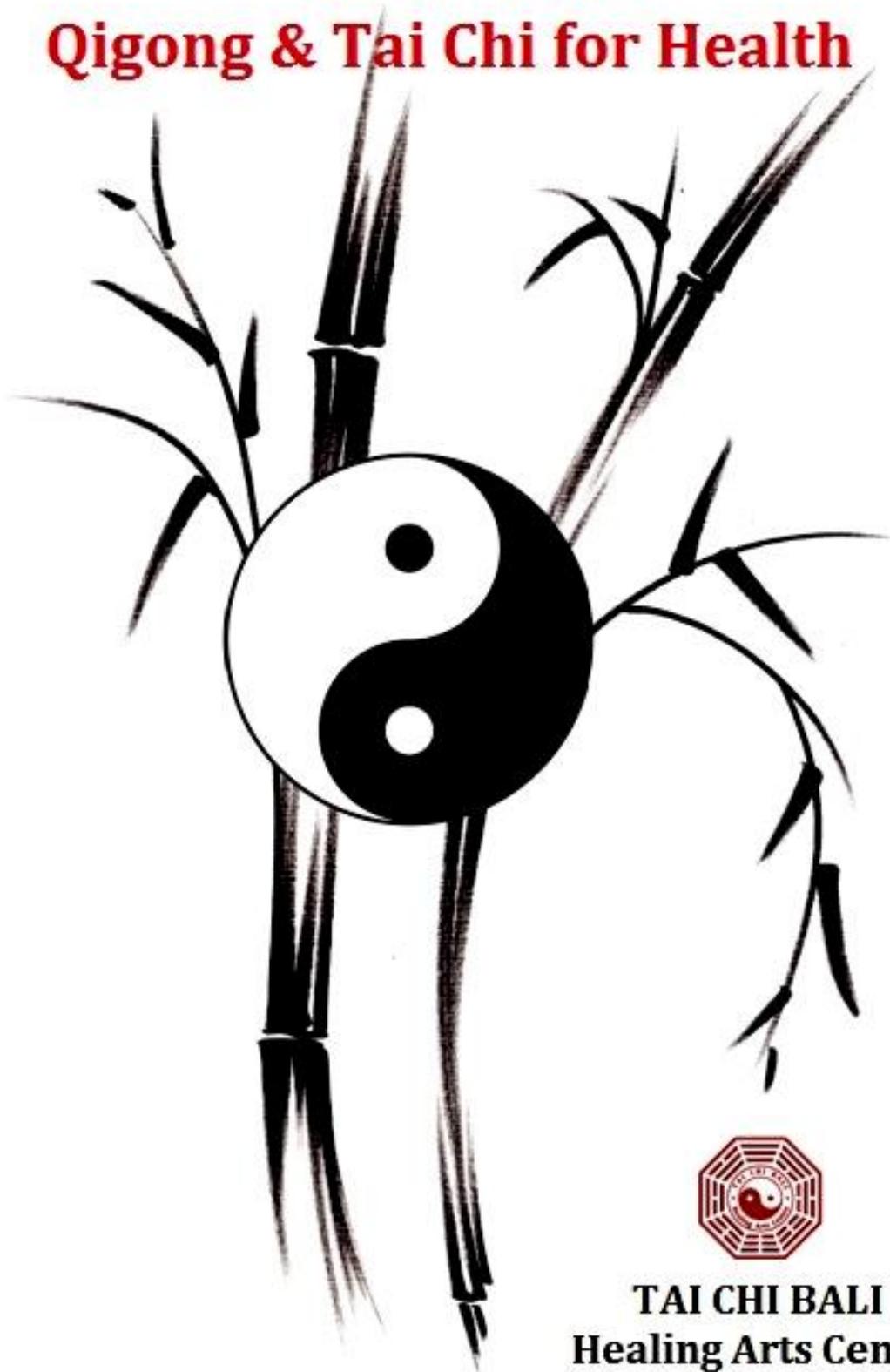


TAI CHI

Qigong & Tai Chi for Health



TAI CHI BALI
Healing Arts Centre

5 DAY MOUNTAIN RETREAT



TAI CHI FOR HEALTH Taijiqigong



THE HEALING POWER OF NATURE

太
極
拳
·
氣
功



- ◆ Immerse yourself in the Tao – Tai Chi – Qigong
- ◆ 5 Days Tai Chi & Qigong Retreat
- ◆ 18 Tai Chi & Qigong Classes
- ◆ Qualified International Instructors
- ◆ Retreat Course Book and DVD
- ◆ Meditation in Nature & Optional Ricefield Trek
- ◆ 4 Nights Private Accommodation
- ◆ Fresh Organic Food and Beverages

