



**GUANG PING**  
YANG T'AI CHI ASSOCIATION

# The Universal Post



*Nonprofit Organization*

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## FROM THE PRESIDENT



Finally, more pleasant weather is upon us with the coming of Spring! In Chinese Five Element Theory, Spring is related to the energy of wood as it represents growth and nourishment prior to the coming fire element of summer. Wood also relates to the channels of the yin (liver) and yang (gall bladder) and also ties in with the emotion of anger.

We are now in the Year of the Rat, having once again arrived back at the beginning of the cycle, at the first sign of the Chinese zodiac. In the Chinese calendar the Rat is known for its great organizational and leadership skills and Rats are seen as pioneers--meticulous, intelligent, and cunning. Traditionally, friends of the Rat include the Monkey and the Dragon, while it's been said the Rat should avoid Horses.

As we grow as an organization we are currently updating and redesigning our website as well as exploring new venues to host future conventions. To this end, we are always looking for motivated volunteers to contribute their time--either for a position on the Board of Directors--or as advisors. There is no such thing as

a small contribution, be it of your time or ideas! We invite you all to participate, in whatever way you are able, to help our organization thrive.

In the future we will be posting short videos clips of certified teachers on the Association's YouTube site ([www.youtube.com/gpytca](http://www.youtube.com/gpytca)) to better illustrate to the community who we are and where we may be contacted. I, myself, was recently approached for a promising teaching position for a senior citizen group at the New Jersey Meadowlands Environmental Society. They found my name through the certified teacher listings on our website so be assured we are being noticed in the tai chi community. Please contact Julie Li in order to post a clip; your submission doesn't have to be limited to a tai chi form but can also be anything else related to martial arts you feel comfortable demonstrating.

Unfortunately, I will be unable to make Master Kuo's memorial (see page 6 for details). I hope those of you who can make the trip will do so for if it were not for Master Kuo our organization would not exist and, remember, we all have a role in keeping Guang Ping Yang Tai Chi alive for future generations.

Wishing you all a wonderful Spring.

Your President,  
Randy Elia

Year  
of the  
Rat



### Editor's Corner

Editor: Sifu Thomas Carney  
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***We need articles from members and especially teachers. Please email me above and include pictures I may use.***

The editor reserves the right to edit any material or article submitted for publication.

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## STANDING MEDITATION

### Standing Meditation

By Valarie Prince Gabel

"Standing can never be done too often, because when the student is ready for the information, it hits them." That is a great little quote from my friend and fellow teacher Susan Jordan.

Of all the many exercises associated with internal martial arts, the one that seems most valuable to me is Standing Meditation. Not only is it the most valuable but it is also the hardest to practice, especially for beginners. In our present day society, being still is almost unheard of. Our relaxation time involves reading, watching movies or television, playing sports or computer games. All involve being outside of ourselves. Slowing down to the point of standing still seems unnatural. If we aren't doing something, and if we are not accomplishing some task, then we are wasting time. To the Standing Practitioner it is quite the opposite.

With Standing you are practicing Taiji stance and Taiji breathing while maintaining a single-point focus. All movement begins from stillness just as movement or Taiji comes from the void. Notice how much is going on in the stillness. You are breathing. Oxygen is being carried to each and every cell. The heart is beating and blood is flowing in your veins. Food is being digested and is nourishing your body. Cells are being created while cells are dying. Just a few things are happening!

The most often practiced Standing in Guang Ping Yang is the Universal Post. In my classes, we always preface our practice of the form with the Standing Meditation posture known as Wuji in addition to the Universal Post. I love the simplicity of the Wuji stance. While all Standing becomes difficult at some point, I find the Wuji stance is the least difficult, thus allowing the practitioner more time to 'study'.

The practitioner is studying their physical, mental, and emotional states. Are you balanced? Can you improve that balance by making adjustments in the weight, hips, or knees? Do the adjustments help release tension? Be aware of your muscles, nerves, and organs. Be aware of your emotional self. Do you feel joy, sadness, or agitation? Deep breathing may also release tension physically and emotionally. Where are you mentally? Are you present or do you keep checking out? Can you let go of those thoughts that may be upsetting? Can you watch thoughts float through your mind and not become attached to them? There is a world of information to be gained during this type of meditation.

The Wuji stance I use is detailed in the following description: Stand with feet shoulder width apart, focusing your weight in the balls of the feet. More weight is felt on the big toe rather than the little toe. Relax the ankles and soften the knees. The tail bone is dropped, shoulders are relaxed, and the crown of the head is pulled upward. The arms are hanging at your sides. Imagine golf balls in your arm pits; in other words there is space between the arms and the body. The palms of the hands are flat without being stiff (no cupped palms) and there is a space between each of the fingers. The middle finger of each hand is even with the side seam of your pants and the palms are facing the sides of your legs. Bring the tip of your tongue to rest lightly on the bony ridge right behind the upper teeth. Inhale through the nose as the abdomen expands, exhale through the nose as the abdomen contracts.

