

# *Tai Chi Beginner*

*by Richard Del Connnor  
"Buddha Zhen"*

*Yang Style Tai Chi Short Form  
of Shaolin Chi Mantis™*

*Class Reading Manual*

*16 sections of Tai Chi*

*16 chapters in book*

*16 weeks = 1 semester*

*Shaolin Chi Mantis*

# Tai Chi Beginner



**(Class Reading Manual)**

A student manual to be utilized while learning:  
*Yang Style Tai Chi Short Form of SCM™*  
*Yoga Stretch of SCM™* and *Standing Stretch of SCM™*  
Stance Training  
Punching and Kicking Exercises

**Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan™**

Founder: Richard Del Connor, "Buddha Zhen"  
Northern Shaolin Gongfu of Songshan Temple

Yang Style Taijiquan  
Northern Praying Mantis: Taiji Tanglang, Xi Xie Tanglang (7-Star Mantis)

# **Tai Chi Beginner**

RAVES FOR RICHARD DEL CONNOR'S

**Tai Chi Beginner book**

"I've received many compliments for the original edition of this **Tai Chi Beginner** book. Send me some raves about this **"Class Reading Edition"** to be included in the next edition of this book."

*---Richard Del Connor, Montrose, California.*

*Press and News Clippings about Buddha Zhen*  
**[www.BuddhaKungFu.com/buddhazhen](http://www.BuddhaKungFu.com/buddhazhen)**

## **ALSO BY RICHARD DEL CONNOR**

4 DECADES OF LOVE  
THE ANTICHRIST  
AUTUMN FLAVOURS  
BUDDHA KUNG FU STUDENT MANUAL  
COMBAT TAIJI  
CONNOR BLACK HOLE BUBBLE THEORY  
COYOTE IN A GRAVEYARD  
HISTORY OF ZEN FROM A TO Z  
HOLOCAUST OF MAN  
HUMAN VALUES FOR SUCCESS IN FAMILY & BUSINESS  
KUNG FU COWBOY ORIGINAL DRAFT  
LOVE, ALWAYS & FOREVER!  
MASONIC KUNG FU BOOK 1  
THE POTATOE VALENTINE & OTHER LOVE POEMS  
RAINBOW IN THE SHADE  
SEASON OF FOURS  
SHAOLIN GONGFU INITIATE  
SHAOLIN KUNG FU BEGINNER  
SHAOLIN KUNG FU INTERMEDIATE  
SID'S PLACE  
SPRING FEVERS  
STAFF BASICS  
SUMMER FOREVERS  
TAI CHI INTERMEDIATE  
UTAH - PHASE 1  
WINTER FLOWERS  
ZEN SPIRIT BOOK

*Booklist of ShaolinCOM.com*

[www.shaolinCOM.com/booklist-S.html](http://www.shaolinCOM.com/booklist-S.html)

## **RICHARD DEL CONNOR**

### **TAI CHI BEGINNER - Class Reading Manual**

Richard Del Connor has been a teacher since he was ten years old. Lecturing students, debating teachers on television, and studying human behavior... have developed him into a unique instructor and motivator.

With the addition of Shaolin Kung Fu in 1980, Richard's teaching skills would develop another unique ability -- to transform people's lives and lifestyles.

Over the next three decades Richard also studied and "applied" his Shaolin Zen Buddhism to his students, disciples, and children. This provided more statistical information for him to utilize in developing his Tai Chi and Kung Fu curriculums.

Richard Del Connor is sharing his enlightenments through his books, websites, podcasts, and videos. He also releases his music under the artist name of, Buddha Zhen.

The Buddha Zhen albums are available at iTunes, amazon.com...  
and can be ordered direct from

[www.shaolinRECORDS.com](http://www.shaolinRECORDS.com)



[www.RichardDelConnor.com](http://www.RichardDelConnor.com)

*Shaolin Chi Mantis*

# Tai Chi Beginner

(Class Reading Manual)



**by Richard Del Connor, "Buddha Zhen"**

(Zhen Shen-Lang, Spirit Wolf of Truth)

Founder of Shaolin Chi Mantis and Buddha Kung Fu schools.

Author of *Buddha Kung Fu Student Manual* and *Tai Chi Beginner*.



**Shaolin Communications**



## Tai Chi Beginner - Class Reading Manual

by Richard Del Connor, "Buddha Zhen"



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### **Author: Richard Del Connor**

Chinese name: Zhen, Shen-Lang "Buddha Zhen"

English translation: Spirit Wolf of Truth

This book is based upon the **Tai Chi Beginner - Yang Style of Shaolin Chi Mantis** book, published in 1992 by Shaolin Communications and written by Richard Del Connor, then known as "Sifu O'Connor." This condensed version of the original student manual **excludes** the 444 photos that teach the basic kicks, punches, and *SCM Yoga Routine*™. These remaining text pages are required of all our Tai Chi students to be read in class. Based upon two decades of reading and utilizing this **Tai Chi Beginner** book, Buddha Zhen has created this new version for the convenience of his students to use and read in class, and the limitations of the small screened digital book format.

Richard Del Connor, American philosopher and "Buddhist Scientist," founded Buddha Kung Fu in 2008, and the nonprofit organization, Tai Chi Youth, in 1996. The Shaolin Chi Mantis school is the original Kung Fu school created in 1992, from which all other programs and styles are derived from.

This is an official Shaolin Chi Mantis student manual.

HEALTH & FITNESS

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For book updates and Tai Chi information visit [www.TaiChiBeginner.com](http://www.TaiChiBeginner.com)

**Dedicated**

to all my students who have been able to take the next step  
past this book.

*Richard Del Connor*  
*Buddha Zhen*

[www.BuddhaZ.com](http://www.BuddhaZ.com)

## Tai Chi Beginner - Class Reading Manual

by Richard Del Connor, "Buddha Zhen"



## About the Author

In 1992, when writing the first draft of this book, **Tai Chi Beginner**, Richard was referred to as, "Sifu Richard O'Connor."

In 1994, by the 2nd Edition of this book, Richard had been given the Chinese name of, "Zhen Shen-Lang," (Spirit Wolf of Truth.) The Chinese referred to him as "Zhen Shifu." Americans called him, "Master Zhen."



In 2007, with his new upgrade to, "Buddha Zhen," Richard wrote and released the **Buddha Kung Fu Student Manual** to launch his new Buddha Kung Fu schools and curriculums. In 2008 he also launched the **12 Step 12 Week Kung Fu Bootcamp** which teaches the **12 Step Tantai** of Bruce Lee fame.

