 Animals, can do so now. **(8:30-9:30 Mondays)**

The Pushing-Hands Research class will be focusing on the 4 Directions. For beginner and advanced alike we will cover the mechanics, techniques, and training methods of this vital Pushing-Hands. **(6:00-7:00 Tuesdays)** We will finish Tamo Sword from January 15-March 15 and Sword Fencing Mechanics from March 15-June 15. **(7:00-7:30 Tuesdays)**

Hsing-Yi is open for anyone wishing to start or continue this class. **(7:30-8:30 Wednesdays)** The Pa-Kua class will be covering the 64 Palms form. If you are interested in Pa-Kua you may start it now. **(8:30-9:30 Wednesdays)**

The rest of the schedule remains the same.

The Studio will be closed on Monday, May 28<sup>th</sup> in observance of Memorial Day.

## Chinese New Year Demonstration

By Kim Hayward

The Chinese New Year is January 24<sup>th</sup> and begins the Year of the Snake. We will celebrate the New Year with our annual demonstration on Saturday, February 10<sup>th</sup> at 6:00 p.m., followed by our usual banquet. Everyone is welcome to attend this program and guests may also attend the banquet. There is a charge for the meal. Look for the menu, price and sign-up sheet at the studio.

## Disciple Initiation – 2/10/2001

By Ray Hayward

Ten people will be initiated into our Yang Style lineage with a traditional altar ceremony. This is a special occasion for the instructors as well as the initiates and their classmates. Please come and help welcome them into the 7<sup>th</sup> Generation.

We dedicate this issue of Wu-Dang to the memory  
of our friend, classmate and lineage disciple

**Ana Ortiz de Montellano**

who passed away October, 2000.

# Reflections on the August 10-13, 2000 Retreat

By Lynette Malles

I was incredibly fortunate to have attended the Second Annual Twin Cities T'ai Chi Ch'uan Studio retreat held at Shattuck School in Faribault, Minnesota. The theme: Master T.T. Liang's eight Essences or Energies. Two dining tables-full of us gathered for dinner that hot Thursday evening on the 10<sup>th</sup> of August. Additional folks joined us on Friday, the moon waxed brilliant and full on Saturday, and reluctantly we departed the following Sunday afternoon.

I had been working long, hard summer hours with no vacation, caring off and on for rampaging 7-10 year-old boys—burned out but didn't know it at the time. From the moment that a new studio member picked me up at home for the hour-long ride soothed by classical music, to the final hour that another generous studio member dropped me off on Sunday, I was completely taken care of. My every physical, spiritual, intellectual, and creative need would be met at one point or another in the days to follow.

## The setting

When we set foot on campus and I stepped into the dorm entryway, laundry bins heaped with impeccable white linens greeted my weary eyes. No one had prepared me for this. Like many of you, I have been doing laundry and making beds for myself, and others, practically my entire life. Printed instructions read: "Please take two sheets, one pillow case, one blanket, three (or was it four?) towels, and one washcloth." Standing reverently before these dazzling piles, I marveled. It must be for this that monks take vows to cloister themselves in spare quarters.

After glimpsing what a life of pure contemplation might look like, I gathered the linens in my arms and climbed the historic boarding school stairs to my room. My roommate's name on the door had been crossed off—she would room with a friend

instead. I tried to deflect memories of sitting out dances on the bleachers at the 7<sup>th</sup> grade sock hop. So, I was to be alone. Should I be grateful?

Uncertain, I made my way across campus past the Gothic-Romanesque Shumway Hall, built in 1887, to Morgan Hall completed two years later. All our meals would be served in the rectory of Morgan Hall at 8:30am, 1pm, and 6pm. Dinner was almost over as the setting sun slanted through stained glass windows. One or two few familiar studio faces looked up as I entered. Heaping my plate with a variety of dishes, I stole a glance at the two tables where people were eating the first supper. All seats were taken. No one beckoned me to join them. I couldn't bring myself to start a long new table. Tray in hand, I pondered the last time that I had felt so awkward. Granted, I had not been around in months. I, the outcast already? Sighing, I discretely pulled up a chair at the corner of a crowded table, ate in silence, then returned to my room to unpack.

Hey, my OWN ROOM! Lucky ME. I could decorate however I wanted! Drape over here, towel just there. Soon it was time to drag my basket of rhythm instruments off to Shumway Hall for an evening of unexpected delight.

## Jammin'

After some introductions and discussion of retreat itinerary, the first jam session got under way, which especially surprised Woody: "And the music! I'd expected some folk music, maybe sitting around - not full jam sessions!" Two full drum sets, Tim Behm's and Ray's, together with Paul's guitar, set the tone. Lots of people were tossing down beers while others of us stuck to water. Weeks of overwork having caught up with me, I quietly fell asleep amid the pandemonium. No one cared or was looking. People were FREE to be. But before long, the energy in the room recharged me and suddenly I found myself on my feet, maracas in hand. Many of us turned in around midnight and missed, to my eternal regret,

some classic Monty Python videos while the others partied on.