In order to train the mind to remain present, I suggest you run through in your mind the physical description of what the stance involves as listed above: such as weight in the balls of the feet, knees bent, tail bone tucked, shoulders down, crown up and breathe. This is your 'mantra'.

We are learning to relax while standing but do not be fooled into thinking this is complete relaxation. To stand, whether it is a chi gong practice or standing in line at the bank, you need some muscle tension. But we want to learn what is excessive and what is just the correct amount needed to remain upright.



*(Continued on page 6)*

## OUT OF NICK'S LIBRARY



### Out of the Library By Nick D'Antoni

#### **T'ai Chi Ch'uan For Health and Self-Defense: Philosophy and Practice**

©1974, 1977 by: Master T. T. Liang

Edited and with a Foreword by Paul B. Gallagher

publ: Vintage Books

ISBN: 978-0-394-72461-4

Hello again!

Following up on the “Back to Basics” theme of the 2007 conference, I’ve been spending most of my taiji reading time exploring my collection and re-reading some of the books that I came across fairly early in my studies. I’ve tried to approach each of these old friends as though meeting them for the first time and it has proven to be a very interesting and rewarding experience. I could go on about that and the whole notion of cultivating “beginner’s mind”, but instead what I thought might be fun, and perhaps more useful, would be to call attention to some of these *older* taiji texts. As I was re-reading one particular book my old copy was literally disintegrating in my hands, cover falling off and pages coming unglued from the spine, edges crumbling. I was holding it carefully together with a rubber band. Needless to say, I was pleased to discover that it is still in print, and I ordered a new copy so I could check out any changes. I received a pleasant surprise when what arrived at my local bookstore ended up being a brand new copy that is nearly exactly as it was. Even the covers remain essentially unchanged! Of course the price has gone up from the \$4.95 printed on my old copy. But I think the book remains a bargain at the current published price, \$12. What I’ve written in this issue is more of a synopsis and recommendation than a review, and there are a couple more recommendations slipped in at the end. So, with that said ...

Master T. T. Liang’s book is an important and relatively early English language taiji publication, and one I think should be in nearly every taiji player’s library.

It is densely packed with information presented in clear language and a format that makes it accessible to both the beginner and advanced student.

In his chapter on “The Essentials of T’ai Chi Ch’uan” Master Liang describes an ordered method for the process of learning taijiquan that moves from careful study of the principles until mastery is achieved, then moves on to the specific techniques, and finally, once mastery of the techniques in abstract is accomplished, one is able to combine the principles and techniques to apply to practical use. One can clearly hear echoes of other notable early teachers in the outline of this method. (For example, Cheng Man-Ch’ing comes immediately to my mind with his three levels of development each of which is further subdivided into three levels.) This underlying progression should guide and inform the student in her/his approach to all the material in his book and he gives us a lots and lots of content to think about and to study in practice.

Master Liang begins with a brief discussion of fundamental principles, a short “personal view” or philosophy, and an outline of a “Complete Set of T’ai Chi Exercises.” A good portion of the book is devoted to translations with commentary of classic taiji texts: “*T’ai Chi Ch’uan Classic*”, “*T’ai Chi Ch’uan Treatise*”, “*Mental Elucidation of the Thirteen Postures*”, and “*Song of the Substance and Function of the Thirteen Postures*.” Each text is presented in a series of short sections in which the translation is followed immediately by Master Liang’s explanation and illustrative commentary.

Elsewhere, he presents thorough discussion of fundamentals and essentials along with some very understandable explanations of more advanced concepts. Also included is a translation of the “*Song of Pushing Hands*”, a short section of “*Stories of the Masters*”, a chapter on the meaning of the Five Elements, some philosophical points of similarity between taiji and Lao Tze, and a chapter consisting of bits from several other short documents reflecting on elements of taijiquan.

While re-reading this book, I found it impressive to recall that these are some of the earliest detailed translations with detailed commentaries ever published directly in English by an accomplished taiji master. And though some of these texts have now been trans-

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## CONSTANT FLOW OF CHANGE

### GUANG PING YANG TAI CHI - A CONSTANT FLOW OF CHANGES

By Marilyn Cooper

Since the fall of 2006, I have been assisting Fu Tung Cheng, who is both my tai chi cousin and nephew in our lineage, in teaching his students at the Berkeley Buddhist Monastery. We have been conjoining both the east coast and west coast Guang Ping Yang Tai Chi curriculums, based on the teachings of Y.C. Chiang and Peter Kwok.

