



**GUANG PING**  
YANG TAI CHI ASSOCIATION

# The Universal Post



*Nonprofit Organization*

*Volume 6 Issue 1*

*January 2003*

## FROM YOUR PRESIDENT BY NICK D ANTONI

First of all I'd like to thank each and every one of you who were involved and participated in the October annual conference. It really WAS the best ever because of you ALL! I also want to say an extra, special thank you to all the presenters who worked so hard and were responsible for so many special moments during the conference. So, to Founder and Grandmaster Henry Look, Rick Barrett, Fu-Tung Cheng, Randy Elia, Valarie Prince, Dominick Ruggieri, JoAnna Schoon, Lynn Sharp, Nina Sugawara, and Allen Trigueiro - "Thank you so very much!" for sharing your time, experience, and insights with us all.

One of the things that helped make this year's conference unique was the way all the presenters were able to connect with and build on each other's material. The program seemed to mesh in a way that was very accessible and inspiring. As always, the level of camaraderie was high and the relaxed atmosphere helped to encourage the free sharing and exchange of experience and perspectives. All in all I'd say the weekend was a near perfect mix of hard work and good humor, citing for special notice Randy Elia's outstanding impression of a first-time competitor during the "Tournaments For Dummies" Sunday session. Those of you who were unable to attend this year should really start planning now to attend next year's conference.

Another milestone at this year's conference was the association sponsored "Judging for Chinese Internal Martial Arts" workshop presented by Grandmaster Henry Look. Master Look presented the same judging certification workshop he has given for many years for the US Chinese Kuoshu Federation and at major tournaments around the country. The first ever group of Guang Ping Yang T'ai Chi Association certified judges were presented with their certificates of qualification during Saturday's dinner and Annual Membership Meeting. Congratulations to you all!

The 2002 conference also marked the end of terms of office for two long-time board members to whom the association owes a large debt of gratitude. Both past-President and Honorary Chairman Donald Rubbo, and long-time Treasurer Allen Trigueiro ended their service on the GPYTCA board in October. Don and Al were both founding members of the board and have worked hard since its incorporation to help the association

*(Continued on page 5)*

## MOST INFLUENTIAL CHINESE STYLISTS BY NINA SUGAWARA

The January 2003 issue of Inside Kung Fu magazine is a celebration of their 30 years in publication and part of that event was to list the 30 Masters the magazine considered to be the most influential Chinese stylists of the past 30 years! Number 14 on that list (although I do not think the list was put together in any particular order) is Grandmaster Henry Look. There is a large photo of our founder standing with his straight sword. So many congratulations to both Dave Cater at Inside Kung Fu and to Grandmaster Henry Look on this auspicious occasion.

Most magazines (90%) do not celebrate their first anniversary so this is an enormous accomplishment. Inside Kung Fu is the only Chinese Martial Arts magazine that has regularly done in depth coverage of our Guang Ping Taiji form - so many other magazines lean toward traditional Yang or Chen to the exclusion of all others.

Other parts of interest in this issue were the 30 greatest Chinese Martial Arts events that helped shape the future of martial arts in America and the 30 best films in this genre. You might want to get a copy of this issue - if it is already off the newsstands when you read this you can call the magazine for a back copy or to subscribe at 1-800-877-5528.



