



PUSH HANDS by Jou, Tsung Hwa

There is a strong movement, both in the United States, and China, taken as a whole, to see the inclusion in future Olympics competition, of Kung Fu, and Tai Chi. As fellow Tai Chi Players we would like to appeal to you to join forces with us and help to establish a "push hands community." At the end of this preamble follows the beginning of the Articles of the "Tai Chi Ch'uan Competition Rules for the Chinese Kuoshu Federation, Republic of China."

We intend to publish all these rules in future issues of "The Tai Chi Farm Newsletter." We believe that the heart of Tai Chi Ch'uan is in its application. Many of us know differing forms, but the application is quite consistent. We would like to see Tai Chi Ch'uan accepted as an official Olympic game by 1992, the year when the games are scheduled to be held in Peking. Karate, Judo, etc. have recently been accepted. Your support can benefit all Tai Chi Players everywhere.

Presently, push hands has three stages. These are:

1A) Fixed Step Push Hands: This consists of Peng, Lu, Chi, and An, which are Ward-off, Roll-back, Push, and Press. This is very similar to the push hands routine taught by all the yang form teachers with which most of you are familiar. This is called the Four Directions.

1B) Moving Step Push Hands: This is the practice of the above while moving. The rules governing both these types of push hands are defined in the competition rules

which will be printed in serial form starting this issue.

2) Da Lu: This means Four Corners and will emphasize Tsai, Lieh, Chou, and Kao, which are Pull-Down, Split, Elbow, and Shoulder-strike. Projected Da-Lu competition, although emphasizing the Four Corners will also include the previously described Four Directions.

3) San Shou: Free fighting! As yet there has not been official rules published by any government body. In relation to Fixed Step Push Hands and Moving Step Push Hands, the rules published by the Mainland are almost the same as the ROC. A translation is as yet unavailable.

This summer our schedule will include special emphasis on push hands. In addition to our staff, which will be instructing every Sunday from 1:00 to 4:00, and will have four special one week programs, which will be available at half price for those willing to work to help us build for the future, visiting masters from around the world will instruct a variety of week-end, and all-week seminars. The schedule for this was published in the January 1987 issue of our Newsletter. Please write if you need a copy of the schedule.

If anyone feels a burning need to have a complete copy of these rules immediately we will send a copy to you for only \$5.00. Any Tai Chi teacher who wants a copy will receive one free upon request. We are awaiting your response!

TAI CHI CHUAN COMPETITION RULES FOR THE CHINESE KUOSHU FEDERATION, Republic of China

CHAPTER ONE: GENERAL SCOPE OF COMPETITION

Article 1: T'ai Chi Ch'uan competitors of The Chinese Kuoshu Federation should adopt the following rules.

Article 2: The purpose of these competition rules is to develop the traditional T'ai Chi Ch'uan Classics and Principles. It is important that the contestants avoid the use of wrestling or boxing to win their match.

CHAPTER TWO: FIELD

Article 3: The playing field will consist of two concentric circles within a total area of eight square meters. The outside circle measures six meters and the inside circle measures two meters. (See Figure 1.)

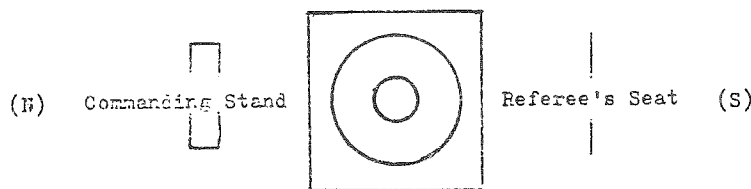


Figure 1.

Article 4: The inside circle will be a playing area for fixed push hands. This means the players may not use a moving step in order to push their opponent. The outside circle will be a playing area for active or free movement push hands. This means that the players may move their steps in order to push their opponent.

Article 5: The competitors playing field will be on a square boundary platform, 20 centimeters above the ground floor. The platform will have a roped off area for contestants. The field area will have a flat, non slick surface.