My own form has been impacted profoundly from this experience. Listening to Fu Tung describe the feeling of doing tai chi and watching him do his form has been a huge inspiration. His thirty years as a disciple of Y.C. Chiang is a testament to his devotion, humility, and patience. The total tai chi experience is made all the more intense from training in the darkness before dawn, amidst fresh flowers and altars to the Buddha, while monks meditate down the hall. During morning practice in the late 60s, Kuo Sifu would direct an occasional trip from San Francisco across the bay bridge to the Berkeley area to Y.C. Chiang's Wen Wu School. All the students performed their respective forms together in the parking lot, after which Y.C. and Kuo drank tea and conversed. In those days, I lived for Shaolin\*. Although I studied tai chi philosophy with great interest, I had little patience for tai chi physically. I was captivated by the line in Sifu's little white book -- "A divergence at the center of one inch is equal to a thousand miles at the circumference," and strove to make my Shaolin forms centered and balanced and my arms like whips. Occasionally, I would follow Bing, my senior brother, through the form, and feel miraculously relaxed and calm afterwards, but I never really indulged in tai chi as a primary practice. It remained in the back of my mind, like a forgotten life insurance policy kept in a vault.

The expansive range of motion of Shaolin, with wide, low stances, strides, leaps, high kicks and sweeps was the only antidote sufficient to quell my youthful angst. The linear tan twei in particular gave me the sense of surging forward, making progress, getting somewhere. The longer a line, the stronger you get. Sifu told me he had done each line across the Gobi desert for one mile. After that, my city block per line across Portsmouth Square Park seemed insignificant in comparison. Before we commenced warming up, we would stand in

"Universal Post" for one hour. I had sat in Horse posture at all my kung fu schools, but never did anything like this before. I experienced unusual effects -- not tiring from exertion, needing less sleep, and remembering my dreams.

Kuo was the primary source for both the Guang Ping Yang Tai Chi form and standing meditation in the United States. He had trained thousands of students in China before immigrating to the United States. Two of those students were Peter Kwok and Y.C. Chiang. Though younger by about seven years, Peter Kwok was Y.C. Chiang's "senior brother" under Kuo, having started there several months before Chiang's arrival. Y.C. Chiang studied the GPYTC long form from Wang Zhyr Chen for several years and from Kuo for twenty years. I trained under Kuo for five years. When I moved back east, he sent me to Peter Kwok.

After the sparse curriculum under Kuo, I was thrilled to learn eighteen Shaolin forms under Peter Kwok, and practiced them with unbridled enthusiasm. Peter once said to me, "Why do you like Shaolin so much? It's just a lot of moving around." During my lessons under Pe-



ter Kwok, I was overwhelmingly inspired by watching him do the forms. For many years when I practiced, I would hear his voice giving corrections and see his body moving. I once asked him what he thought about while he did them because it was apparent to me that he had surpassed all his teachers. He told me that he thought about the originator "up in heaven, doing the form."

Y.C. Chiang included movements from both teachers in his form. His opening presents two vertical arm circles while the heel slowly emerges from a hip width stance. Peter Kwok's (and Kuo's) openings are simple and

*(Continued on page 7)*

## 2008 CONFERENCE UPDATE

### An open letter to the Membership from the Board of Directors

The GPYTCA Board of Directors is sorry to announce that at its March meeting the Board decided to cancel the 2008 annual conference. The Board reached this decision after extensive discussion and consideration over the past several months. Planning for the 2009 conference has already begun. This was not a decision that was lightly or easily reached. Many factors were considered, and now that this difficult decision has been made we look forward to more freely and productively planning for next year's event.

Over the past few years the conferences continued to be completely successful in achieving all major goals except that of a balanced, or nearly balanced, budget. In other words, while being in all other ways a great success, the conferences have simply not been paying for themselves. There are many reasons why this is the case. Some of them were unique to the year, others are more general, such as a trend of flagging attendance. The net result is that at present we find ourselves in a situation in which the Board was deeply concerned for the real possibility that another financial loss such as the one we absorbed from the 2007 conference might bankrupt the Association entirely.

There were extenuating and unusual circumstances in 2007. The conference center made changes to our contractual obligations after the deal was struck and conference scheduled, but too late in the process for us to make much in the way of effective adjustments. These changes coupled with fairly low attendance turned out to be costly for the Association. But the loss in 2007 is not the only reason the Board felt compelled to take this action.