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# YI GUN GIN

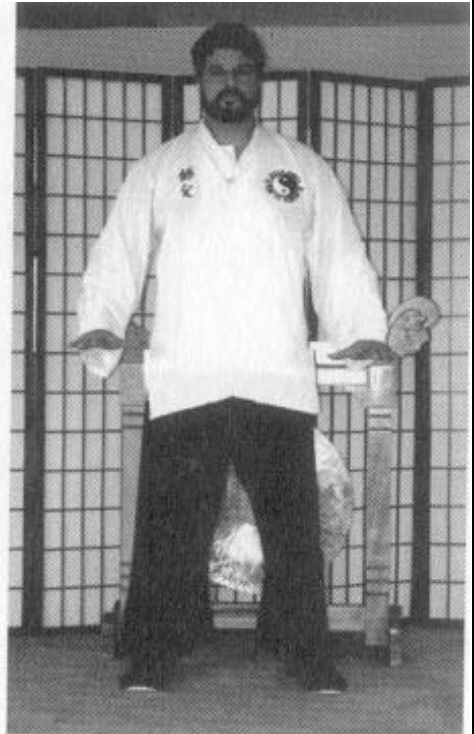
## THE CLASSIC OF MUSCLE & TENDON EXCHANGE

BY RANDY ELIA

The Classic Of Muscle & Tendon Exchange is an exercise that can be practiced by anyone of any age or physical condition. This 12 part exercise will be brought to you in the next four issues of the Universal Post. This exercise will improve your physical body as well as your internal chi.

### Exercise 1

Feet should be apart approximately even with the shoulders and parallel to each other with toes pointing straight ahead. The body weight should be supported evenly on both feet. Arms are slightly bent, with both hands dropped to the side of the body. The palms should open up completely and face down with the fingers separated wide apart and pointing forward. While slowly inhaling, pull all fingers upward and exert downward pressure on the palm of the hand so that it pulls on the wrist with the greatest force possible. Keeping the fingers and hands in the same position, begin to exhale and relax the fingers and palms. Repeat up to 49 times.



### Exercise 2

Feet are close together as in a natural standing position. Arms hang straight down in front. Both hands form a fist with the thumb lifting up so that they are pointing toward each other. Palms are facing inward. While slowly inhaling, squeeze the fists tight and lift up both thumbs as high as possible. While slowly exhaling, relax both fists and thumbs, but remain in the same position. Both arms are kept straight at all times. Repeat up to 49 times.



### Exercise 3

Feet should be apart, parallel to shoulder width with toes pointing straight ahead. Body weight should be supported evenly on both feet. Both arms drop straight down to the side. With palms facing inward, both hands should form a fist with the thumbs bent inside the four fingers. While slowly inhaling, squeeze the fingers tight and push down with the fist with the greatest possible force. While exhaling, relax both arms and fists remaining in the same position. Repeat up to 49 times.





# MEMBERSHIP NEWS & WEBSITE UPDATE

Don't forget, January is the month to renew your membership. All memberships expire on the 31st of December. You probably have received a renewal notice in the mail due to the hard work of our membership coordinator.

So, this is just a second reminder. Also, don't forget you can mail in your membership renewal or you can go online and have it complete in just minutes. Please complete your membership renewal form so that we have the most current contact information for you.

Next, access to the membership pages of the website are for active members only. Last year, those members who were active had access to the website until December 31, 2002. If you have since received an "access denied" error message, then, please email me to let me know you have renewed your membership. This will insure I active all of you who should be granted access for the upcoming year. Unfortunately this is a little cumbersome, in the meantime I will try to coordinate with the membership coordinator to update your website access. Sometimes, there is a delay in receiving the information, so don't panic, just send an email to me at [Websiteupdate@chinahand.com](mailto:Websiteupdate@chinahand.com) and I will give you priority in getting you back online.

Also, don't forget to checkout the shopping cart for the addition of 2002 Conference Video's.



## BREAKING NEWS

### NEW MEMBERSHIP COORDINATOR!

The Guang Ping Yang Tai Chi Association has a new Membership Coordinator.

The GPYTCA Board would like to thank outgoing Membership Coordinator, Valarie Prince Gabel, and acknowledge her years' of hard work and service to the association in cleaning up our membership database and developing a new system the really works.

THANK YOU, Valarie!  
We'll miss you.

At the same time, the board would like to introduce, and say "**WELCOME!**" to, our new Membership Coordinator, Terry Anne Barman.

Terry Anne and Valarie are in close communication and we look forward to a smooth "transition of power." New membership applications will be distributed to those with "Teacher" and "School/Organization" memberships as soon as they are duplicated. The new address for all membership correspondence is:

GPYTCA  
c/o Terry Anne Barman  
P.O. Box 686  
Laguna Beach, CA 92652



## Compliments

Dear Nick,

Thanks for a GREAT conference. It was the best ever. I learned sooo much.