### **The routine**

Each morning, we were awakened by the sound of a beautiful chime. We compared how few/many hours of sleep we'd had the night before as we walked across the soccer field for warm-ups. Friday morning, a week-long youth soccer camp was ending, so after the coed soccer players were picked up by their parents, we had the entire campus (and some great leftover pizza) to ourselves.

Days were framed by 7-8:30am daily warm-ups with Qigong and solo form before breakfast. After open time, the lesson and workouts took place between 10 and noon. After lunch and more open time, we concluded each day with instruction and workouts between 3 and 5pm. A few of us who can't stand bug lotion wore long sleeves and swatted a bit, but after that first morning, the bugs weren't much of a bother. Only for one session did rain force us indoors to the gym. Kevin O'Grady remembered, "It was hot enough to get really loosened up but not so bad that your energy was drained." In between, people did sword and saber together left and right, others did the fast form and other forms. What a luxury of space and time.

As Kevin put it, "The retreat allowed me to step out of life for three days and nights. It was easy just to fall into the routine and not think—just do it—naturally. It took away responsibility – all you had to do was just move. When you moved, you just did what you needed to do. No one was really looking at you, you didn't have to work hard, just be part of the group." Pat Hemmis shared a similar perspective: "Not having to deal with daily general well-being was exactly what I wanted. And the trees – how I loved the trees." Part of our ritual included leaning our swords, sabers, and water bottles up against two special trees next to our work out area every morning and afternoon.

### **Deepening relationships**

After I shed my outcast act, I noticed that people moved in and out of solitude, getting to know good friends better, and getting to know more people. There was plenty of time to be with others in different contexts that revealed people's multi-dimensions. For me it was a privilege to hang out with Paul and Kim, Ray, Alex, Nazim, and Yaseen. In fact, what was unexpected for Woody was "the social stuff – I said to myself, these guys drink beer like the rest of us!"

### **Morning sessions**

Each morning had a different thrust. Friday morning's lesson and workout made a vivid impression on me, perhaps because I continued to try to do the drills barefoot after being stung by a bee on the instep. We worked on the two expressions of power, short and long. After assuming the proper positions, we were first instructed to transfer power to our partners in direct, explosive energy that caused them to be propelled a short distance. For our next drill, we projected long-range power that bounced our partners a healthy distance. "I believe I can fly" came true every time Aaron plummeted 135 pounds of me through space. What an experience.

### **Instruction**

Studying the eight essences or energies required us always to be thinking in terms of examples of postures from the form. Now, five months later as I do the form, my sense is that I express more of the feeling of the different essences, even if I don't necessarily remember exactly which is which. But some retreat participants took away far more than I. Woody reported leveraging insight from the instruction that he received to improve his own teaching. "Building off the energy part of the retreat has taken the quality of my instruction to a whole new level, especially when it comes to helping beginners to learn."

The eight essences or energies are:

- Ward Off: keep out or away using circular principle
- Roll Back: matador and bull
- Press: one hand controls, one hand counters
- Push: manipulate yin and yang to attack partner's balance
- Pull: to guide the power or to off-balance
- Split: divide four options
- Elbow: strikes, and folding and unfolding
- Shoulder: short power at a single point

## Open time

Five times each day, people went off on their own, slept, or did things together in groups. I had brought along a hammock and hung it between two of the lovely tall trees that shielded us from the sun during instruction and workouts. Almost always someone was occupying the hammock during open times for reading or dozing.

Friday noon I found myself shifting from retreat pace into hyper gear. Wolfing down lunch, I raced to where I kept my pre-inflated mattress by the hammock. Dragging it down a path and under a viaduct, I launched it into the nearby shallow creek. Sufficient white water gave me several swift rides down as far as a sand bar before that afternoon's instruction began at 3. What was for me a Huck Finn adventure, however, turned others away in the direction of the nice chlorinated indoor pool. But the next day, my stories of an intact steer skull mired in the muck lured Paul Abdella down to wade the creek. Beaming, he emerged with a perfect specimen for his little known still-life bone collection.