Setting aside the 10<sup>th</sup> annual conference, which was planned to cost more than it would earn, the Board has always tried to build the conferences with the hope that they might make a small net profit for the Association, and based on the notion that, failing to make a profit they should pay for themselves, or very nearly. Unfortunately, for the last six years, with one exception, the conferences have all lost money. This was not so troubling at first because the losses were small and costs were manageable. However, costs have continued to rise and the losses have grown even faster, leaving the Association with gradually diminishing financial resources.

This depressing fiscal trend has also had a crippling effect on the Board's ability to launch new initiatives and improve or update services to members. Concerns about the conference, its planning and finance, have consumed nearly all the Board's time and energies leaving little left over to pursue other areas of endeavor.

The Board is resolved to seize on the opportunity this cancellation opens up to try to move forward on a number of items that have been on the list for a long time. Significant items on the coming year's list will include things like finding new ways to add to the value of GPYTCA membership; continuing to develop, strengthen, and improve the Teacher Certification program; providing better follow-up to members; facilitating and/or co-sponsoring smaller, regionally oriented and accessible workshops and/or continuing education opportunities; improving and expanding the GPYTCA website and online offerings, among others.


2008 Northern New Jersey  
**Chinese Martial Arts Tournament**  
 June 7, 2008  
 at  
**Peter Kwok's Kung Fu Academy**  
 207 Kinderkamack Rd, Emerson NJ  
**Call: 201-967-0790**

**S p o n t a n e o u s**  
**KNIFE DEFENSE**

**Peter Kwok's Kung Fu Academy**  
 Presents  
*Certified Knife Defense Course*  
 >>> May 31 & June 1, 2008 <<<  
 1:00 to 5:00 p.m. (8 hours)  
 Cost is only \$100.00

**Location:**  
 Peter Kwok's Kung Fu Academy  
 207 Kinderkamack Road,  
 Emerson, NJ 07630

**Signing Up Now:**  
 Call: 201-967-0790 or Stop In at  
 Peter Kwok's Kung Fu Academy



## STANDING MEDITATION (CONT.)

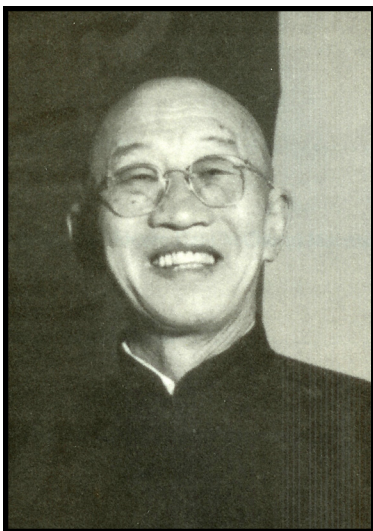
*(Continued from page 2 - Standing Meditation)*

Let yourself feel where you hold tension. Don't deny it exists. Remember you can't fix what you don't know is broken. You don't need to attach a judgment to your tension. Allow yourself to experience all your little aches and pains. Also allow yourself to experience where you feel good! The slightest adjustment lets you hear tendons moving, and lets you feel ligaments and muscles you had no idea existed. Listen to your pains, play with how you are holding your body, and make adjustments (usually dropping the tail bone again and lifting from the crown). It is through the adjustments you make that you learn about your own unique body, something only you can teach yourself. Do your standing in front of a mirror so you can occasionally look at yourself. We imagine ourselves to be doing one thing when in reality we are doing another. Look at your hips, knees, and head. Make adjustments where necessary.

Every time you realize you have left your body, i.e. thinking about another place, time, or task awaiting you, just bring your focus back to your body, right here, right now. Place no judgment on having left.

The ever present question is how to release the tension or pain. The best advice I can give is to do Standing Meditation more and longer. Standing takes tenacity, patience, and more tenacity! Begin with committing to five minutes every day for two weeks. At the end of two weeks increase your commitment to 7-10 minutes. See if you can increase your commitment every several weeks to reach at least 15 minutes. Even when making the bed or doing dishes becomes the most important thing in the world--more important than Standing Meditation (so our mind tells us)--stick with your commitment. There comes a point in Standing Meditation when your body is so tired of holding the tension it just lets it go.

During Standing Meditation you are building stamina, increasing the free flow of chi, stimulating the immune system, and improving the cardiovascular, respiratory, digestive, and lymphatic systems. While learning a set the student is involved in acquiring knowledge of how the body moves, where and when what body parts coordinate with what other body parts, breath, and balance, etc. But with Standing, glorious Standing, you are accomplishing all that while being completely still. It is amazing.