During the 1990s Richard wrote the Tai Chi book series:

- |                             |   |
|-----------------------------|---|
| <b>Tai Chi Beginner</b>     | - <i>Tai Chi Short Form of Shaolin Chi Mantis</i> |
| <b>Tai Chi Intermediate</b> | - <i>Taijiquan Qigong</i>                         |
| <b>Tai Chi Advanced</b>     | - <i>Pushing Hands of Tai Chi</i>                 |

He also wrote the Shaolin Kung Fu book series:

**Shaolin Kung Fu Initiate** - *Buddhist Kung Fu Candidate*  
**Shaolin Kung Fu Beginner** - *Warrior Athlete*  
**Shaolin Kung Fu Intermediate** - *Scholar Warrior*  
**Shaolin Kung Fu Advanced** - *Spiritual Warrior*

To complete the training of his students he also wrote:

**Zen Spirit Book** - *(formerly The Coyote Spirit Book)*

In 1992 Richard founded the Shaolin Chi Mantis Traditional Buddhist Gongfu schools.

[www.ShaolinChiMantis.com](http://www.ShaolinChiMantis.com)

In 1996 Master Zhen founded the Tai Chi Youth nonprofit education organization.

[www.TaiChiYouth.org](http://www.TaiChiYouth.org)

In 1998 Zhen Shen-Lang founded the Shaolin Zen sect of Chan Buddhism.

[www.ShaolinZen.org](http://www.ShaolinZen.org)

In 2008 Buddha Zhen founded the Buddha Kung Fu schools.

[www.BuddhaKungFu.com](http://www.BuddhaKungFu.com)

For more information about Buddha Zhen: (Kung Fu and Tai Chi Master, Buddhist Scientist)

[www.BuddhaZhen.com](http://www.BuddhaZhen.com)

[www.BuddhaZ.com](http://www.BuddhaZ.com)

For more information about Richard Del Connor: (Author, poet, record producer)

[www.RichardDelConnor.com](http://www.RichardDelConnor.com)

[www.DickieDare.com](http://www.DickieDare.com)

For more information about books and products released by Shaolin Communications:

[www.shaolinCOMMUNICATIONS.com](http://www.shaolinCOMMUNICATIONS.com)

[www.shaolinRECORDS.com](http://www.shaolinRECORDS.com)



## The READING Manual Version

The original **Tai Chi Beginner** book has yet to be published with its photos. Since 1992, I have been photocopying the book and bringing each of the 16 sections to class each week until all 16 sections were learned.

In 1994 I added 444 photos to the book. The entire **SCM Yoga Stretching Routine** is detailed. The basic kicks and punches are detailed in black & white. It's a great book. But I've yet to afford printing it. As the printer told me, "Your first book will cost you \$11,000, but the one's after that will only cost a few dollars each."

In 2005, I scanned and started editing all the photos myself. I learned Quark XPress for typesetting the book... then my computer blew up.

In 2007, I got another computer, but with the launching of Buddha Kung Fu schools the following year, I had to devote 2007 to creating a new book, the **Buddha Kung Fu Student Manual**. A beautiful book with more information in it than any student has been able to read and study in less than one year.

In 2010, I dug out the original typeset sheets of the **Tai Chi Beginner** book from 1994 and queried my students, "Do I re-typeset the book or scan and print the original pages?"

We decided to use the original pages, which I had spent months typesetting already, using an IBM Selectric Typewriter. I even found the original book's AUDIOBOOK VERSION which I recorded in 1995. Then my computer blew up. (A few months after the 3-year warranty.)

So, with a 12-year-old computer -- I will create for you a version of the **Tai Chi Beginner** book that will be called, "**The Class Reading Manual**." All my schools, Shaolin Chi Mantis, Tai Chi Youth, and Buddha Kung Fu, use this book, **Tai Chi Beginner**, to teach the **Yang Style Tai Chi Short Form**. I tried not using this book for a couple years at the YMCA: the students didn't learn fast, didn't learn as well, and few could pass a belt test to get their first stripe in my schools. I was teaching the classes the same, but the students weren't learning the same.

I added the **Tai Chi Beginner** book back into the curriculum in 2006 and within months, students were passing belt tests and learning much better. Why? The **Tai Chi Beginner** book is the best book for teaching Tai Chi that I have ever seen. It transforms a group of people dancing around into serious Tai Chi practitioners who learn more and benefit more from the Tai Chi they learn and practice. Kung Fu is a "mind/body" experience. This book develops the "mind" of students. It really does. Tai Chi is not aerobics -- it requires mental effort, imagination, creativity, and some traditional logics.

As mentioned earlier, I've been photocopying this book and selling it to students since 1992. This also meant, that I never gave any student the entire book since it was missing the pictures and would cost more to photocopy. I just borrowed a copy of the "partial book" from one of my current students. My copies are in storage right now. With this partial book I will create a complete "reading manual" for you that will contain the essential pages we have been reading and studying in Tai Chi classes since 1992.

For the Chinese calligraphy, photography, artwork and missing pages, you can order the PDF book from [www.ShaolinChiMantis.com](http://www.ShaolinChiMantis.com) Hopefully, by the time you look for it, I will have gotten a computer, finished editing it and published it for you.

For now, I am very excited to present you with this quintessential information that has already transformed

hundreds of my students into better people.

*Chinatown Comics by Shaolin Chi Mantis Students*

[www.chinatowncomics.com](http://www.chinatowncomics.com)

**Tai Chi Beginner - Class Reading Manual**  
by Richard Del Connor, "Buddha Zhen"



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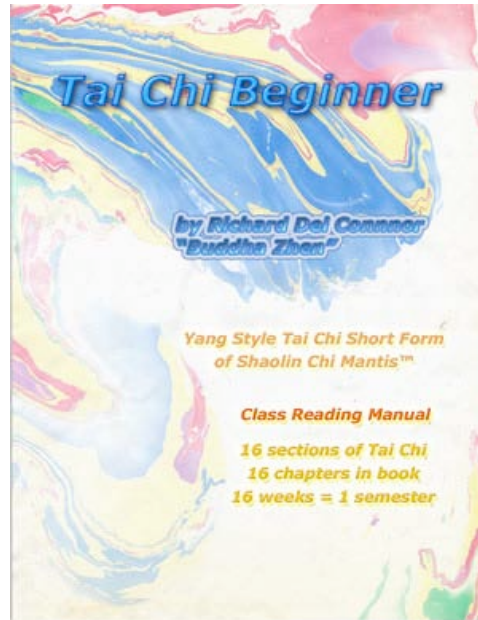
**Masonic Kung Fu**

*About Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan*

[www.ShaolinChiMantis.com/Brochure-M/broPage1-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage1-SCM.html)



## Reading IN Class



Read this book out loud.