## Cheng Man-ch'ing videos and more music

*August 10-12, 2001 are the tentative dates for the 3<sup>rd</sup> Annual Retreat—Friday evening-Sunday evening. The price will be less than the \$200 last year, as we'll have one less night's accommodation. More information will be available shortly.*

Friday evening we watched some amazing martial arts videos. By Saturday evening, Kim on bass (you gotta hear her) and a third guitar joined the group and boy, did we wail. Most memorable of all was Nazim's inspired Rock and Roll number. Who will ever forget him gyrating to a Bo Diddly beat that we never wanted to end. Sadly, the youngsters went off to bed. Some us gathered around Paul, begging him to accompany us on just one Beatles song—he played several. Linda Hermanson who attended the 1999 retreat had warned me, "You won't believe Paul on guitar – he can play ANYthing." Afterwards, Lucy and I couldn't resist a round of midnight T'ai Chi on dew-covered grass by the light of a knock-out moon.

## What about next summer?

To be honest, initially I kept thinking how \$200 would pay for over three months of full time studio fees. Of course I knew that the all-meals-included rate was way reasonable –other three-day retreat packages can run into four digits. And as Kevin put it, "I don't know anywhere else that can you find the breadth and depth of instruction that Ray and Paul provided at the retreat." Setting aside a \$25/month (or just over \$6/week) would cover it if begun in January. And isn't it true that whatever we want, if we really want or need it, we'll usually do whatever needs to be done to get it?

If I could describe the 2000 retreat in one trigram, it would be Feng – abundance – an abundance of food, community, whatever one needs. We will need more people to sign up this year to be able to offer the retreat again. Stay tuned for upcoming flyers announcing projected dates (which should be around mid-August again) and theme. ☺

# Graduation News

Congratulations from the instructors to those members who have finished the 150 movement Solo Form. Many have started, few have finished. Congratulations also to those members who have completed other forms and styles. Keep up the good work and know it is an honor, a privilege and a great joy to share these arts with you.

## Solo Form

Dan Haar  
Dan Hajek  
Ian Williamson

## T'ai-Chi Sword

Scott Lindall  
Andrew Meyer  
Tony Sandusky

## T'ai-Chi Cane

Holly Ewing  
Andrew Meyer  
Peggy Ward

## Pa-Kua 'Linking Palms' Form

Jodi Chaffin  
Julie Cisler  
Matt Cisler  
Mike Cosgrove  
Brad Felske  
Charles Morris  
Patrick Philips  
Tim Sullivan  
Bob Tjostelson  
Cory Tobin

## Pa-Kua Fu Style San-Shou

Jodi Chaffin  
Julie Cisler  
Matt Cisler  
Mike Cosgrove  
Brad Felske  
Charles Morris  
Patrick Philips  
Bob Tjostelson

## Praying Mantis '18 Elders' Form

Alan Blair  
Evonne Dennis  
Lucy Franklin

Dan Haar  
Anika Inda  
Chris Inda  
Heidi Johnson  
Kyoko Katayama  
Dianne Lefty  
Eric Stull  
Ryan Taylor  
Jeanette Turner  
Beth Van Dam  
Kevin  
Weckwerth  
Ian Williamson

A new revised and expanded edition of  
Ray Hayward's book

### **Lessons with Master T.T. Liang**

will be available shortly.

You can prepay and reserve your book now.  
Sign up at the studio.

## **For Ana**

Before the frost,  
A flower lost.  
The laugh and smile,  
Gone for a while.  
Love, loss and tears,  
Sum up our twelve years.  
One thing is sure,  
Breath work—so pure.

-Ray Hayward



“People are like stained-glass windows.  
They sparkle and shine when the sun is out,  
but when the darkness sets in, their true  
beauty is revealed only if there is a light  
from within.”

-Elizabeth Kübler-Ross

**Schedule  
January 15 – June 15, 2001**

Monday	Tuesday	Wednesday	Thursday	Saturday
12:30-2:30 Solo Form	6:00-7:00 Pushing-Hands Research: 4 Directions		12:30-2:30 Solo Form	10:00-11:30 Eclectsis
6:00-7:30 Solo Form	7:00-7:30 1/15-3/15 Tamo Sword 3/15-6/15 Sword Fencing Mechanics	6:00-7:30 Solo Form	6:00-7:30 Solo Form	11:30-12:30 Jump Rope/ Conditioning or Stretching *
7:30-8:30 Weapons	7:30-8:30 2 Person San-Shou	7:30-8:30 Hsing-Yi	7:30-8:30 Praying Mantis Level I	12:30-1:30 Chi-Kung, Standing Meditation and Energy Work
8:30-9:30 12 Animals/ Pa-Kua	8:30-9:30 Praying Mantis Level I	8:30-9:30 Pa-Kua 64 Palms	8:30-9:30 Praying Mantis Level II	1:30-2:45 Solo Form

\* First and last Saturdays, 11:30-12:30 are Stretching, all other Saturdays are 11:30-12:00 Jump Rope and 12:00-12:30 Conditioning.

NOTE: The studio will be closed Memorial Day.

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**First Class Mail**