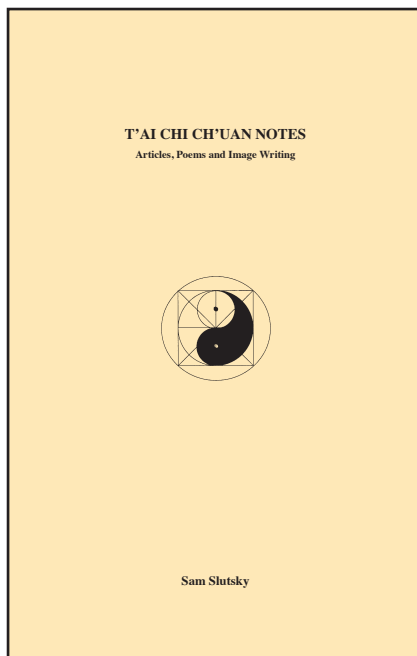


CONTENTS

Pricing	2
Electronic Book Loading Instructions Intro	4
T'ai Chi Ch'uan Notes PDFs	5
T'ai Chi Ch'uan Notes ePub	6
T'ai Chi Ch'uan Notes .mobi (kindle)	7
Excerpts	8

T'AI CHI CH'UAN NOTES
Articles Poems and Image writing



CONTENTS

Articles

Training Methods

Elements of T'ai Chi Ch'uan Training

Why Boxing

Square Circle

Bone Dreaming (Poems)

T'ai Chi Ch'uan Image Writing

Introduction To Image Writing

Images 1

Images 2

Images 3

Images 4

Images 5

Personal Musings

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Image Drawings

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Excerpts Poems

Helix

The vertical spinning stillness;
ascending and descending on currents of air –
through the bone.

Shadow Boxing

At the intersection of stillness and motion,
the corporeal shadow awakens
and inhabits the space that space contains.
Living in the contraries – both distinct and united,
the breath is the other side of the air;
the space –
of the body.

Anti Matter

The essence emerges
unwoven backward
out of the structures, feeding
back through to
the re creation of the heart.

Image Writing

Action is stimulated by an external-internal impetus; like music moving us to dance. The impulse stirs the stillness or potential of gravity (the vertical plane), creating wave like undulations that move us by moving through us.

The gravitational force is the plumb line, through which the vertical aligns itself.

.
Moving within the slipstream of ones own movement.

Like drawing a string through a labyrinth, because coming back is where you're going to.

I had to sense the hint of the next place over to know the known places better. Knowledge becomes stronger when united with other knowing. And another level of integration becomes necessary. Start again. It's all about continuing, purposelessly weaving a tapestry of a self.

Polar movement. It happens between here and there (inclusively), rather than from here to there.

The still point is hollow – a vortex.

To neutralize the opponent, one must neutralize oneself.

Be still and everywhere at once.

Shadow mind. The shadow mind releases to the inside; fluctuating inside out and outside in; front and back and side to side. Everything is in flux except for before the beginning and after the end. The great middle (that is everywhere) is always void.

Stillness is not stagnant. It roots and encompasses change as silence reveals sound.

Move with the weapon as though it does not exist.

Be led into the spaces that movement creates.

The gateway. Because we are a conduit of the life force, we can live in the continuous present of time continuum. This presence is a continuous gateway of ones relationship to everything.

People fear the primordial, and rush to mask it with any conventional script.

The boxing practice is there to give presence and authenticity to oneself. Being in life is tempered by annihilation.

Everything must be separate (distinguished) for unification to take place.

The movement moves away from itself to be whole.

Inner and outer space. Open and close from every part of yourself, pulsating with the rhythm of everything.

image drawing