My favorites were Fu-Tung and Allen Trigueiro. But I also enjoyed Randy's workshop. And the Tournament for Dummies was great. I wish I could have had that workshop before I ever competed. But then I really appreciated the class, especially Randy's imitation of a first time out competitor. It was all good. The camaraderie was great.

I know there were some complaints about the food but personally I thought it was okay. They tried their best to accommodate us. Much appreciated.

Thanks for all your hard work and for being a great president.

Yours in practice, Judy Shields



(Continued from page 1)

grow and develop. On behalf of the entire association and all the board, and especially those of us who've been with them from the beginning, I want to say, "Thank you. Thank you many MANY times for your hard work, patience, and perseverance over the years. You will be missed." Oh, and one more thing... Don, we all missed you at the conference and wished you could have been there, all except Al that is.

In your absence he had to "suffer" through eating your piece of the cake too. Poor Allen, it was one HECK of a cake!

Also announced at the Membership Meeting was the award of the first GPYTCA mini-grant to successful applicant, JoAnna Schoon. Her application was for funds from the association to assist in presenting a short residency and workshop for her students by Master Y.C. Chiang. This is the first of what we hope will be many such grants in the future. Congratulations, JoAnna!

Lastly, I want to announce that although the numbers are not finalized at this time it looks like the conference was also a financial success. We were able to accrue some last minute savings that really helped. We know that we've certainly covered the costs associated with the conference. What remains to be seen is the amount of excess revenue that will be available to help with other areas like mini-grants, improving the U.P., website, and moving into new ventures like co-sponsored regional workshops as just one possible example. Keep buying those conference videos everyone. They also contributed greatly to us being "in the black."

Which leads me to this message for those who weren't at the conference: Be sure to check the website in the near future for a listing of the videos that will be available from this year's event. I think there will be 14 (Yup, that's a big ten+four!), and we'll be offering the same sort of discounted packages that we have for the 2001 conference. Appropriating someone else's old advertising slogan for our use, "It's the next best thing to being there!"

Once again, to everyone: Thank you for a great conference!



# TRICIA'S TAI CHI TIPS

Have you had sex in the 24 hours before starting your tai chi basics and/or set? Well then you should take care and be gentle in your stretching and the deepness of your stance.

The languid and very relaxed state that your body is in after sex (a normal endorphin response) can have the effect of making stretching and deep standing easier. Unfortunately, in this situation it's easy to overdo and not realize it. **Ouch!** The pain of seriously overworked or pulled muscles isn't worth it. Even the simple rebound effect from overstretching can be quite painful. So take care of yourself--and after having sex, be gentle in your stretching and set.



## BUILDING THIS YEARS CONVENTION



This years conference, as we have already told you, has been scheduled and booked. So, lets go over the details again and let you know where we are.

First, give you the dates so you can mark your calendar and make your reservations.

September 26, 2003 - Friday

September 27, 2003 - Saturday

September 28, 2003 - Sunday

Next, this years location will be in Tannersville, Pennsylvania, in the beautiful Camelback Mountains. Tannersville is located in eastern Pennsylvania, over the border of Northern New Jersey, ideally located off Interstate Route 80, Exit 45 and just 75 miles west of Manhattan and 85 miles north of Philadelphia.

We will be hosted by The Chateau Resort & Conference Center, 300 Camelback Road, Tannersville, PA, 18372.

Toll Free Phone: 1-800-245-5900

Email: [chateau@prolog.net](mailto:chateau@prolog.net)

Website: [www.chateaurort.com](http://www.chateaurort.com)

For those who have to fly in the Lehigh Valley International Airport is 35 miles or a 40 minute drive from the resort. An alterative would be Newark International Airport, however keep in mind your travel to the resort will be about 90 minutes from the resort depending on traffic. This years conference again will include:

- Workshops all day Friday
- Workshops all day Saturday

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- Workshops Sunday morning to about 11:00 am
- Breakfast, lunch and dinner for Friday and Saturday; breakfast on Sunday
- Plenty of time to enjoy the pool, hot tub, night club, outlet shopping and more....