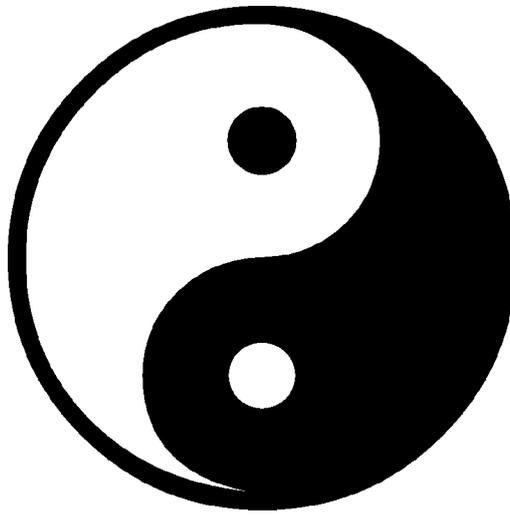


TAI CHI BALI MOUNTAIN RETREAT is hidden deep in the foothills of the volcanic forest, where the cool mountain air of North Bali is the perfect environment to relax and rejuvenate, deepen your TAI CHI and QIGONG practice, and refresh yourself with natural healing energy. The aim of this retreat is to inspire you to develop a daily practice and holistic lifestyle that creates positive changes in all aspects of your life. These Mountain Retreats reconnect you with the Tao; 'The Healing Power of Nature'. During your stay at the Mountain Retreat a natural force field develops within you that recharges your whole being with positive energy, vitality and inner peace. Experienced international instructors guide you through the course and mountain treks. Classes and retreats can be modified for all ages and levels. Contact the instructor directly.

Ph: +62 8123 646 7324 Email: info@taichibali.com Web: www.taichibali.com

Special Thanks and Blessings to the People of Bali





ACKNOWLEDGEMENTS

This book is dedicated to the lineage of teachers who preserve the ancient wisdom for the spiritual evolution of mankind. It is written from my own experience and practice, and compiled from training programmes, books and lectures by Master Keith Good, Master Kai, Master Mantak Chia, Master Daniel Li Ox, Master Thip, Bapak Merta Ada, Qu Lei Lei, Dr. Yang Jwing-Ming, Martin F. Moore, and Deng Ming-Dao. Special thanks to all the authors, books, websites, references and excerpts used in this book. It is with the greatest respect and thanks to these teachers that I present this book for your health, happiness and guidance. Tai Chi Chuan is a martial art originally designed for combat. In writing this book I have tried to focus on Tai Chi exercise for developing and maintaining internal health, and all related topics including, Hand Forms, Chi Kung, relaxation and meditation. I have excluded combat, self-defense and Wushu sports unless relevant to health, but maintained the martial intent and application of each form as instructed by my teachers. Intent and application is fundamental to understanding the concepts and principles of the Pa Kua, which contain the origin and root philosophy of Tai Chi Chuan. This book has three main goals:

- ☯ Inspiration to develop health, love, wisdom and compassion within ourselves and others
- ☯ Encouragement to rediscover our spiritual unity as it unfolds within us through meditation, mindfulness and moderation
- ☯ Guidance to integrate the philosophy of Tao into our daily life through the study and practice of Chi Kung and Tai Chi Chuan