### **Kuo Lien Ying Memorial**

**June 8, 2008**

**7:00 am, Portsmouth Square, San Francisco  
733 Kearny Street in Chinatown**

Grandmaster Kuo Lien Ying's direct students celebrate the life and teachings of one of the most distinguished and revered martial artists of the twentieth century. We will gather in the spirit of the Guang Ping Yang community to pay homage to our teacher, participate in group sets, watch demonstrations from different schools, and enjoy dim sum afterward at a local restaurant. Everyone is welcome to join us at historic Portsmouth Square, the site of Kuo's studio where his dedicated students practiced every morning at 5:00 am, in the fog, in the rain, and under starry morning skies. For more information, visit [www.CultivateChi.com](http://www.CultivateChi.com), or call 415-459-9098.

## CONSTANT FLOW OF CHANGE (CONT.)

*(Continued from page 4 - Constant Flow Of Change)*

brief, with feet together and sinking the weight while lifting the palms to ask Buddha right away. Other obvious differences are the presses and shoulder strikes, clearly expressed in the Peter Kwok version and only implied in Kuo's and Chiang's. The inclusion of movements from Yang style are in both the Chiang and Kwok versions. Kuo, and also David Chin's (Kuo's "Open Door" student in America) forms look spare and skeletal in comparison, almost resembling a continuous Xing Yi form more than a soft, flowing tai chi form. When David was first learning, Kuo referred to our form as "Original Style" and not "Guang Ping Yang Style Tai Chi." That tag came later.

As society changed, the forms changed. A pivotal generation of Chinese masters from the mid-twentieth century emphasized exercise and aesthetics over martial content under a new government wanting to centralize its power. Increasing numbers of masters brought their art to the United States where they were free to teach. What better place for the "art of killing" to flourish than the country with the most military bases all over the world?

The "Universal Post" standing meditation changed within my lifetime. I used to stand, not sink, on one leg, with one leg empty, like the picture of Kuo\*\* with which we are so familiar. After an hour of standing this way, my mind would clear, and I would have lots of energy, but there was no improvement in martial skill, although that could also be attributed to the lack of in-depth instruction regarding usage under Kuo, and to the warrior tradition of withholding information that might be used against him at a later date. Another possibility is that once a student knows what moves do, and they become less mysterious, they want to learn more and different forms.

Sifu choose very few words to learn in English. He frequently said, "Relax," and "Bend Down to us. "Slowly" and "Listen" he still said in Chinese -- MAN MAR LAI, AND TING LE. The listening refers to a kind of alert sensitivity to incoming force. "Bend Down" is more aptly referred to as sink the weight, and not to be confused with bending over.

There was never any doubt as to what Sifu meant despite his lack of English. Sifu would grab the paint brushes and wooden flute (I was enrolled at the San Francisco Art Institute and the Ali Akbar Khan School of Music) sticking out of my backpack and throw them in the garbage can in the park. He was emphatic about the importance of training, and valued it over everything else –

"Miss one day, go back one-hundred."

The Universal Post posture has since been revised to what feels to someone with a Shaolin background, a tiny pony as opposed to a big horse, weight 50/50, and feet hip width apart. The arms are the same tree-hugging pose. The result is a much more martial frame, primarily because sinking the weight makes it much easier to hollow out the front and elongate the back. This prime factor is crucial for the fighting feeling for any style.

Standing meditation enriches tai chi training exponentially, and also represents the biggest conundrum. If tai chi is a constant flow of changes, then why hold a static position? The answer is that we are striving for emptiness, so we can be full of "awareness energy."

Stillness on the surface allows us to feel the constant changes within. Even while our bodies look still, our thoughts, blood, respiration and qi are constantly flowing. We are forging new neural pathways, connecting our minds to our bodies through our nerves. The simultaneous awareness of posture and the feeling of qi within a stable, relaxed structure during standing synchronizes thought and action for subsequent movement. After standing, a build up of mental and physical energy occurs for moving the body in space with tai chi.

Tai chi training aspires to preserve rather than dissipate life force from moving slowly, softly, and continuously, with the emphasis on relaxation and emptiness. With the inclusion of standing meditation, a tai chi training session becomes much more deeply meditative and further integrates the mind into the body. Without standing meditation, even tai chi can become "external" or "just a lot of moving around."

Even with the addition of standing, without prior interactive martial training, most tai chi practitioners are unprepared for fighting. Practicing techniques in real time with a training partner helps prepare for most hostile confrontations, and provides confidence on the street. This is necessary to preserve tai chi as a martial art rather than only a meditative, healing art.

Peter Kwok held that kung fu had three basic functions: self-defense, health and performance. I regard health as the prime goal, with the added perks of fighting skill and performance ability.