With all of these details out of the way, we are now working on presenters and presentations for the conference. This year we are trying something a little different. We are asking for your input. That's right, your conference, your input. So, we have enclosed a Conference Workshop Proposal Form. This simple form can be completed by anyone interested in

1. Presenting a workshop themselves
2. Suggesting the board present a topic
3. Recommending the board invite a presenter

These forms should be completed and returned to conference chairpersons:

Randy Elia  
Peter Kwok's Kung Fu Academy  
207 Kinderkamack Road  
Emerson, NJ 07630

Or

Dominick Ruggieri  
China Hand Kung Fu Academy  
1015 Cedar Bridge Ave  
Brick, NJ 08723

Or

Any of the board members.

You can also complete a Workshop Proposal form located on the website under Conference 2003.

Please submit these forms no later than April 1, 2003. All proposals will be subject to approval by the board of directors.

NOTE: Due to scheduling, amount of topics submitted, or other factors, there is no guarantee we can have every presenter or allow everyone who wants to do a presentation on any topic. We will try to do our best to meet the needs of the membership and those interested in attending the conference.

So, now's the time to act - complete the form ASAP and contribute your ideas now!



## T'AI CHI AROUND THE WWORLD

### BY NICK D'ANTONI

This is the third in a series of themed installments focusing on the eight fundamental energies and the five basic steps, or eight gates and five directions, that are basic to all forms of t'ai chi ch'uan.

The plan for this month was to list sites with content relating to the four remaining energies: cai (tsai, pull-down), lie (lieh, split), zhou (chou, elbow), and kou (k'ao, shoulder). Unfortunately, I found it difficult to locate the same sort of specific references that I found for the first four energies. [Okay you web acolytes out there, I'm identifying a clear need for content. It would be nice to have access to as thorough examination of cai, lei, zhou, and kou as is available for peng, lu, an, and ji.] So, practicing flexibility, I have listed here a mix of both specific and more general discussions, examinations, demonstrations, etc. that tend to address all eight energies. I don't believe any of these references are redundant and they further the exploration already begun.

As usual, I'm not making any editorial statement of support for the pages listed here, and there are more sites available than I have listed. If I can encourage you to explore a little on your own then I've accomplished what I set out to do. ENJOY!

#### **Beginner's Guide: Taijiquan (T'ai Chi Ch'uan)** [www.sixharmonies.org/pages/Taijiquan.htm](http://www.sixharmonies.org/pages/Taijiquan.htm)

A source that seems primarily devoted to chen style taiji that has some very good general information on basics and history. At the bottom of the page there's a chart of the 8 jings listing each with its "Tactic", "Characteristic", and "Focal TCM Point(s)" that many will find of interest.

#### **Pushing Hands - Ray Hayward** [www.tctaichi.com/articles/hayward\\_pushinghands.htm](http://www.tctaichi.com/articles/hayward_pushinghands.htm)

This is a lengthy article discussing "The What, Why, When, and How of Pushing-Hands" on the tctaichi.com website. About two thirds of the way into the article there is a section entitled "Eight Energies" in which he discusses them and their role in pushing-hands.

#### **YMAA News** [www.ymaa.com/ymaanews.html](http://www.ymaa.com/ymaanews.html)

Follow this link to the Yang's Martial Arts Association newsletter archive where past editions of their newsletter are available for download and viewing in PDF format. The archive goes all the way back to December 1988. Scroll down to the listing for "YMAA News #41.pdf" and click on it to read the article titled, "The Eight Energies." You may find other articles here of interest to you as well.

#### **Chen Style Taijiquan Training** [www.digidao.com/ntrain.htm](http://www.digidao.com/ntrain.htm)

A good overall resource for clear and concise description of all the eight basic energies and steps, or directions.

Scroll down to about the middle of this page for a brief description of each of the eight skills/techniques (ba fa). This page also has a link to a short video of a tui-shou demonstration that is kind of fun.