Read this book in class.

If you read this book's 16 sections in 16 weeks, then read them again for 16 weeks, you'll learn a whole bunch of useful knowledge. The third time you read this book -- light bulbs will appear over you head...

I look forward to reading this book again... and again... I really do.

*Books and Student Manuals of Shaolin Chi Mantis*  
[www.ShaolinChiMantis.com/Brochure-M/broPage3-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage3-SCM.html)



## Program Explanation

### **BEGINNER LEVEL:**

This *Tai Chi Beginner Program™* has been developed by Buddha Zhen Shen-Lang as a foundation for physical and mental balance while creating an awareness of Chi energy flow

Chi energy requires time and effort to master. About half of all SCM Tai Chi Beginner Students graduate with some control of their energy flow in less than six months. All students at least become aware of their chi energy presence. The minimum requirement to receive a Tai Chi Beginner Certificate is to be able to perform the Tai Chi Yang Style Short Form in entirety for the class and Shifu. Each month we will all solo perform the Short Form and offer positive and constructive criticisms to each other. Criticizing is a valuable skill you will also learn.

The lessons and writing contained herein are meant to initiate discussions and open new perspectives. You are encouraged to comment, disagree, or teach the class something. At least open your mind to new ideas and seek the truth as it pertains to your life. New information is scheduled on a weekly basis. Unlike traditional Chinese martial arts training where new information and techniques are taught only after mastering previous lessons, this curriculum depends upon the student to be prepared every week for new information.

A prerequisite to the *Shaolin Kung Fu Beginner Program* is the certified completion of the *Tai Chi Beginner Program™*.

The *Shaolin Chi Mantis Kung Fu Initiate Program™* can also be studied simultaneously and completed in one semester. This also requires the Buddhist Head Shaving Ceremony for females and males 13 and older.

### **INTERMEDIATE LEVEL:**

The *Tai Chi Intermediate Program™* uses the same *Tai Chi Beginner Program*, plus additional materials, to refine and perfect the teachings and Form movements. Energy flow is emphasized further and additional techniques and applications are taught. The Tai Chi Intermediate Student relearns the Form with the Beginner students only this time learning to channel chi within every movement. Self-defense techniques are learned by utilizing Tai Chi Form movements. Chin Na and Chi Sao are taught in a non-sparring atmosphere. This sensitivity of an opponent plus mastering the Tai Chi Form movements becomes the foundation for Pushing Hands.

### **ADVANCED LEVEL:**

The *Tai Chi Advanced Program™* contains many new topics and concepts. These classes will be held separate from the Intermediate and Beginner Students. This is where fighting applications and Pushing Hands are mastered. Combined with Shaolin Kung Fu training a complete martial artist will emerge.

Healing, Daoist principles, and Feng Shui lead the student into new areas of awareness. Modern science and physics help to explain many of the mystical concepts of spirituality.

*Classes and Kung Fu Styles Taught by Shaolin Chi Mantis*  
[www.ShaolinChiMantis.com/Brochure-M/broPage2-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage2-SCM.html)

*Registration Checklist:*  
[www.ShaolinChiMantis.com/Pages-M/checklistReg-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/checklistReg-SCM.html)



## Your Daily Routine

### STRETCH:

Always stretch your body before exercising

Learn the stretching routine shown in this book.

If time or location do not allow a full 20-minute stretch, do some leg lifts, squats, touch your toes...

Our videos and music CDs will lead you through our exercises and provide motivation...

visit: [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)

### STANCES:

You must learn to stand before you walk, and walk before you run.

Practice these stances daily to improve strength and balance. *(Hold each stance for 3 seconds.)*

#### STATIONARY PIVOTING STANCES: *(Pivot on heels between stances.)*

Horse

Forward

Heel

Crane

Tai Chi Front Kick *(held out for 3-seconds)*

Crane

Toe

Forward

#### STANCE WALK: *(shuffle drill exercise by Buddha Z)*

Attention *(decide hand position and maintain through drill)*

Bent Knee Attention

Toe Stance

Crane Stance

Heel Stance

Forward Stance

Bent Knee Attention... *(repeat x4 then reverse direction and stances)*

### KICKS:

Keep your body immobile during kicking.

Relax and focus on control, not speed or power.

No grunting or straining.

Keep your mouth closed and your hands up as if holding a ball by sides.

***Reposition back into a good solid Right or Left Forward Stance between each kick x8:***

Front Kick *(toes back -- kick with heel)*

Double Front Kick

Back Kick

Front Kick + Back Kick

Inside and Outside Crescent Kicks *(keep your legs straight)*

**TAI CHI FORM:**

Practice as much as you know of the Tai Chi Form 8 times EVERY DAY.

*4 Types of Student -- Which One are You?*

[www.ShaolinChiMantis.com/Pages-M/4categories-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/4categories-SCM.html)



## Welcome

Welcome along.

Every religion, every business, every relationship, every goal is a path. Welcome to this Tai Chi path. This path requires no special initiation or ceremony. All religions are permitted here. All races, ages, and nationalities are welcome to travel this path without giving up your faith and beliefs.\*

Remember, a path is a place of movement. When time stops and you stop = death. The Tai Chi path is a path in which "movement" is learned. By mastering movement, the rest of your life can be mastered. When we meditate, we move within. Tai Chi translates to "Grand Ultimate." This is an expression that translates as easily as "goodness" or "freedom" or "spirituality." Tai Chi is a human expression of life and the forces within life. By moving slower and more accurately, our quickness will be improved. By controlling our internal chi energies our life will be enhanced.

One of my greatest pleasures in life is to watch people become happier and healthier.

Regarding religious references: Shaolin Chi Mantis combines religious terms and concepts from many religions. Please do not be offended by terms and beliefs that are not used by your own particular denomination or words that stir up negative feelings inside you like the word "judgment," which when used in this book may mean something entirely different from your own usage of the word. If a word like "Heaven" is understood by you to mean a place in the sky atop fluffy clouds, but this afterlife concept is not included in your religion:

**FIRST**, realize the word Heaven is redefined in this book to define a quality of life, not death. So use this word symbolically rather than literally.