After our teachers are gone, if we practice in isolation without contacting any other tai chi practitioners, and martial artists of all styles, we risk devolving the form

*(Continued on page 9)*

## DON'T FORGET YOUR MEMBERSHIP

### Dear Members,

Once again it's time for us to say "thank you" for your continued support of the association, and ask that you renew your membership. Your renewal is more important than ever as the association strives to grow and bring more benefits to our members. And if you have somehow managed to let your membership lapse, well, this is the perfect time to re-join! (As a reminder, a renewal application is attached or you may renew via the shopping cart on the website.)

2007 was another outstanding year for the Association. Our 11th Annual Conference at Lake San Marcos, CA, was a big hit with attendees. This year saw the first Marilyn Mathews Fund scholarship recipient, allowing one of our members to come to the conference who would not have been able to attend otherwise. The Teacher Certification Program continues to be a great success and the Board will be examining ways to strengthen the program and make it even better in 2008. (For full details on the certification process or to see the list of currently certified instructors visit the website.) The GPYTCA Mini-Grant program is available for schools/teachers that need assistance to present special training and/or bring in master teachers. The Universal Post newsletter is better than ever. The Board is always looking for ways to increase the value of Association membership so we'd love to hear from you with any suggestions you may have about something you'd like to see us offer.

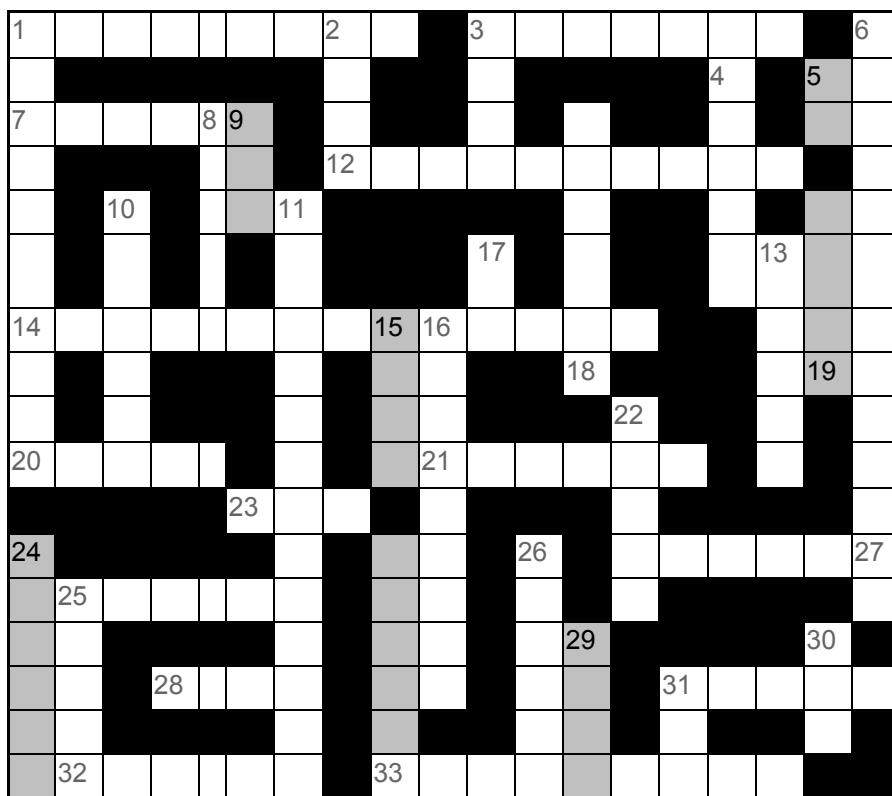
A SPECIAL NOTE: The wonderful response from members, and even a few non-members, to the Board's recent call

for assistance when some of our members suffered severe losses in the recent batch wildfires that raged in the San Diego area was heart-warming and inspiring. It's something we can all be especially proud of that really demonstrates the sense of community/family that we have all helped create. Thanks to the generosity of those who contributed to the Southern California Fire Relief Fund, the Association was able to spread a little salve on the wounds of our affected members to help ease their pain.

Of course the Association is always in need of volunteers. You can help shape the association by getting involved. To take a more active part in your association contact any of the board members listed in the Universal Post. Not every job is a big one, but there is much to be done to keep the Association healthy and growing. And don't hesitate to let us know what you think we've done right, or wrong, or make suggestions for areas you'd like to see addressed in the future. Of course, we'd also appreciate articles about your experiences with Guang Ping Yang t'ai chi and related disciplines. The Universal Post is a place for all of us to share our insights and experiences; your input can make the association stronger and more meaningful for all.

On behalf of the entire board I send you best wishes and warm regards.