#### **The Five Levels of Training in Taijiquan, by Christopher Pei** [www.uswushuacademy.com/articles/Five%20Skill%20Levels.htm](http://www.uswushuacademy.com/articles/Five%20Skill%20Levels.htm)

A short presentation of the levels of study by Christopher Pei with some discussion of the eight energies.

#### **T'ai Chi, Qigong, and Internal Arts Videos** [www.tai-chi.com/catalog/Chen3.htm](http://www.tai-chi.com/catalog/Chen3.htm)

This link takes turned up in one of my searches and it takes you to a page of the Wayfarer Publications online catalog. At the bottom of the page is the video that's responsible for this "hit", "Chen Basic 8 Energies and Applications".

#### **My Journey in Learning T'ai-Chi Ch'uan** [www3.sympatico.ca/alduncan/journey.htm](http://www3.sympatico.ca/alduncan/journey.htm)

A resource assembled by Al Duncan who has kept a sort of online journal/synopsis of topics relating to his eight years of study in Yang style t'ai chi.

#### **Tai Chi** [www.shenwu.com/taichi.htm](http://www.shenwu.com/taichi.htm)

Another site with a basic discussion of tai chi's history, philosophy and lineage. The last long paragraph on the page looks at the "Eight Techniques" in brief. The "Yang Form" link at the bottom of the page takes you to an interesting short application demonstration.

#### **T'ai Chi, Qigong, and Internal Arts Videos** [www.tai-chi.com/catalog/yang.htm](http://www.tai-chi.com/catalog/yang.htm)

Another page in the Wayfarer Publications catalog which lists a set of four videos in the "China's Living Treasures" series featuring Lu Gui Rong. Tape one of this set features a section with "drills [that] are taught for the basic applications, peng, lu, ji, an, lieh, tsai, zhou and kao."

#### **OTHER SITES OF INTEREST:**

US Wushu Academy - [www.uswushuacademy.com](http://www.uswushuacademy.com)

Liu Ho Pa Fa, Six Harmonies & Eight Methods - [www.liuhopafa.com](http://www.liuhopafa.com)

Chinese Kung Fu Association: T'ai Chi Ch'uan Glossary - [www.ckfa-kungfu.com/taijiquan/glossary.htm](http://www.ckfa-kungfu.com/taijiquan/glossary.htm)

And don't forget to visit GPYTCA's own website, where you can join or renew your membership in the association, order the 2000 conference photos CD or purchase 2001 and 2002 conference session videotapes! [www.guangpingyang.org](http://www.guangpingyang.org)

ATTENTION MEMBERS! If you who have website and

# Just For Fun!!

One of Henry Looks students had some time and was comparing a photograph of Henry and Kuo. So, he took Henry's picture and put it over Kuo's to match the posture. Henry was good enough to share this photograph with me to show similarities in his posture. And, Just For Fun, I tried putting my photograph of the same posture in the same photograph. Well, you see the results, they are all pretty darn close to each other.

So, Just For Fun, we put this out there and ask if you would like to try and do the same. It can be the same posture, a different posture, you could be showing differences between the way you learned it or similarities. We thought this might be a fun way to again share our forms. If you don't have a picture of Kuo in a particular posture, I have them from his book. I will also edit the photograph so don't worry about that. If you also want to submit some comments or a story about that photograph, by all means go ahead, we will include that too; however, it's not necessary.