Dave West
Bali 2010



www.taichibali.com

TAI CHI BALI MOUNTAIN RETREAT COURSE BOOK & DVD

TAI CHI BALI Copyright 2010 Made in Bali

TAI CHI

CHINESE QIGONG AND TAIJIQUAN

By Dave West

MOUNTAIN RETREAT EDITION

COPYRIGHT 2010 © www.taichibali.com

Chapters	Page
INTRODUCTION TO TAI CHI	7
1. HARMONY WITH NATURE	19
2. OPENING THE HEART	24
3. CHI	31
4. YIN AND YANG	38
5. RELAXATION	45
6. CENTERED AND GROUNDED	52
7. CHI KUNG	56
8. TAI CHI EXERCISES	66
9. TAI CHI SOLO FORMS	81
10. TAI CHI FOR HEALTH TRAINING PROGRAM	102
11. TAO TE CHING	109
12. TAI CHI CHUAN CLASSICS	133
13. STORIES AND POEMS FROM LIVING TAO	145
GLOSSARY AND REFERENCES	161

GENERAL CAUTION

Consult a medical doctor before starting this exercise programme.
Always remember to exercise in moderation and according to your own capabilities.



TAI CHI CHUAN CLASSICS

These classic texts are regarded as the authoritative source on Tai Chi Chuan.

	Page
Treatise on the Symbolism of Tai Chi	40
Treatise on the Pa Kua	44
Song of Push Hands	74
Song of the Thirteen Postures	90
Song of the Eight Gates	96
Tao Te Ching	113
The Six Harmonies	135
The Eight Methods	136
Tai Chi Chuan Ching	137
Treatise on Tai Chi Chuan	138
Commentary on the Tai Chi Chuan Classic	140
Expositions of Insights into the Practice of the Thirteen Postures	140
Five Character Secret	142
Essentials of the Practice of the Form and Push Hands	143
Yang's Ten important Points	144
Song of Form and Function	145



Can you be both martial and spiritual?
Can you overcome your ultimate opponent?

To be martial requires discipline, courage and perseverance. It has nothing to do with killing. People fail to look beyond this one narrow aspect of being a warrior and so overlook all the other excellent qualities that can be gained from training. A warrior is not a cruel murderer. A warrior is a protector of ideals, principle, and honour. A warrior is noble and heroic. A warrior will have many opponents in a lifetime, but the ultimate opponent is the warrior's own self. Within a fighter's personality are a wide array of demons to be conquered: fear, laziness, ignorance, selfishness, egoism, and so many more. To talk of overpowering other people is inconsequential. To overcome one's own defects is the true nature of victory. That is why so many religions depict warriors in their iconology. These images are not symbols for dominating others. Rather, they are symbols of the ferocity and determination that we need to overcome the demons within ourselves.

Deng Ming-Dao
365 Tao Daily Meditations

The internal martial art of Tai Chi Chuan is deeply rooted in Tao philosophy. The art emphasizes balancing hard, fast and powerful movements with soft, slow more subtle movements, and also smoothly transitioning between the two. The look and quality of its internal and external movements resembles the ease by which water can effortlessly flow in and around harder surfaces and objects. Tai Chi Chuan is simultaneously a self-defense art, an energy self regulation and healing art and a moving meditation art that develops and refines your spiritual energy. At first, practicing its rhythmic forms and supporting auxiliary exercises emphasizes smooth and continuous energy flow, then secondly at a later stage, the training progresses towards more rigorous methods and speeds as one learns the self-defense aspects and fighting applications. Daily practice greatly strengthens the legs and feet, opens all the joints and energetically grounds your center. The over-all training also greatly increases the life-force, or bio-electric energy, known as Chi, to flow inside the body, boosting your immune system and helping to stabilize your spirit as your body and mind become more integrated.

www.zeigua.com

Taoist cosmology says Tai Chi is born out of Wu Chi. In stillness Yin and Yang unite and Tai Chi is born. In movement they separate and duality arises, and reversal occurs. From the stillness of the mind control the movement of the body through feeling. When you think, you disconnect from the body. When you feel you are one with the body. With the mind in the body through feeling you have real time control of the body. The moment you slip into thought you disconnect from the body and lose control. Wu Chi, or emptiness, the void, in this case, does not mean being void of feeling or empty of sensation. The dual aspect of the mind must be transcended in order to experience stillness which rests upon nothingness. The mind can think or feel. However, it cannot do both at once. Thought excites and fragments the mind producing more thought which then distracts further from feeling. Only with a still mind that is free of thought can one gain control and be at one with movement.

www.taichithailand.com





INTRODUCTION TO TAI CHI



When the mind is disciplined and expanded by study, the remarkable harmonies of nature will become plain. One has to fill oneself with knowledge like a vessel. Upon the knowledge gained, the indwelling truth would act like a yeast, forcing the mind to assume its original perfect shape.