Sincerely, Julie Li  
Interim Board Member / Membership Coordinator  
membership@guangpingyang.org



**Across:**

- 1. Common T'ai Chi two person exercise
- 3. A strong root gives good \_\_\_\_\_.
- 7. \_\_\_\_\_ priest.
- 12. Posture # 3
- 14. April 26, 2008
- 20. King of weapons
- 21. Chinese New Year 2011
- 23. Last Year
- 25. Master who teaches "Effortless Flow"
- 28. President and Master
- 31. Do not tense
- 32. The 64 hexagrams of the \_\_\_\_\_.
- 33. A very popular stretching exercise

**Upward:**

- 18. A teacher at the highest level
- 19. Sense of touch
- 33. Find your \_\_\_\_\_ (core).

**Backward:**

- 27. Critical to any martial art...

*(Continued from page 7 - Constant Flow Of Change)*

based on erroneous assumptions, practicing non-essential nuances, or imitating other styles. Like a copy of a copy of a copy, the original will lose its authenticity unless we go back to the source. We need the "reality check" of taking some punches, kicks, throws, sweeps and locks, and using our form to counter them so the form will ring true.

Push hands is especially impacted from standing. After guiding my son through standing, explaining details about the posture, I was unable to off-balance him during push hands and he could off-balance me, when formerly, the opposite was the case.

My favorite Zen Buddhist story (*because I am that student!*) is about the anxious acolyte who asks the master, "How long will it take me to become enlightened if I meditate morning, noon and night?" The master answers, "About ten years." The novice persisted. "What if I try harder than any of your previous disciples?" The answer – "Then it will take you twenty years." Frustrated by the idea of reaching enlightenment so late in life, the student exclaims, "I will meditate day and night!" And the master says calmly, "Then it will take you forty years."

Antithetical to anxiously anticipating the future, tai chi movement exemplifies the precept "Be Here Now." We sink into one leg to move, going back to go forward.

Paradoxically, the lower and slower you go, the higher\*\*\* you will get, and the faster you will progress. The more you can drop the lower back as you sink and extend your legs, the more you will connect your arms to gravity through your spine.

The main posture in our Guang Ping Yang form, called an L stance, or a Half-Horse, is by nature more centered than the forward-weighted Bow and Arrow stance in Yang Style. The Bow and Arrow directs the force forward, like pushing a car, while the L stance, like the whole form itself, centers the power so force can be generated centrifugally. This L stance is the distinguishing characteristic of our form. The importance of this stance cannot be over-emphasized. Sinking the weight into gravity, and connecting the head and mind to the heavens, with a long back and relaxed front, integrates our lower and upper halves. This co-mingling of our higher mind -- alert and sensitive, and our automatic physical functions -- heart-beat and breath, this integration of heaven and earth, this grounded, yet elevated state, is the gift of Tai Chi training.

\* "Shaolin" is the generic name for "Northern Shaolin," aka "Long Fist," aka "Chuang Chuan."

\*\* Wang Xianzhai in his later years is also in the straight rear leg, front toe out posture, but an earlier picture shows a Japanese student of Wang Xianzhai in the double weighted posture we practice today.

\*\*\* "higher" meaning both higher state of consciousness and elevated mood.

### Down:

2. Chinese New Year 2006
3. Master Zhong Xue Chao
4. No motion
5. Next year
6. Standing like a tree, yet moving like the wind.
8. Queen of weapons
9. Sifu \_\_\_\_ - the editor
10. Punch
11. The organization
13. A T'ai Chi school in El Cerrito, Ca
15. \_\_\_\_ before the storm
16. Grandmaster and part of founding board.
17. Mind
22. Chinese New Year 2010
24. Student of Master Kuo and now master.
25. Master and professor at Pacific College
26. Taught "Wild Goose Qigong"
29. Not hard
30. Chinese New Year 2015
31. This year

## Donations

### General Fund

Carol E. Caramagno  
 Sebastian R. Caramagno  
 Susan J. Payne  
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### Marilyn Mathews Scholarship Fund:

Julie Li  
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 Paki Sukwattana



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Y. C. Chiang, CA

Henry Look, CA

## Past Presidents

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October 2003-October 2005

**Nick D'Antoni, WA**

October 2001-October 2003

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**Henry Look, CA**

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(Continued from page 3 - Nick's Library)

lated and commented upon many times, T. T. Liang's remarks remain powerfully relevant. His commentaries contain insights that are sometimes unique and often enlightening and inspirational. I hope you will take my recommendation and get a copy, or go back and make a thoughtful re-reading of it if you already own it. I think you'll find it worthwhile.