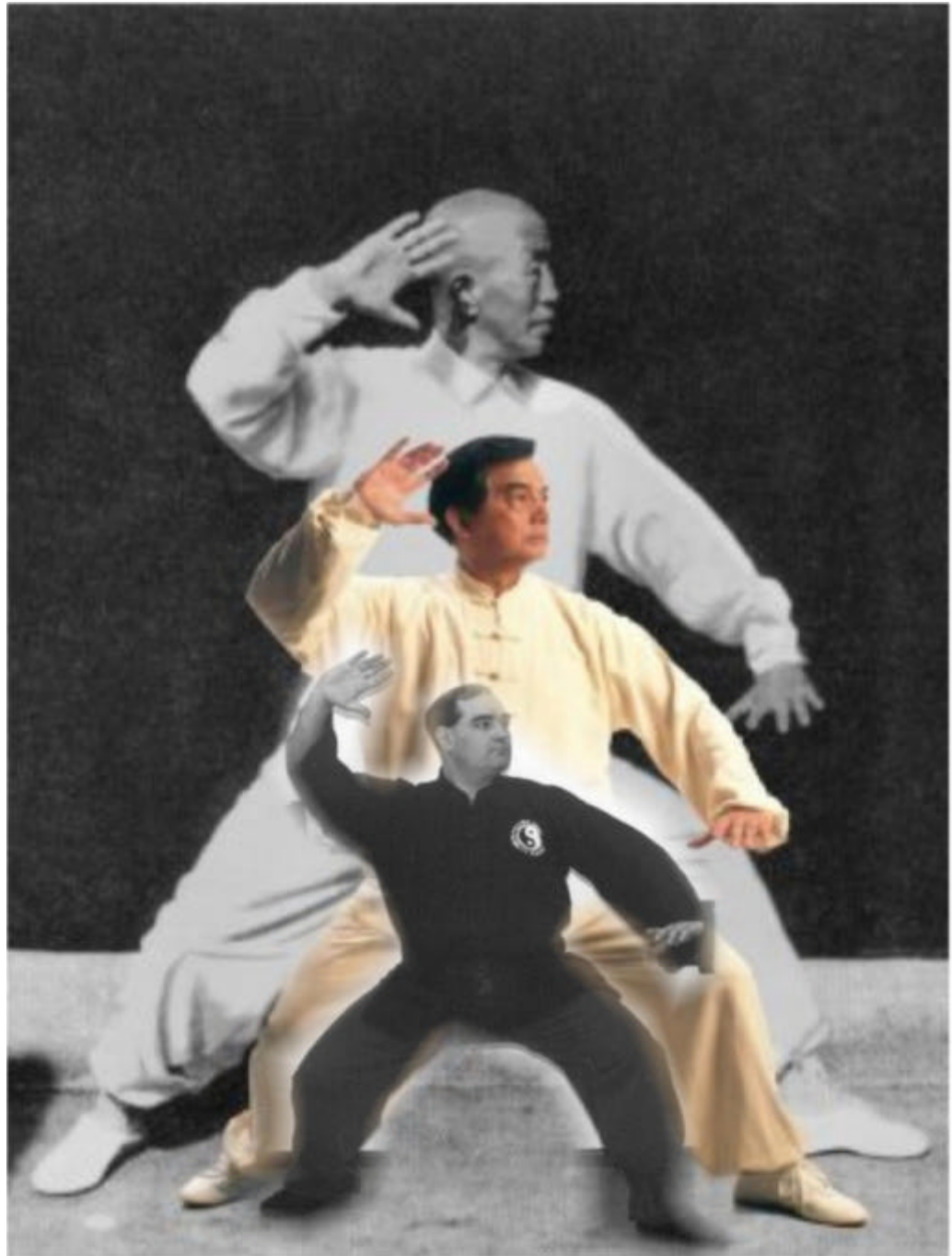
Just For Fun submit your posture photograph today!

All submissions can be made to:

GPYTCA c/o  
Dominick Ruggieri  
1015 Cedar Bridge Ave  
Brick, NJ 08723

Or

Email: [sifu@chinahand.com](mailto:sifu@chinahand.com)



# CONFERENCE 2002 VIDEO'S

Again, as last year, we were fortunate enough video tape all of the presentations given at the 2002 Conference. So, the Association will be offering these tapes for sale to those who would like to purchase them. This set of 13 video's has hours of footage for each of the topics listed below.

Available titles are:

- ◆ Guang Ping Yang Sword Part 1
- ◆ Guang Ping Yang Sword Part 2
- ◆ Effortless Flow Part 1
- ◆ Effortless Flow Part 2
- ◆ Mind Body Tai Chi
- ◆ Welcome & Ba Gua Circle Walking
- ◆ Comparative Forms  
featuring Randy Elia doing the Peter Kwok representation
- ◆ Warm-ups & Guang Ping Silk Reeling Exercises
- ◆ Discovering Tai Chi Though Wholeness - Push Hands
- ◆ Conquering Our Fears Through Tai Chi Push Hands
- ◆ Tai Chi Form with Fu-Tung Cheng
- ◆ Tai Chi Form with Joanna Schoon
- ◆ Tai Chi Form with Allan Trigueiro and Valarie Prince

Like last year, each tape is priced at \$25.00 sold separately.