**SECOND**, it is important to understand how each religion uses words and concepts in spiritual terms. It's okay to disagree with other religions, but it is important to understand their perspectives. Hopefully the terms and concepts of each religion fulfill their original purpose: to increase spiritual awareness in each person's Life.

**THIRD**, words are only little tools we use to communicate thoughts, our ideas, and information. Look for the meanings and intentions behind the words, and you'll understand what is being said

\* You will be required to leave behind your shame and guilt. You will be required to be healthy and happy. You will also be required to develop a higher self-esteem and appreciation of life. Don't worry, (we also stop worrying). No matter how difficult it sounds to be happy -- it is very easy and natural! Rather than be a victim of your past, Tai Chi will enable you to be the Master of your future.

*Shaolin Chi Mantis 1999 Welcome Page*  
[www.ShaolinChiMantis.com/welcome-SCM.html](http://www.ShaolinChiMantis.com/welcome-SCM.html)

*LINKS TO GET STARTED*  
[www.ShaolinChiMantis.com/door001M.html](http://www.ShaolinChiMantis.com/door001M.html)



## Release Form of Shaolin Chi Mantis

The most current edition, today, of our *Shaolin Chi Mantis Release Form*, is the version in the **Buddha Kung Fu Student Manual**.

[www.BuddhaKungFu.com/books](http://www.BuddhaKungFu.com/books)

The link provided below to our Shaolin Chi Mantis website release form is hopefully updated. It was removed from the internet in 2007, along with the *SCM Application Form*, so that students would join either Buddha Kung Fu or Tai Chi Youth instead.

One of the important parts of the application form, is the promise to teach our Kung Fu or Tai Chi with permission or by being a licensed franchise of Shaolin Chi Mantis.

If you want to continue teaching/studying your existing martial art and are only interested in some Chinese weaponry or Praying Mantis... contact us for PRIVATE LESSONS.

The only way we can teach our Shaolin Chi Mantis Kung Fu is according to the **7-Year Curriculum Guide** written by Buddha Zhen in 1994. However, for private lesson fees we can privately teach a Sword Form or design a special Qigong program for you... if you are capable.

**Call us for more information and availability of our teaching private lessons  
in person, online, or in small groups of up to 3 persons:  
818-723-2769.**

[www.shaolinchiMANTIS.com/Pages-M/curPrivate-SCM.html](http://www.shaolinchiMANTIS.com/Pages-M/curPrivate-SCM.html)



[www.ShaolinChiMantis.com/Pages-M/releaseform-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/releaseform-SCM.html)



**SECTION #1**

***SEEK OUTSIDE***





## The Shaolin Chi Mantis Beginner Level Student Salute

A salute is a handshake. Everything about you is embodied in your handshake. Your enthusiasm to reach out and shake someone's hand represents your friendliness and self-confidence. The effort you put into squeezing the person's hand and your eye contact with them expresses many facets of your inner self.

That's not to say that everyone should have the same salute. Uniqueness is a wonderful part of our existence. Just make sure that what makes you unique are not your fears and weaknesses. Like everything else you will learn in this Tai Chi program, when you discover a weakness or inability: CORRECT IT.

There are hundreds of Kung Fu styles. Most styles use the basic Yin & Yang, (open left and atop right fist), Salute. Some Chinese secret societies and families have altered this slightly into other variations. In Shaolin Chi Mantis we have three different Salutes which correspond with our three levels of and three styles of Kung Fu taught. This Beginner Level Salute will suit all occasions including tournaments and greeting other martial artists and Karate stylists. This basic salute is even used by many Karate schools and is the logo for the Utah Black Belt Association and *Inside Kung Fu* magazine. Practice this in front of a mirror. Keep about a 5" space between your knuckles and your chin.

*The Shifu usually has all students line up side-by-side facing the front of the school. Then, the Shifu demonstrates proper and improper handshakes. The student from the right side of the line of students begins by standing in front of the student they were standing next to, and introduces their self with, "Hello, I am Susan Wright," as they extend their hand out. The other student replies, "Hello, I am Susan Left." Obviously, substitute your own names and speak clearly. The Shifu will criticize, suggest, and point out whether students are shaking hands too vigorously, or not enthusiastically enough... Then the student step sideways to the next student facing forward and repeats their introduction and handshake...*

*If it is a large class, the Shifu many have the next student in line start down the row handshaking after the first student has shaken hands with several students -- then the next student... each resuming their original place in line, walking behind the row of students.*

*Not only is this an important lesson, it is also a wonderful way to enable the students to meet each other.*

Weaponry of Shaolin Kung Fu

[www.ShaolinChiMantis.com/Brochure-M/broPage8-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage8-SCM.html)



## The Shaolin Salute

The original Yin & Yang Salute dates back at least fifteen centuries. The symbolism embodied in this Salute can interpreted in many ways:

- |                 |   |            |
|-----------------|---|------------|
| 1. Yin          | & | Yang       |
| 2. Positive     | & | Negative   |
| 3. Defense      | & | Offense    |
| 4. Self-control | & | Aggression |
| 5. Moon         | & | Sun        |
| 6. Contentment  | & | Ambition   |
| 7. Humility     | & | Confidence |
| 8. Protection   | & | Defiance.  |

The many concepts of Yin & Yang will be dealt with further in the next book of this series, **Tai Chi Intermediate**, by Buddha Zhen.

Originally, Monks of the Shaolin Temple would greet persons using the Prayer Hands, like Christian Monks. Since most every religion utilizes this prayer hand position, I highly recommend you use it any time you want to express more than a simple waving of the hands, "Goodbye," or, "Hello." The Prayer Hands represent your sincere desire for peace and well-being to everyone. Just gesture your hands outward towards someone while wishing them well in your mind. They'll know.

### Evolution of Shaolin Salute:

- |                            |  |
|----------------------------|--|
| 1. <b>Prayer Hands</b>     | Palms together, (slight space?), in front of mouth or chin |
| 2. <b>Challenge Salute</b> | Right fist into left prayer hand                           |
| 3. <b>Shaolin Salute</b>   | From "Challenge Salute" fold left hand over right fist.    |

All students salute the Shifu with each salute, as directed by Shifu.

Practice your Shaolin Salute at a mirror,  
and then stand at Relaxed Attention and recite your own formal introduction  
as you would to the class or at a martial arts tournament to the judges.

1. "My name is \_\_\_\_\_."
2. "I am a student of Shaolin Chi Mantis."
3. "My Shifu is Buddha Zhen Shen-Lang."
4. "With your permission I will now perform the **Yang Style Tai Chi Short Form of Shaolin Chi Mantis.**"

Salute again, as if the judges had nodded you to perform.  
Take a couple deep slow breaths then start your Tai Chi Form.