### Rating: Buy it!

... And here is the info on a few other books that have been important to me and that I think you should be sure to take a look/re-look at:

### T'ai Chi Ch'uan Ta Wen: Questions and Answers on T'ai Chi Ch'uan

© 1929 (Chinese) by: Chen Wei-Ming

© 1985 translation by: Benjamin Pang Jeng Lo and Robert W. Smith

publ: North Atlantic Books, Berkeley, CA

ISBN: 0-938190-67-9

### The Dao of Taijiquan: Way to Rejuvenation

(originally: The Tao of T'ai Chi Ch'uan: Way to Rejuvenation)

© 1980 by: Jou Tsung Hwa

publ: Tai Chi Foundation, Scottsdale, AZ

ISBN: 0-8048-1357-4

NOTE: The 1983 revised edition edited by Shoshana Shapiro with Master Jou's participation and published in hard back by the Tai Chi Foundation through the Charles F. Tuttle, CO., Rutland, VT, is no longer in print. The currently available paperback edition (most recently re-printed in 2001, after Master Jou's death) is edited by Lori S. Elias, Sharon Rose, and Loretta Wollering. I haven't done a detailed comparison of any content differences there might be, but the older hard back edition is the one I know and love. It's just an aesthetically more pleasing book to hold onto as you read. So if you can track down a hard back copy via a used book seller I'd go for it.

And finally:

### The T'ai Chi Boxing Chronicle

compiled and explained by Kuo Lien Ying

translated by: Gordon Guttman

© 1994 by Gordon Guttman

publ: North Atlantic Books, Berkeley, CA

ISBN: 1 55643-177-5

I hope you find these suggestions of value. Until next time ...

Take care, be well, and happy reading. -Nick



GPYTCA members Sophie Nichanian Diaz and Eric Lelaquais with FuTung Cheng at a seminar and retreat taught by FuTung Cheng in Ardèche, the south of France.

**Certified**

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### *Mission Statement Guang Ping Yang T'ai Chi Association*



To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang style T'ai Chi Chuan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi in honor of the memory of Sifu Kuo Lien Ying, who brought Guang Ping to the United States, and in commemoration of his unselfish sharing of his many skills.

We strive to develop and honor the life-enhancing qualities of respect, humility, integrity, honesty, loyalty, and kindness. We manifest our commitment to this process by honoring our teachers, students, each other, and the practice of Internal Arts.

## Calendar of Events

### ***WORLD TAI CHI & QIGONG DAY***

April 26, 2008

#### **The Las Vegas 2008 Annual Chang San Feng (Tai Chi) Celebration**

May 13, 2008

University of Nevada

Las Vegas, NV USA

Contact: Alwin Leung

wantou@yahoo.com

www.myspace.com/wantou

#### **10th Annual International Chinese Martial Arts Championship**

May 23-25, 2008

Gaylord Palms Resort & Convention Center

Kissimmee, Florida

kungfu@usa.com

www.kungfuchampionship.com



#### **Push Hands Seminar**

May 23-26, 2008

Old Park, Santa Barbara, California

taichitoni@cox.net

www.taichitoni.com/EventFlyers/ToniWorkshops.htm

#### **Taoist Journey into Qigong and Internal Alchemy**

June 1-17, 2008 (17 days)

Training & Tour

in the Yuan Ming Taoist Temple

On QingCheng Mountain

Eternal Spring Tours

eternalspringtours@hotmail.com

222.eternalspringtours.com

#### **Tai Chi for Neck and Back Pain and Qi Gong for Healingip**

September 27-28, 2008

29 W. Dillenbeck Drive

Albany, NY 12203

518-459-6869

sales@jiangtaichi.com

www.jiangtaichi.com

*Disclaimer: The events listed are provided as a resource. They are not sponsored or endorsed by the GPYTCA.*



**GUANG PING**  
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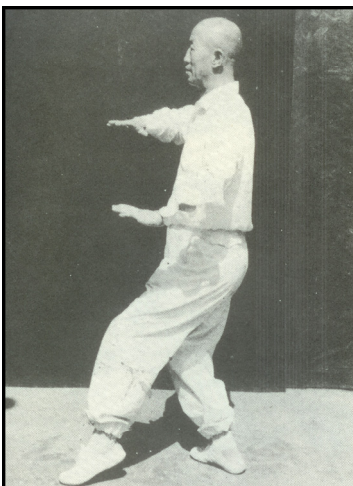
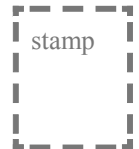


Photo and description taken from:  
*"Tai Chi Chuan in Theory and Practice"*  
By: Kuo Lien Ying

*Movement 4*

***Stork Spreads It's Wings***

*Pai Hao Liang Ch'ih*