If you purchase:

- ◆ Any 3, you get 1 free - \$75.00
- ◆ Any 6 get 2 free - \$150.00
- ◆ All 13 get 4 free - \$225.00

Purchase the entire set of all 13 tapes for just \$225.00 and save \$100.00 for the best value.



Also available are: (not included in the set)

- ◆ Tai Chi Spear Push Hands & Application Form
- ◆ Guang Ping Yang Tai Chi Applications Volume 1
- ◆ Guang Ping Yang Tai Chi Applications Volume 2
- ◆ Guang Ping Yang 2 Man Application Form Section 1

(20% of all sales of these tapes is donated back to Guang Ping.)

We also still have available the tapes from our 2001 Conference. And don't forget, if you are an avid Guang Ping practitioner, book titles also available relating to Guang Ping are:

- ◆ Tai Chi Boxing Chronicles by Kuo Lien Ying
- ◆ Tai Chi in Theory & Practice by Kuo Lien Ying
- ◆ Shaolin Chuan by Simmone Kuo (lots of pictures of Kuo)
- ◆ Long Life Good Health through Tai Chi Chuan by Simmone Kuo (more photos & history of Kuo)
- ◆ Tai Chi Secrets of the Yang Style by Dr. Yang Jwing Ming (classic translations of Yang Ban-Hou's writings)



## Editors Corner

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The editors reserve the right to edit any material or article submitted for publication.

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# The Purpose Of The Palm

By Dominick Ruggieri

Each style of Kung Fu has its' own characteristics. Tai Chi is no exception. Formation of the hand is as important as maintaining good posture or breathing naturally. Speaking only from my own teachings, the Tai Chi Palm that we teach is having your hand open naturally, but flat, your fingers slightly spread, but not pulled open, the thumb to the side, but not pulled to far down or hanging.

The easiest way we teach people to make a Tai Chi Palm is to take both hands and place them together so the surface of the palm and finger tips lightly touch. Don't force the palms completely flat, just let them gently make contact. Now take both hands away and you have the Tai Chi Palm. The trick now is to maintain the palm throughout your form.

Now, here the cool part, by having to concentrate on the palm to keep it in formation the entire time without losing it, you must concentrate on the palm. As you concentrate on the palm, you will create intent. So, as the saying goes "Wherever the mind reaches the feelings are also there; wherever the feelings reach, the Chi is also there; wherever the Chi reaches, the power is also there!"

So, not unlike what Rick talked about at the convention and how simply pointing your finger mobilized an energetic connection, we practice this everyday, every time we practice Tai Chi by forming a Tai Chi Palm when we all of our Tai Chi practice.

So, its not the form the palm takes as long as it has one, but learning how to use your Yi (mind) to direct your Chi and gain a higher level in your Tai Chi practice




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## Mission Statement Guang Ping Yang Tai 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.