CHAPTER THREE: CONTESTANTS

Article 6: All participants in the contest are to fill out an application form from their school team. (See Appendix 1.) Each contestant must have at least two years experience in T'ai Chi Ch'uan. The contestant's teacher must sign their application form to verify their qualification and list their Chinese Kuoshu Federation identification number.

The Chinese Kuoshu Federation reserves the right to have an official check the contestants qualification for verification of his/her experience in T'ai Chi Ch'uan. This will consist of a 5-10 minute demonstration of their T'ai Chi Ch'uan movements. The official will also check their body weight, height, age, and photograph.

Article 7: Each team that participates in the contest must list the name of their coach, manager, and all players that are competing on a roster list.

Article 8: Each contestant must wear a proper, clean uniform with no decorations on it. Each contestant must take care of his/her personal hygiene and cut finger nails.

Article 9: There will be a men's and women's contest division.

a. Men's division with age level of 20-59 and body weight above 76 kg will be the first class.

b. Men's division with age level of 20-59 and body weight above 70-76 kg will be second class.

c. Men's division with age level of 20-59 and body weight above 64-70 kg will be third class.

d. Men's division with age level of 20-59 and body weight 58-64 kg will be fourth class.

WEEKEND WORKSHOPS

1. June 6-7

THE 15TH ANNUAL CHANG San Feng Festival brings together Tai Chi players from all over the world for a weekend of celebration, practice and exchange of ideas. Activities include demonstrations, workshops, and a special dedication ceremony to honor Chang San Feng, the founder of Tai Chi. A highlight of the weekend will be the performance of a traditional Chinese Lion Dance.

2. June 13-14

Special weekend from Chen's Tai Chi School. On Sunday, world famous Master William C.C. Chen will demonstrate the body mechanics of Tai Chi Ch'uan. Saturday's Workshop will feature Master B.P. Chan, who will teach Chi Kung therapy and Tai Chi Ruler.

3. June 20-21

PRC STANDARD 24 Yang Form was established in the 1950's by the national Athletic Commission of China. Instructor Steve Rhodes has studied intensively in China and is certified to teach the 24 Yang Form. He is a member of the US Wu Shu team which visited China last fall for competition and demonstration.

4. June 27-28

KENNETH COHEN, ordained Taoist Priest and Director of the Taoist Mountain Retreat in the Rocky Mountains of Colorado, will provide an introduction to the ancient Taoist way of attaining the "Spirit of Nature." Students will practice Chi Kung, animal frolics, and will be introduced to the science of Geomancy (Feng-Shui, the study of earth-energy.) This workshop will have practical applications for the everyday life of each student.

5. July 4-5

Independence Day

6. July 11-12

THE MASTER KEY OF Tai Chi Ch'uan. Master Jou, Tsung Hwa will introduce students to the eight trigrams and five elements which relate to all styles of Tai Chi Ch'uan. They are the key

to open the door to improvement in all aspects of your Tai Chi practice. As a bonus, this weekend will include a "Full Moon Meditation."

7. July 18-19

FROM SEPTEMBER 1985 until September 1986, Steve Arney and Virginia Schultz lived in Guangzhou teaching English and studying Tai Chi Ch'uan and Chi Kung. In this workshop, they will teach one set of Madam Lin's Chi Kung system for health maintenance. They will also introduce the new 48 Posture Form and the first and second Chen Form they learned in China. Steve and Virginia will also discuss the state and level of Tai Chi and Chi Kung in the People's Republic of China as they experienced it, sharing the knowledge their three teachers gave them. Slides, movies, videos, stories, etc. will be included in the program. Specific information on how to apply for a position teaching English in China is included.

8. July 25-26

PUSH HANDS WITH A Chinese Master, Yu, one of the most famous Push Hands competitors in Taiwan. Master Yu has over 40 years of study in the Chinese martial arts. He was Director of Tai Chi Ch'uan at Tan Kiang College in the ROC and now is Director of San Feng Wu Shu Institute in New York City. Through lecture and demonstration you will learn how to improve and develop your Push Hands ability.