Confucius, 551 - 479 B.C.

The use of exercises, calisthenics, stretching, and breathing exercises to maintain good health, fight disease, and enhance the quality of life is of great antiquity. Human beings have always enjoyed sports, games, exercise and play - it is essential to being human, a creature that plays - homo ludens. The use of exercises to revitalize one's health and prevent disease has a long documented history in both India and China. Artwork, medical manuals, folklore, treatises, scriptures and reports on the subject go back over 4,000 years. Likewise, military physical conditioning techniques and training with military weapons; bow, sword, staff, knife, spear, etc., are of comparable antiquity. Over many centuries in China, traditional medical practices; e.g., acupuncture, herbalism, massage, and exercise routines, etc, were combined with esoteric and magical Taoist practices, and with military training techniques. In addition, trade and cultural exchanges between India and China transferred Buddhist theory and practices, Taoism, Yoga, medicinal herbs, medical techniques, and martial arts training techniques between the two regions. These methods and practices were explored and adapted in China to help maintain good health, to prevent and cure diseases, to provide martial arts prowess, to restore vitality, and to enhance the spirit of the patient or practitioner. Seeking ways to enjoy a long, healthy, and energetic life are of universal and perennial interest. Making beneficial exercises interesting and enjoyable has always been a challenge to creative people.

Tai Chi is a great low impact exercise that can improve your strength and balance, as well as help to maintain your cardiovascular health. Rooted in the martial arts, Tai Chi is classified as a soft or internal part of the Neijia (Wudang) branch of Chinese martial arts. Like many movements that started in the distant past, the history of Tai Chi is shrouded in mystery and legend. Some trace the origins of Tai Chi to immortal Taoist gods; some to the Chinese philosopher Lao Tzu (600 BC), who is also credited as having contributed to classic Chinese texts such as Tao Te Ching and I Ching along with Chuang Tzu and other unknown masters of Taoism. These writings are the basis of the Tao, and the philosophical approach and foundation of Tai Chi.

A mythical Shaolin monk named Chang San-feng (1300 AD) is often credited with creating the first Tai Chi movements. Chang had a vision about a crane attacking a snake. From his vision Chang learned that brute force could be countered with graceful movements, which on the surface seem yielding. This led to the development of the Original Thirteen Postures. However, other historians believe that Tai Chi was first created during the Ming Dynasty by the legendary general Chen Wang-ting (1600 AD) in the Chen family village, and that Chen style is the original form of Tai Chi. Wang Tsung-yueh (1750 AD) may have been the next person who had an impact on the history of Tai Chi. Wang is said to be the first person to call the art 'Tai Chi Chuan' means 'Grand Ultimate Fist and to have developed the choreography between the Original Thirteen Postures.

Around 1850 AD the 'Invincible Yang Lu-chang' is said to have created the Yang Style of Tai Chi from the original Chen style. His grandson Yang Cheng-fu (1900 AD) is responsible for popularising Tai Chi all over China. Following in his grandfather's footsteps, Yang Cheng-fu focused on health and fitness, and emphasised self-defense, balance, flexibility and speed.



Since the 1950's, Yang Style Tai Chi standardized sets have been integrated into the Chinese national healthcare system, and taught in schools for health, sports and competitions. In the 1960s, Cheng Man-ching (1902-1975 AD) a student of Yang Cheng-fu, was among the first to take Tai Chi to the USA. Today, Tai Chi groups can be seen practising early in the morning in parks all over the world for wellbeing and inner peace.

Tai Chi as it is practiced today can be traced back to five families. Each family developed their own form of Tai Chi, keeping their individual forms secret from outsiders. Today's styles are derived from these original family forms: the Chen style, the Yang style, the Sun style, the Wu Hao style of Wu Yu-hsiang and the Wu style of Wu Ch'uan-yu and Wu Chien-ch'uan. The most popular form of Tai Chi Chuan is derived from the Yang style.