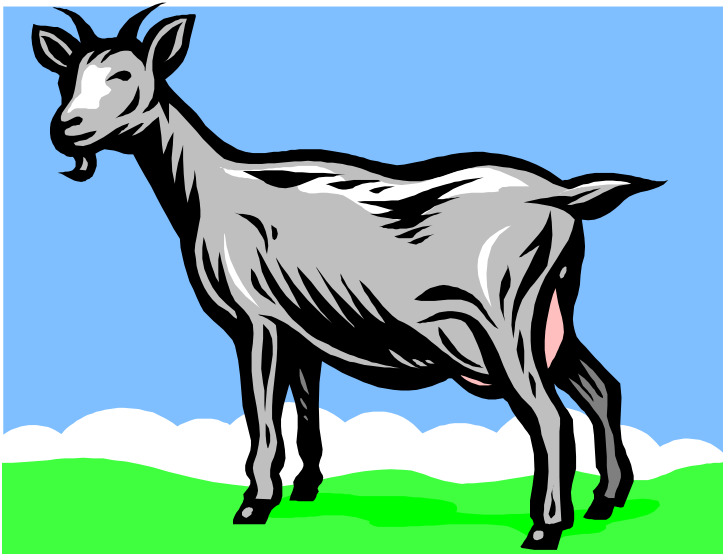


# GUNG HEY FAT CHOY

2003

## THE YEAR OF THE GOAT

Daydreaming all afternoon sounds heavenly to the Goat. This creative, esoteric Sign needs plenty of time alone in which to feed its Muse. Goats are generally most comfortable in their own minds (which other, more linear-thinking Signs may have trouble deciphering). This Sign makes a great craftsman or artisan, or perhaps a teacher of New Age studies -- any occupation that allows its mind the full range of freedom. Goats tend not to be very well-organized, precluding many more dry business endeavors. In fact, Goats tend not to be very materialistic in general, finding plenty of riches in their own imagination. However, especially when in love, the Goat can be quite a lavish gift-giver.



Perhaps it's that artistic temperament that so often causes Goats to feel insecure, but the result is that these high-strung creatures need to feel loved and admired lest they start worrying incessantly. For this reason, Goats tend to have a hard time with romance; anyone who couples up with a Goat must know, this Sign has a sensitive streak a mile wide and can be subject to bouts of anxiety over seemingly inconsequential things. Goats need plenty of love, support and open reassurance from their lovers. If a relationship is marked by conflict, the Goat will often pull away -- either physically or simply by retreating into the safe haven of its imagination.

If the romance is going well, however, Goats won't hesitate to tell their partner what they need -- and they can be quite insistent about it! This Sign will definitely return the favor, however; the Goat has a luxurious side that delights in indulging a lover's every wish. Appearances are also important to the Goat, which



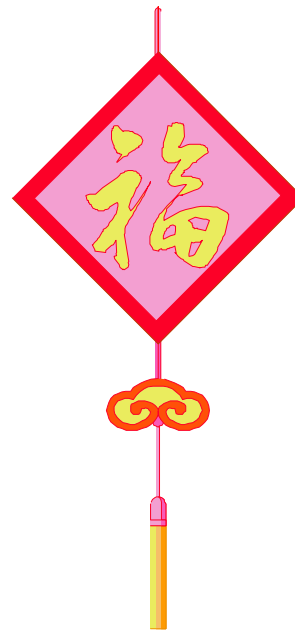
may explain why these folks can spend hours primping and posing.

Goats would be well-served by learning to relax and let others run the show from time to time. Once they can be certain that their friends and lovers won't be gone when the Goat returns from its daydreams, life will be a field of daisies.

The most compatible match for a Goat is the Pig or the Rabbit.

The Western Astrology counterpart to the Goat of Chinese Astrology is the Sign of Cancer.

Copied from <http://chinese.astrology.com/goat.html>



(Continued from page 7)

want to be sure that it's listed on the

"Guang Ping Links" page of the association website, please send me your URL. I can use all the help I can get finding y'all! As always you can send me your comments and suggestions via e-mail at: ndantoni@charter.net or by post: Nick D'Antoni, 962 Hobson St., Walla Walla, WA 99362-2479.

See you next time!

Yours in peace and practice - Nick

# Guang Ping Yang Scores Big Again

David Chin demonstrated applications of the Kuo Lien Ying Taiji form at the Wutang Tournament in Canton, Ohio on October 6th, 2002 and Marilyn Cooper performed the Taiji form. Patrick Brady of the Little River Kung Fu School took first place in the push hands division and Shon Washington, David Chin's student, took first in taiji forms competition.



## Editors Quote

*The Way Of The Wise Man  
Is To Act And Not Compete*

*No Thought, No Action,  
No Movement, Total Stillness*



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**MOVEMENT 4 - STORK SPREADS ITS' WINGS**  
**(PAI HAO LIANG CH'IH)**