9. August 1-2

CHENG MAN CHING'S short form, corrections and Push Hands Application. This workshop will provide corrections for students of Cheng's short form and will offer basic push hands instruction. If time allows, students will also learn the transition movements from Master Cheng's short form to Yang family long form. The workshop will be conducted by Master Lawrence Galante, a Tai Chi Player and instructor for over 20 years. A former student of Master Cheng, he now teaches in New York City.

10. August 8-9

CHINESE LANGUAGE for Tai Chi players Yang's Tai Chi: Long form to short form. Master E. Chiang Lee teaches Tai Chi Ch'uan in the

Philadelphia area. In this two part workshop, he will introduce students to the Chinese language using common characters found in the study of Tai Chi Ch'uan, demonstrating the postures to accompany each character. He will also offer an analysis of the evolution of Yang's Long Form into the short form, reviewing the basic Tai Chi Ch'uan forms and their connections. As a bonus, a Full Moon Meditation will be held this weekend.

11. August 15-16

CHIN-NA AND TAI Chi Jing applied to Push Hands. Dr. Yang Jwing Ming, author of Advanced Tai Chi and Chin-Na, will share his special knowledge of these subjects, applying them to Push Hands. Each class will concentrate on the application of locking and grabbing techniques (Chin-Na) and the various uses of internal human energy (Jing). This workshop will be sure to add a new "twist" to push hands abilities. Dr. Yang Jwing Ming is the founder and director of Yang's Martial Arts Academy of Boston.

12. August 22-23

I-CHING FOR TAI Chi players. In the 10th century, Chen Lin Hsi said; "No one can master Tai Chi Ch'uan without studying the I-Ching." In this course, participants will use the I-Ching as a guide to open new doors in their Tai Chi development through form, discussions, exercises, and meditation. Instructor Jay Dunbar, a student and teacher of Tai Chi and the I-Ching for over 12 years, is the publisher of CHANGES, the newsletter of the Tai Chi exchange.

13. August 29-30

SIMPLIFIED CHEN form is a short form consisting of 37 postures. It was established in the 1950's by the National Athletic Commission of the People's Republic of China combining aspects from the Chen 1st routine and 2nd routine of the Pao Tui. This form is a good introduction to Chen style. Instructor Anson C. Rathbone studied the form at the Beijing Institute of Physical Education in China.

14. September 5-6

Labor Day Weekend

15. September 12-13

IRON SHIRT CHI Kung is an ancient Chinese art developed to protect the body from disease and unexpected injury. Practitioners use rooting techniques and strengthening exercises to make the tendons, muscles, bones, and organs a virtual "Iron Shirt" of protection.

Instructor Gunther Weil, Ph.D. is a licensed psychologist with over 20 years experience in Eastern and Western body/mind disciplines. He is a certified senior instructor in the Healing Tao Center under the direction of Master Mantak Chia.

16. September 19-20

MASTER KEY OF TAI Chi Ch'uan. A repeat of course 6 (described above). This weekend is your last chance to learn firsthand from Master Jou Tsung Hwa. It could also be an excellent review for those who attend the first class.

TAI CHI FARM COURSE DESCRIPTIONS

FIVE-DAY SEMINARS

1A. May 24-29

WORK STUDY WEEK I. Yang family long form. Students of the Yang short form will better understand the derivation of their short form with a week of study of the Yang family traditional long form. This form will be taught by Sidney Austin, operator of the Tai Chi Wu Shu Center in Elizabeth, NJ. Mr. Austin will also include push-hands instruction and practice. Since student's will work a few hours each day to prepare the Farm for summer classes, tuition will be half-price. Activities will include: cleaning, gardening, and fix-up projects. We especially invite students with green thumbs! If possible, please bring any gardening tools, plants, and seeds you may have.

2A. June 1-5

WORK STUDY WEEK II. Push Hands Rules and Practice. This workshop is offered at half-price tuition, as students will spend a part of each day helping the Farm prepare for the coming 15th Annual Chang San Feng Festival. The Tai Chi Farm staff will be teaching students the official rules for Push Hands competition. Students will learn and

practice techniques Those who participate Hands demo the Chan Festival.