THE FIVE PILLARS OF TAI CHI CHUAN

The practical side of the art of Tai Chi Chuan consists of five basic components which are very much interrelated. In accordance with the teachings of Yang Cheng-fu, this course is designed to help you improve your health and vitality by concentrating on Hand Forms and Internal Strength including Chi Kung. The Five Pillars of classical Tai Chi Chuan are:

1. HAND FORM

The Hand Form, also known as the Solo Form, is the most basic, as well as the best known, of the five component parts of Tai Chi Chuan, but knowledge of this alone is insufficient for self-defense purposes. There are two stages in learning the Hand Form. At first we learn the movements in a simplified, step by step, way known as the Square Form. This can be compared to teaching a child to write, in that he will be taught first to form block letters. Only when we have mastered this simple method of doing the form can we move on to learn the more intricate Round Form, which consists of the same techniques as the Square Form, but which is performed in a free and flowing manner. The Round Form is to the Square Form as cursive script is to block letters. The movements of the Hand Form come in a set sequence, and all have a self-defense application. Slow and gentle practice of the Hand Form by concentrating on the movements will result in tranquillity of mind, help relax the body and improve respiration.

2. INTERNAL STRENGTH

Internal Strength can be described as meditation combined with exercise. Though we are concentrating on maintaining a tranquil state of mind, we are at the same time holding set postures or repeating set movements which are designed to increase our health and strength, and to give us a well-coordinated body that is full of energy.

3. PUSHING HANDS

The purpose of Pushing Hands is to train us in methods of applying techniques to disrupt our opponent's center of gravity. Such training will also increase our sensitivity and improve our reactions. Pushing Hands is the key to learning the Self-Defense techniques.

4. SELF-DEFENSE

Once we have reached a certain standard in the Pushing Hands, we can then move on to learn the Self-Defense techniques. These are modified techniques taken from the Hand Form. Practice with a partner is necessary to develop our ability in using these techniques to defend ourselves and to counter-attack our opponent. We must make these techniques second nature to us, so that in a real situation we will react instinctively and decisively.

5. WEAPONS

Weapons are also a Solo Form. The three weapons used in Tai Chi Chuan are the straight sword, sabre and spear. Some instructors teach the Fan which is also included under weapons. They are usually taught after a certain degree of proficiency has been achieved in the Hand Form and the techniques of Pushing Hands and Self-Defense. The techniques of the Weapon Forms can be adapted for combat purposes in the same way as the techniques of the Hand Form.



TAO

China's oldest system of philosophy and holistic practice is Taoism. Tao is the path of wisdom and virtue, the way of nature, and is the root of all philosophy and practice of Tai Chi. Tao is the unity of all things interconnected and flowing in harmony with the laws of the universe. From Tao wisdom came the Pa Kua, the eight trigrams, which represents the eight realities, or changes in the universe. In the Tao Te Ching and I Ching, Tao emphasises wisdom, peace and spiritual living through the principles found in nature of Yin and Yang, which symbolise fullness and emptiness, equals and opposites, change and reversal. It is on these foundations that all styles of Tai Chi are based.

Taoists observe that we are part of the natural world, we are born of the energy of the earth and stars and elements. Yet, for some reason we forget our place in nature, and so we need to reclaim our rightful heritage as children of the Earth. Just as the universe is an integrated whole, the body is an integrated whole with each part connected to and dependant on the other parts. Yet as we become adults leading sedentary lives, we often forget to use all the other parts of our bodies. We depend on the head and arms, using the spine, hips, and legs only to get us from the car to the elevator to the swivel chair, where we can use the head and arms again. By restricting our movement, we forget how to move strongly, lithely and efficiently. When we forget how to live fully in our bodies, we overly restrict the way we move, and eventually we forget who we really are. Taoism involves many practical disciplines that can restore our lost youth, energy, and virtues while awakening our deepest potentials. Tai Chi is just one of the many practices that can help us to maintain health and learn universal truths if we are willing to open our minds.