Each person interprets and portrays the Salute differently. Practice your own Salute in front of a full-length mirror until you properly represent yourself in:

- |                        |   |
|------------------------|---|
| 1. <b>Balance</b>      | Start with physical balance. No leaning to sides.     |
| 2. <b>Character</b>    | Do you look honest? Could you be a babysitter?        |
| 3. <b>Energy</b>       | Always have plenty to spare.                          |
| 4. <b>Enthusiasm</b>   | Be enthusiastic about whatever you do.                |
| 5. <b>Friendliness</b> | Shyness is an illness. Have no walls or barriers.     |
| 6. <b>Generosity</b>   | Selfishness is another illness. Enjoy giving/sharing. |

7. **Personality** This is how you express your character. Mask or truth?
8. **Power** Power is the combination of all the above attributes.  
*(Any weaknesses of any kind will limit your power.)*

The original **Tai Chi Beginner** book has some calligraphy by Buddha Zhen in English and Chinese:

## **GRACEFUL**

Shaolin Chi Mantis STUDENT AWARDS

[www.ShaolinChiMantis.com/Pages-M/awards-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/awards-SCM.html)



**SECTION #2**

***LOOK***



## SECTION #2 - Yang Style Tai Chi Short Form of SCM

### ENERGY BALL:

The chi energy of our bodies can most easily be felt through the Energy Ball. Each hand is magnetically polarized the same as the other hand. By facing the palms together these two magnets repel each other. That is why the sensation becomes more intense as the hands draw closer. Proper breathing enhances this magnetic effect as you focus your energy out both arms simultaneously. Tingling, warmth, coldness, may be your first sensations felt in your hands. Eventually it will feel as though there is a balloon between your palms, and the closer your hands get -- the more the balloon sensation will become firmer and resistive.

I am familiar with many healing methods, crystal therapies, and martial artists who will claim that your left arm is yin and the right arm positive with energy flowing into the left arm then out the right arm. Energy can just as easily flow into your right hand and out the left arm. Energy can be circulated around parts of the limbs creating yins and yangs throughout one limb. So don't think of your left arm any differently than your right arm. This limited method of thinking has created prejudices against left-handed persons and prevented people from being ambidextrous.

Tai Chi will create a balanced physical skill whereby you can punch and throw left-handed and equalize the strength in your legs. To prefer to punch with your right hand is a prejudice against your left hand. Be balanced by creating a confidence in all parts of your body.

### FORWARD STANCE:

With the back leg straight, knee locked, the leg becomes a block of wood capable of supporting or resisting great weight or push pressure. With the leg bent it is only as strong as your muscles and their endurance. With the leg locked, you have incredible support and much more collective endurance from other parts of your body.

Ask someone to allow you to push against them with their back leg bent and then straight. Notice how much more rooted they are with the back leg straight. Pushing upward is required to "uproot them."

Remember to always push your potential forward. The leg pushes the hip which pushes the shoulder which pushes the punch which pushes the energy... So it is in life: A solid foundation and a strong effort that pushes to its conclusion is the best you can do.

*Shaolin Chi Mantis Kung Fu Classes*

[www.ShaolinChiMantis.com/Pages-M/classes-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/classes-SCM.html)



**SECTION #3**

***LISTEN***



## SECTION #3 - Yang Style Tai Chi Short Form of SCM

### ENERGY FIELDS:

Living beings have magnetic fields. The world has magnetic fields. Terrain, rivers, and rocks alter magnetic currents and influence our own body's magnetic field. Feel the wires of electricity you walk under. Feel how energy flows within your house, office, room, or wherever you are. Listen to the voice within you. Oh yeah, I forgot, you're just a Tai Chi Beginner. Well hurry up and get through these basics. The world awaits your awareness.

### AWARENESS:

Awareness is defeated by distraction. In order to be aware of your heart beating -- you need great silence. So it is with the rest of reality: If you want to be aware of reality you must be QUIET WITHIN YOURSELF. This Tai Chi Beginner Program will accomplish this. Everything in this book has a purpose. All the guilt, shame, regret, hatred, annoyance, impatience, bad memories and resentments must be nullified. The past can not be changed but it can be forgotten. If you haven't sorted out your past and learned from it -- too bad. It's time to move on. The benefits of Tai Chi will include the ability to deal with reality more effectively. Any part of the past you are still carrying with you is evidence of your inefficiency. So accept these Tai Chi lessons with the innocence of a child. When a child sees something he/she wants, the child's hands reach for it... even if it is completely across the room and on a shelf too high to touch. Nothing in this book is impossible. Reach out. Do not think in terms of your past. Think in the future. Your path is to reach the end of this book. Have fun.

### 1,000 MONKEYS:

You can't fool yourself, but you can be a fool, especially if you believe you can trick your inner mind. In order to teach a child about responsibility you must give the child responsibility. This means mistakes will be made. So what. The path to wisdom includes many mistakes and bruised knees. Allow yourself to make mistakes. Just do your best. If you are not doing your best or practicing as hard as possible, you know it. No matter how many thousands of excuses you recite about why you didn't practice; reality has not changed: you did not do something. Don't start believing your excuses. Every criminal has a reason for breaking the law. So when you file away this information poisoned with excuses or regret you end up with a wet stinky memory fermenting in a dark drawer in your mind. Yuck! Then when you relax to meditate, what do you smell? You bet. That's Monkey #872 in your brain.

### CLEAR MIND:

Tai Chi will rid you of your "1,000 Monkeys." Unfortunately, too many Tai Chi instructors are teaching Tai Chi without including stretching and Kung Fu exercise also. Just as every meal should have a balance of different types of foods, so Tai Chi should have a balance of stretching, exercise, relaxation, movements... Only through this complete program can your past be balanced.

*Are Enlightened Daoists Buddhists?*

[www.BuddhaTaiChi.com](http://www.BuddhaTaiChi.com)



## School Rules

"Rules" are barriers to behavior. Yet behavior must be controlled. Obviously "good judgment" should suffice anywhere a "rule" is used. Unfortunately, not all persons EXERCISE GOOD JUDGMENT as well as they obey rules. So it is that the following rules have been itemized: until good judgment can be understood these rules will GUIDE you to understand what we will DETERMINE to be "PROPER BEHAVIOR."

I am a rebel and an individualist; as we all should be. To blindly obey and accept any rules because someone is powerful enough to punish you if you don't is to be a trained pet, not a human. These rules are to be QUESTIONED, then hopefully UNDERSTOOD. As you read the rules below, come up with your own explanations why these rules were written and what they represent in order to develop your abilities.