3A. June

PA KUA B. Master B. take stu roots of T using the in the Kua) and elements (from Hsi two com combined. Chuan. St interest Key to Ta should n introducti and Hsing I will take "natural classroom Master C students. trees, be stream, a diagram sur eight tri outer edge Master Chai Kein, Chin Chinese since the a now teache City at Chen's Ta School. bonus, this include a Meditation.

4A. June 1

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5A. June

WORK STU Push Han Practices; second ha hands wo students w hours eac improveme Chi Farm, basics o practice competi local inst announced the worksh

skills and Push Hands. Wish can in the Push rations at San Feng

6A. June 29-July 3

WU TANG TAI CHI CH'UAN. Root of Tai Chi Ch'uan. Wu Tang Tai Chi Form, originated by Chang San-Feng on Wu Tang Mountain, has recently been "rediscovered" in modern China. This workshop will focus on learning to free the circulation of Chi and blood in the meridians and internal organs of the body, as well as strengthening the sinews and bones. Instructor Master Tzu Kuo Shih is coming from China to conduct the workshop. He is an honorary Director of the Chi Kung Research Association in Beijing, and a consultant to the Wu Tang Martial Arts and Chi Kung Association in Shanghai. He now operates the Chinese Healing Arts Center in Kingston, New York.

7A. July 6-10

WORK STUDY WEEK IV. Push Hands and Ta Lu. Master Sidney Austin will teach applications of the four directions: Ward Off, Roll Back, Press and Push. This includes fixed and moving step Push Hands, as well as application of the four corner Pull-Down, Split, Elbow and Shoulder-Strike, with several different Ta Lu forms. You will also learn the rules for push hands competition. This workshop is available at half-price tuition in exchange for a few hours work on the farm each day.

8A. July 13-17

THE FIRST ROUTINE of Chen Tai Chi Ch'uan provides a stepping stone from the external martial arts to the internal arts. This form emphasizes Chan Ssu Chin, or Silk Cocoon Spiraling, to teach the meaning of the eight trigrams in the hands. Chen style is a good form for serious Tai Chi students to develop energy and to understand the master key to Tai Chi Ch'uan. Master Jou, Tsung Hwa will present the entire form during this intensive week.

9A. July 20-24

PAO TUI. Chen Family Second Routine. Master Jou, Tsung Hwa researched the Pao Tui for more than 15 years, but could not find anyone in Taiwan or Hong Kong to teach him, to demonstrate the form, or even to describe it to him. He was finally able to see and videotape the Pao Tui when he visited the Chen Village in the People's Republic of China. Pao Tui is an

important bridge between Chen First Routine and Shao-lin. It emphasizes the development of fa- chin, or internal energy, used to attack. Martial Arts players of hard and soft styles will benefit from learning this form.

10A. July 27-31

ANIMAL FROLICS AND DIETETICS. Master Paul Gallagher, founder and director of the Deer Mountain Taoist Academy in Guilford, Vt, has practiced Taoist therapeutic movement for over 20 years and is a practicing dietetic counselor and master herbalist. He will divide the week between two topics. Animal Frolics, the earliest extant system of Chinese therapeutic exercises, are a sequence of relaxing and rejuvenating exercises which benefit every part of the body and strengthen the internal organs. These movements allow us to share the beneficial characteristics of the five animals: crane, bear, monkey, deer, and tiger. Traditional Chinese Dietetic Theory will explore properties of some 100 foods, recipes for each organ, and evaluation of organ condition.

11A. August 3-7

WORK STUDY WEEK V. Yan Form Sparring or San Shou. This form is both beautiful and deadly. The flowing motions of two partners performing the application is almost like dance, with its precise timing and coordinated movements. Yet, at the same time, each movement is designed for self-defense, and if applied, could break a limb or even kill an opponent. Instructor Marsha Rosa has been a student of Tai Chi for more than 10 years, and teaches at Douglas College in New Brunswick, NJ. This week students will pay only half tuition and will work on improvement to the Tai Chi Farm. As a special bonus, there will be instruction in push hands and a demonstration of the rules of push hands competition.