The Tao Te Ching and I Ching enunciated the principles of Tao. Selflessness is an important characteristic of a person who follows the way of the Tao. You must learn to go with the flow. Polarities of Yin and Yang exist everywhere in nature, E.g. Heaven and earth, man and woman, sun and moon. There is a constant cycle of change as in the Tai Chi symbol, where yang starts out as a small tail and expands to a full orb with a dot of yin; then small yin develops to full yin with a dot of yang. In Tai Chi the empty foot is Yin and the heavy, firm foot is Yang until the weighting changes and the relationship is reversed. The real contribution of the Tao has been to the inner life of man. It has various schools of nonbeing, nonaction, inner and outer elixir, which point to the fact that man must understand himself before he can understand the world.

Meditation is therefore key as one learns to focus and direct energies, which are usually squandered by the five senses. The movements of the arms and legs in Tai Chi, along with the turns and posturing of the body, help to picture the flow of chi during meditation. Also, the very structure of the hexagrams can be used to picture the human body, the two top lines being head, the middle lines being chest, and the bottom two being the lower part of the body. The I Ching itself can be read as a manual describing the course of the chi in meditation and as a guide to the temptations and goals of the meditator.

Over the millennia, Taoism has meant different things to different people. According to orientalist John Blofeld, scholars identified it with the philosophies of Lao Tzu and Chuang Tzu. To most ordinary folk, Taoism was a loose agglomeration of shamanistic and occult practices. Taoists who wanted to rejuvenate their bodies and prolong their lives combined philosophy and practice with the secrets of internal alchemy. And to mystics seeking union with the Sublime, the Tao was the esoteric heart of all those teachings. Tao can mean the undifferentiated unity from which the universe evolved, or the supreme creative and sustaining power that nourishes all creatures. It can mean the way nature operates as well as the course or path we should follow in order to rise above mundane life and achieve enlightenment. Taoist philosophers see the world and everything in it as a seamless web of





TAI CHI BALI MOUNTAIN RETREAT

5 DAY RETREATS IN TABANAN NORTH BALI

* Tai Chi * Qigong * Yoga * Trekking * Canoeing * Hot Springs *
Experience the healing power of nature in this unique mountain retreat package surrounded by scenic views, rainforests, waterfalls, hot springs and lakes. The perfect environment for health, relaxation and spiritual growth.
For more information Email: info@taichibali.com

“Millions of people have been healed by the therapeutic powers of Tai Chi. With over 40 simple exercises, this book inspires us to develop a healthy and meaningful life. It encourages us to rediscover our spiritual unity by integrating the philosophy of Tao into our daily life.”

“Tai Chi exercise from ancient China is a set of slow and graceful movements, gentle breathing and peaceful meditation that guides the healing energy of nature to flow freely throughout our body, mind and spirit, creating love, wisdom and compassion in everyday life.”

“Research at the Beijing College of Traditional Chinese Medicine shows that Tai Chi breathing, movement and meditation techniques prolong life, promote stress-free healthy functioning, and assist healing.”

TAI CHI – CHINESE QIGONG AND TAIJIQUAN
DAVE WEST



DAVE WEST left England in the early 1990's, and began his spiritual journey in India, Nepal and Tibet, studying Raja Yoga and Kundalini Yoga in Rajasthan with Swami Shyam Yogi, Sivananda Yoga in Vrindavan, and Tantric Buddhism with Himalayan Yoga masters in Ladakh, Dharamsala and Kathmandu. After 2000 he began studying Tai Chi and Chi Kung with several masters from China, Thailand, UK, USA and Canada. Dave has used his experience and knowledge to teach Tai Chi, Yoga and Physical Education at international schools, hotels and health centres around the world. He has written three books on Yogic Meditation, Tibetan Yoga, and Tai Chi Chi Kung, containing gentle yet powerful exercises for living in health and harmony with the natural world. Dave has spent the last 10 years developing programmes for tourists, expats and locals in Bali, leading groups and individuals into the great outdoors, teaching how to heal their mind and body with ancient wisdom, experience their connection with the natural world, and develop a relationship with universal energy and the Divine. Dave lives, teaches, and surfs in Bali.



www.taichibali.com

TAI CHI BALI MOUNTAIN RETREAT COURSE BOOK & DVD

TAI CHI BALI Copyright 2010 Made in Bali