Obedience has an important place in our lives. If our body organs didn't "obey" our autonomic nervous system demands -- we would die. If our arms didn't move as we commanded them, we'd cease to function, or spasm uncontrollably. If we didn't obey our parents we might run into the street in front of a car... So obedience is a protection for ignorance and promotes cooperation and survival.

Some rules protect us from mistakes or danger. The most important part of understanding a rule is to understand the "NATURE OF THE RULE." Driving the specified speed limit is not to make driving less fun, but to coordinate our cars into safer organization and prevent accidents such as driving too fast on a turn. We can more easily form "EXPECTATIONS" of others if we "KNOW" they are utilizing the same rules as us. When you look into your rear view mirror before changing lanes, you want to presume the car you move in front of is going the speed limit, not 90 miles per hour.

### *Each student reads and explains one rule:*

1. No jewelry worn at any time during class.
2. No food, drinking chewing gum, or smoking during class. Water only, and only when breaks are allowed by the Instructor.
3. Keep the school clean: before, during, and after each class.
4. No leaning on furniture, walls, or anything.
5. No talking during class, except when allowed by Instructor.
6. Instructors should be referred to as "Shifu" at all times.
7. Students of prior enrollment shall be respected for seniority.
8. New Students shall be respected as YOUR Students.
9. All Students and Instructors are a family -- protect each other. This is your first step towards protecting your home, neighborhood, planet.
10. Always Salute when entering or leaving the school (Kwoon, Guan) and workout area.
11. Ask questions, but DO NOT EXPECT to be taught something new.
12. PRACTICE Kung Fu on your own time and LEARN what has been taught you.
13. Adhere to **Uniform Code** per Instructor.
14. Solo performances per each Student each month.
15. Study handouts and maintain a KUNG FU NOTEBOOK.
16. Monthly tuition payments must be received by first monthly class.
17. Late tuition payments must be paid with a \$10-- late fee.
18. All tuitions are non-refundable.



*Kung Fu and Tai Chi Clothing*

[www.ShaolinChiMantis.com/Brochure-M/broPage6-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage6-SCM.html)



## Traditional Chinese Titles

<b>MANDARIN</b> <i>M/F</i>	<b>CANTONESE</b> <i>M/F</i>	<b>TITLE or TRANSLATION</b>
Shizu	Sijo	Founder
Shizufu / Shizumu	Sigung	Grandmaster (Grandfather)
Shifu / Shimu	Sifu	Master (Father)
Mensheng	Moonto	Disciple
Shixiong / Shijie	Sihing / Sije	Senior Student (Brother / Sister)
Shidi / Shimei	Sidi / Simui	Younger Brother / Sister
Guan	Kwoon	Kung Fu School (not Dojo)
Gongfu	Kung Fu	"time and energy"
Luohan	Lohan or Law Horn	Bodhisattva, Buddha Guardian
Quan	Chuan	Fist or Boxing Style
Quan	Kuen	Kung Fu Form (martial arts dance)
Shaolin	Sil Lum	"young forest," Temple name (Mt. Shao)
Taijiquan	Tai Chi Chuan	Supreme Ultimate Boxing Style
Tanglang Quan	Tong Long Chuan	Praying Mantis Boxing
Tantui	Tam Toi, Tan Tui	Springy Leg Kung Fu
Wushu	Wu Su	Martial Art

The Chinese ranking system is based upon titles used in Chinese family structure. Shifu is actually a "father" title that is never outgrown, no matter how good the student becomes. Sigung is a "grandfather" and Sitaigung is a "great-grandfather." The fellow student titles are "brother" and "sister" titles, hence the common expressions "School Brother" and "School Sister." A Shifu is also a "Disciple" or Moonto of his system and his actions are accountable and of high expectations in both his personal and Kung Fu life.

Since our Kung Fu heritage is a lineage of Shaolin Monks it is especially obvious that spiritual growth be inherent within all members of our Shaolin Kung Fu School and Guans. Even Tai Chi has Daoist Monks and Sages as role models and Patriarchs. Develop your mind by developing your body. Develop your spirit by developing your mind and body. This is balance. This is spiritual growth.

Some of the nicknames used by modern day Disciples and Shifu include "School Brother," School Sister," "Bug Brother," and "Shaolin." As with all words used by us or towards us, it is the INTENT of the word that matters most. That is why these Chinese titles are referenced and used, to DEVELOP PROPER INTENTIONS of RESPECT. Put compassion and respect behind all your words.

*T-Shirts & Workout Wear*

[www.ShaolinChiMantis.com/Brochure-M/broPage7-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage7-SCM.html)



## Open Book Exam #OBE-1

**OPEN BOOK EXAM:** *(Read the questions out loud and explain your answers out loud -- even if you're alone. Learn to speak the Chinese words.)*

1. Why is there a praying mantis in our school logo?
2. What kind of Praying Mantis Kung Fu do we teach?
3. What is the name of our school?  
*(Pretend you're in MY school for your first answer. When I wrote this book in 1992, I had only, Shaolin Chi Mantis. Now my students answer, "Shaolin Chi Mantis," or "Buddha Kung Fu," or "Tai Chi Youth," or "Buddha Kung Fu and Tai Chi Youth...")*
4. What is the difference between "Dojo" and "Kwoon?"  
*(I am a European breed of American. The prejudices and cultural animosities I grew up with are much different than those of Japanese and Chinese people. Only from watching many movies, reading a few books, having a few Asian friends, and listening to my Chinese Shifu do I understand the prejudices and problems of these nationalities. My book, **Masonic Kung Fu**, portrays a little bit of this friction. My point here, is that we should accept the fact that some cultures have historical issues that are best respected by not offending anyone. Follow the customs of Japan when in Japan, and follow the customs of China when in China. The European wisdom version: "When in Rome -- do as the Romans do.")*

*If you were in my class, you'd have to listen to my "stories." All true, sometimes a few per class. These stories are triggered by my daily life, or something we're learning, or reading...*

*Today's story, just happened few minutes ago. I was talking to my 13-year-old son, and wanting to dissuade him from playing football. I said, "My father made it impossible for me to play football." My son had a questioning look on his face. I explained, "Because of the way my father raised me, there is no way I can ever play football." Now I had my son's interest. "My father taught me: whenever you see a bunch of big mean people who look like they are going to attack or hurt you -- to run away from them -- not toward them." My son smiled and snickered... but he understood.*