12A. August 10-14

THE HIGHLIGHT OF the summer program. We are pleased and honored that we can once again share a week of Tai Chi with the oldest and most famous Grand Master, T.T. Liang. The weeks activities will include Yang-style long form, push hands instruction, demonstration of weapons, two-

person forms, and lectures on the Tai Chi Classics. Last year, T.T. Liang impressed everyone with his spirit and vitality, clear informative teaching, and his grand sense of humor. A youthful 87 years old, Master Liang is a living example that Tai Chi Ch'uan is the way to rejuvenation!

13A. August 17-21

MASTER TAO, a highly advanced student of Master Cheng Man-Ching, visits us from Taiwan. This week, he will be teaching the original Chang Man-Ching short form with corrections. Also, Master Tao will teach push hands for advanced students. This workshop is a rare opportunity to learn about two of Master Ching's five excellences because Master Tao is also a specialist in Chinese herbs and acupuncture.

14A. August 24-28

ACUPUNCTURE AND MERIDIAN WORKSHOP given by T.K. Shih. In this workshop we will learn the basic theories of Chinese acupuncture, the 12 major organ meridians and their importance in the circulation of vital energy. Major points along the meridian will be presented and their importance to health and healing, as well as martial arts, will be shown. Instructor Master Tzu Kuo Shih is coming from China (see course 6A. June 29-July 3).

15A. August 31-Sept. 4

CHANG'S TAI CHI, SHUAI-CHIAO application to push hands. Master Frank DeMaria, involved with martial arts for 30 years, has specialized in Shao-Lin and the three internal arts; Pu Kua, Hsing I, and Tai Chi. He has been a student of Chan Tung Sheng, a most noted Kung Fu master of Shuai-Chiao, or Chinese Wrestling, and developer of Chang Tai Chi. Frank is the highest level of Shuai-Chiao in the U.S. In this workshop, Master DeMaria will teach Chang's Tai Chi, Shuai-Chiao techniques applied to push hands, and various Shuai-Chiao Nei Kung and Chi Kung exercise.

16A. September 5-11

THIS SPECIAL 7-day retreat includes a "little of everything" in a relaxes and meditative atmosphere at a bargain price of just half the cost of a 5-day workshop! It's time to let go and escape your daily routine. Wander through the forest alone. Play Tai Chi Ch'uan by the stream. Learn about push hands practice and competition. Join the nightly meditation with the Tai Chi Farm staff and a special Full Moon Meditation party on the 7th. Do some hard physical work in the afternoon to release your stress while helping to improve the Tai Chi Farm. So, pack your bags, leave your troubles behind, and get lost in yourself.

太極拳

Local Classes

Sat. and Sun.

7 to 8:30 a.m.

Monthly fee

\$30.

FESTIVAL HONORS TAI CHI FOUNDER

By Marsha Rosa

The 15th Annual Chang San Feng Festival will be held the week-end of June 5, 6, 7 at the Tai Chi Farm. This is a special event for all Tai Chi players because it gives us the opportunity to communicate with our Tai Chi "family," greeting old friends and meeting new ones.

At the Festival we can exchange ideas and information, gain new insights, and improve our understanding of Tai Chi. Those of us who live busy lives, with other commitments besides Tai Chi, know how difficult it is to get to as many workshops and seminars as we would like to attend. That's why our gathering together at the Festival has become such a popular event. It is our chance to share the oneness we experience through our practice of Tai Chi Ch'uan.

Tai Chi is not only a way to vibrant health, but also a means of obtaining a clear and youthful mind. It expresses itself in our thoughts and actions. Our consciousness is uplifted and we see life in a new way. As Pierre Teilhard^dChardin said, "The essence of life is not well being, but more being."

There is truly no better place to play Tai Chi than the great outdoors. And at the Tai Chi Farm we have a beautiful and peaceful natural setting. Amidst the trees and along the stream are several open practice areas, including a Pa Kua Garden.

This year's Festival will begin with the customary Friday evening introductions, campfire gathering, and demonstrations. On Saturday there will be workshops and demonstrations. This year our focus will be on push hands. Through instruction in the rules of competition and open practice, we will prepare for future push-hands

tournaments. We will also have many other workshops to accommodate new and advanced students.