*The above story leads me into another story... about you. You. Well actually, whoever is reading this book should say, "me." I'm snickering. The above story should inspire you towards filial piety. In the football story, I'm giving my father credit for this wisdom. He really did inspire that logic, but the point is: PRAISE YOUR PARENTS!. Boost their image. Give them as much credit as you possibly can. Same with your Shifu: boost your Shifu's image. Pick a Shifu you believe in, then devote yourself to making your school look good, your Shifu look good, the Kung Fu look good... and then YOU will look good. Filial piety works. A lack of filial piety is a dog eat dog world with no respect for elders or youth or neighbors... Respect should be a lifestyle.*

*By reading this book, **Tai Chi Beginner**, you have entered a Chinese Tai Chi school. Hopefully, even if you are reading this book without taking my classes, you will have improved your appreciation and understanding of Chinese culture by the time you have completed this book.*

5. Shaolin Chi Mantis = what 3 Kung Fu systems?
6. What does the Yin-Yang symbol symbolize?
7. What do the dots in the Yin-Yang symbol mean?
8. What style of Tai Chi is this Form you are learning?
9. Where did Yang Style Tai Chi come from?
10. What other styles of Tai Chi are there?
11. Translate "Tai Chi Chuan" into English.

12. Translate "Kung Fu" into English.
13. Translate "Shaolin" into English.
14. Complete this sentence: "The ultimate self-defense = \_\_\_\_\_."
15. Do living animals have magnetic fields?

*Some of these answers can be many different answers. Sometimes it's best for the Shifu to inquire, "What other answers are there?" so that other students can raise their hands and be called upon to share more information with the class.*

16. What else has a magnetic field?
17. Can magnetic fields be changed or controlled?
18. How do we use magnetic fields in daily life, tools, instruments...?
19. What affects our aura or chi energy flow in good or bad ways?
20. What is good about rules.

*The more laws you make, the more thieves you create.  
--- Lao Tzu (Founder of Daoism and 1,500 years later -- founder of Tai Chi)*

*I have lots of stories to tell here. Back in the 1960s, there was a President who declared war on American drug dealers and drug users. He called it, "The war on drugs." You should have seen the gangs and dealers arm themselves for war! Violence creates more violence. Murder inspires vengeance...*

*Why can't we all just get along?  
--- drug user*

21. What is bad about rules?
22. What can take the place of a rule?
23. Translate "Sifu." (Mandarin Chinese = Shifu)
24. Who is your Shifu?
25. What is the first and most important type of respect?

*I teach my students something I discovered back in the sixties: "You can't respect anyone else more than you respect yourself." I later learned that the most you can love someone else is the most you can love yourself.*

26. What Shaolin Chi Mantis Belt Rank LEVEL are you right now?
27. What is the Shaolin Chi Mantis TITLE for your current Belt Rank Level?
28. What Shaolin Chi Mantis Belt Rank LEVEL will you be next?
29. What must you do to graduate this Belt Rank Level and attain your next Belt Rank?
30. PERFORM your PERFORMANCE INTRODUCTION of yourself for the class -- or mirror.
31. PERFORM your Shaolin Salute and rate yourself by the "8 Criteria."  
(Weak - Need Improvement - Good - Great)

*Honesty starts by telling yourself the truth... always.  
--- Buddha Zhen*

*A white lie is a lie.  
--- Spirit Wolf of Truth*

32. Are you happy with your walk and posture?
33. Are you happy with how much you've been practicing the Tai Chi Short Form?
34. Are you using the "8 Penny Method of Buddha Zhen" to practice your Tai Chi daily?
35. Are you practicing the Tai Chi Form once before going to bed EVERY night?
36. Are we studying Northern Style Kung Fu or Southern Style Kung Fu?
37. What is proper breathing?
38. Does your handshake represent you effectively?

*Read this book out loud as much as possible. The Chinese words will become easier to say. Reading out loud is a VERY IMPORTANT SKILL. Children must be read to by their parents. If you don't enjoy hearing your voice -- who will?*

*Tai Chi Program of Shaolin Chi Mantis*  
[www.ShaolinChiMantis.com/Pages-M/curTaijiquan-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/curTaijiquan-SCM.html)



**SECTION #4**

***LEARN***



## Performing

Different schools and martial arts have different salutes and cultural expectations. These performance techniques will suit most tournaments and other martial artists. Be honest, straightforward, and simple. Save your flash and flair for your actual performance.

Actually, as in all social situations, you are performing whenever someone is looking at you. Living is a constant performance whether you realize it or not. You are always performing for yourself also. Sometimes, even when you think you are alone, pretend you are being watched. Unless you can learn to be comfortable with "performing" your performance will suffer at whatever you are doing -- even when you're only pretending to perform. SO: LEARN TO ENJOY PERFORMING. Performing is living.

Don't waste your breath describing any of your fears or dislikes about performing. I've heard them all, and none are valid. Every single student of mine who said they couldn't perform has been able to do a good job. Those who've stuck with me one year have become incredible performers, no matter how much fear they may have initially had. Stop stopping yourself. Abandon your fears. **If your life is not in danger, don't be scared.**

1. Salute the competition area or workout area as you step into this place where you will perform. Walk with **dignity, self-respect, confidence, and humility**. Develop your emotional balance.
2. Approach the Judges with friendly strength. Many people live by the "dog eat dog" motto and judge others by probing them with intimidation. Since YOU are the performer, don't even bother with the hostility people will poke you with. The easiest way to ignore intimidation is to be friendly.
3. Salute before introducing yourself. Although the Center Judge is the only one may Japanese martial artists will address, make eye contact with all the Judges as you salute.

*You are going to perform AS MUCH AS YOU KNOW of the Tai Chi Form and do your best. Performing is a skill. The introduction to the Judges is part of your performance. Rehearse your introduction when you practice your Tai Chi Form.*

4. Introduce yourself without moving any part of your body or flitting your eyes around. Speak from your chest, smoothly.
  - "My name is \_\_\_\_\_."
  - "I am a student of Shaolin Chi Mantis."
  - "My Shifu is Buddha Zhen Shen-Lang." (*"Jenn Shen Long"*)
  - "With your permission I will now perform the Yang Style Tai Chi Short Form of Shaolin Chi Mantis."

*"Yang" is pronounced "Yong."*

5. Pause for a moment. Often in competitions a name will be spelt wrong or they may ask your belt rank.
6. When they nod or appear satisfied, then SALUTE AGAIN to all the Judges. Position yourself wherever you want within the designated performance/competition area. Since you always practice the Tai Chi Form facing West, it would be convenient to do so now. But life is not convenient. Start your Tai Chi Form FACING THE JUDGES, and two Back Steps to your right.