On Saturday night we will have our 2nd annual Tai Chi picnic. Last year's picnic was a great success and this year's promises to be even better. The workshops continue on Sunday morning. Then, at 1 p.m., we begin the traditional ceremony honoring Chang San Feng. This year's celebration will also include a Lion Dance, complete with lion head and tail, a wooden drum, two gongs, cymbals, and traditional Chinese costumes and masks. After the opening ceremonies, our invited guests will perform.

This winter Mr. Jou gave a special workshop in Piscataway for many of his former students. He re-emphasized the essence of Tai Chi, clarifying fine points and giving us a precise explanation of the Master Key. We hope to include in the festival program a workshop to share our new knowledge with you.

Soon we will be sending invitations to Masters and Tai Chi players, asking them to demonstrate during the festival. Those we invite are selected because of their accomplishments and their ability to demonstrate different aspects and styles of Tai Chi. Unfortunately, there are so many excellent and accomplished Tai Chi players that time does not permit us to include all of them in our program.

We look forward to a great week-end honoring Chang San Feng. Hope to see you all there.

If you would like more specific information about the festival, contact coordinators Marsha Rosa, 1650 Quincy St., Piscataway, NJ 08854, (201) 968-4430, or Robert Moore, (201) 795-1922.

**WILLIAM C.C. CHEN'S WORKSHOP
SCHEDULE 1987**

Master Chen is a world famous Tai Chi Teacher who is also a friend of Tai Chi Farm. It is our intention to publish his workshop schedule in our newsletters for all interested persons. The following is Part I, from March until April.

<u>DATE</u>	<u>ORGANIZATION</u>	<u>CONTACT PERSON</u>
<u>MARCH</u>		
1st - Sunday 12pm to 4pm Workshop (4 hrs)	Andrew Heckert 60 Wyneva Street Philadelphia, PA 19144	Andrew Heckert (215) 843-8583
13, 14, & 15 F, Sat, & Sun Workshop	Tai Chi Chuan of Dusseldorf Heinrichstr. 87 D 4000 Dusseldorf 1 West Germany	Linda Lehrhaupt (0211)631981
16 thru 21st Mon thru Sat Workshop	Stichting T C C Amsterdam Postbus 15393 1001 MJ Amsterdam/Holland	Robert A. Volke 08385/25998
22,23 & 24th Sun, Mon, & Tues Workshop	Genesis Stichting Bevordering Natuurlijke Geneeswijze Fred. Hendrikplein 12 2582 at den haag/Holland	E.J.M. Bancken Chairman 017/558477
27, 18, 19th Fri, Sat, & Sun Workshop	Luis Krekeler Bresslstr. 80 2800 Bremen/West Germany	Luis Krekeler 011/49421
<u>APRIL</u>		
3rd thru 6th Fri thru Mon Workshop	Tai Chi Chuan Ass. of Indiana 110 S. Indiana Ave. or P.O. Box 1834 Bloomington, Indiana 47402	Laura Stone (812) 332-9911

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We appreciate those of you who have already sent us \$10 (or more) and look forward to expanding our readership.

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COURSE FEES - 1987

	<u>Weekend</u>	<u>5-Days</u>	
Tuition:	\$85	\$170	(Work Study Weeks: \$85)
Lodging: Cabin	\$20	\$ 40	(Work Study Weeks: \$20)
Camping	\$10	\$ 20	

WEEKEND WORKSHOPS - begin at 9:00 A.M. Saturday and end at 3:00 P.M. Sunday, with registration and informal gathering on Friday night.

FIVE-DAY - seminars begin at 9:00 A.M. Monday and end at 12:00 noon on Friday, with registration and informal gathering Sunday night.

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PRE-REGISTRATION FORM -- TAI CHI 1987 PROGRAM
.....

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ADDRESS _____

DATES OF COURSE _____

COURSE TITLE _____

PHONE _____

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I AM ENCLOSING \$ _____ FOR PRE-REGISTRATION.

I AM ENCLOSING \$ _____ FOR A ONE YEAR SUBSCRIPTION TO TAI CHI FARM.
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SEND TO: Pre-registration, Tai Chi Farm, P.O. Box 630, New Milford, NY 10959

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