Many Shaolin Kung Fu Forms, and Weapon Forms start and end in the same location of the performance area. Some require positioning yourself to one side to have enough room for the first sequence... For our Tai Chi Form we have proven that the best starting point is four steps back from where you introduced yourself and two steps backward towards stage right. The Form takes two steps forward so you don't want to annoy the Judges by being too close.

Stepping backward is a Chinese art. Check out the Emperor's Doctor in the movie, "**Curse of the Golden Flower**." He is a master at this "**Duck Walk**." That's what we call it in Shaolin Chi Mantis. Some schools say you should be trying to kick yourself in the butt as you semi-run forward. It looks like you're flying more... but you can't do it backwards. Maybe Michael Jackson could...

(Incidentally, since Michael Jackson and his brothers were students of my Shifu, Dr. Kam Yuen, they are my "School Brothers." That makes them your "Kung Fu Uncles." Shibo in Mandarin. Since I am the founder of Tai Chi Youth, Buddha Kung Fu, and Shaolin Chi Mantis; when you officially join and enroll by paying an ANNUAL MEMBERSHIP FEE you are officially a part of our Kung Fu family.)

Make sure to learn/practice your "Duck Walks" in a huge circle, single file around the perimeter of your workout area. THEN, reverse and go backwards a couple times around. No bouncing. Sink down. Keep the back straight. Hold hands in a Prayer Hands or... position, holding them still the entire time.

7. Begin as soon as your breath is controlled and your mind is relaxed. Take a couple of slow deep breaths. Breathe with your stomach. Gather yourself and gather your energy. Feel good about yourself. This is YOUR SHOW and you are in control.
8. Your mistakes may go unnoticed. Do not grimace or grunt if you make a mistake. Acknowledging a mistake, during your performance, always diminishes the audience's appreciation. Seriously, many mistakes will go completely unnoticed, and if the rest of your performance is excellent, you many win.
9. When your performance is completed, take low slow breaths. Even though you may want to pant for air, force yourself to breathe slow and relaxed. This is easy for the Tai Chi Form but difficult for more advanced and energetic Forms.
10. Approach the Judges and stand in the same spot you originally introduced yourself. SALUTE AGAIN. Stand calm, tall, and relaxed as you wait patiently for your score. If you look pleased with your performance, they may score you a higher score. If you look displeased, they may lower your score.
11. Unfortunately, most martial arts Judges, (especially in a Karate tournament), may have no idea how your Kung Fu Form is supposed to be performed. Some styles of Japanese martial arts are so strict about exhaling during punches and "Kiai" shouts, that Kung Fu stylists can be wrongly penalized. In one tournament I competed in, I afterwards approached one of the Judges and inquired how I might score better next time. He replied that my blocks and punches should not be combined or flow together. He also said that he couldn't tell when I was breathing. This was regarding a Praying Mantis Kung Fu Form, "Bunbo," which is supposed to blend the blocks and punches together and be very quick and snappy despite the breathing. The point is: no matter what your score -- SALUTE just as friendly as your first Salute. If you expect to always be scored accurately in life or appreciated for all your efforts: you're gonna be mighty miserable.
12. Winning is not just getting the highest score. Winning in life is just succeeding at being yourself. If you are happy with your performance, do not let the score influence you. When you can feel like a winner, no matter what the score, you are a balanced person. Do not depend on other people or scores to determine your value. Love what you do. Be happy. Just as you arrived: leave with dignity, self-respect, confidence, and humility. Display your emotional balance.

Weaponry of Shaolin Kung Fu

[www.ShaolinChiMantis.com/Brochure-M/broPage8-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage8-SCM.html)





## Walking and Standing

### CLASS EXERCISE:

If you are not in a Tai Chi class get a few of your friends to do this with you. Could be a party game. Just remember: **NO ONE LOSES!** Everyone must win. The person being criticized needs to receive valuable information in a manner they can utilize. Sure you'd like a box full of money, but if it was dropped on you from a 2-story building it would kill you. Learn to help without hurting. And those being criticized: learn to learn without feeling hurt. If you react to what you hear you are a puppet on strings. Listen and learn.

STAND IN A LARGE CIRCLE then slowly walk the circle together single file. Someone should be the leader/teacher and keep the criticisms flowing without pauses as the select the person to be criticized. Keep people's comments based upon **WHAT THEY SEE AND THINK INSTINCTIVELY**. Pretend not to know each other and merely judge their mannerisms and movements and posture...

1. Pick one person walking the circle and several people are chosen by the leader who have a good view of that student to criticize. Keep it moving quickly. Short succinct comments. Forget what you know of the person and speak of what you see. Judge by the walk and posture whether they are happy/sad, shy/bold, energetic/tired, honest/greedy, pessimistic/optimistic... whatever comes to mind. People should give their first impressions. If they "think" about it they're on the wrong track. Learn to listen to your inner voice.
2. Move the criticisms quickly from one person to another. There are no excuses or explanations from the person being criticized. When everyone has spoken about that person, another person is chosen and all persons comment on this person. It's best if ALL students get a chance to comment about every other student. People walk differently. People stand differently. Without humiliating or intimidating each other, discuss the differences in each fellow student's physical character. The physical character of most people represents their mental character also. This is valuable to know what people think of you.
3. Even in a large circle, you'll start getting dizzy. Walk comfortably and **reverse direction** every few laps. This is another reason to have a leader/teacher during this exercise saying, "**Change direction.**"
4. After everyone has been evaluated, here's one more exercise:
  - a. Everyone in the circle **DRAGS THEIR FEET** as they walk, as if pouting or unhappy. Notice how your mind balances to this by sinking and becoming heavy. It's too easy to be sad.
  - b. Now everyone in the circle **BOUNCES AS THEY WALK**. The mind will automatically elevate to balance. Hey! I'm happy! Our emotional state is **ALWAYS OUR DECISION**.

Walking is a unique way we all display our attitude towards life. Different moods create different walking styles. Often, by controlling our walk we control our mood. By consciously controlling our movements we also control other aspects of our character. People judge each other by many subtle observations. Be careful not to create wrong impressions by behaving in undesired movements. "Gosh. Just because I wear a black baseball cap backwards, have my fists tight all the time, slump forward with an angry frown and drag my feet when I walk -- people think I'm a gang member." Or, "Throwing tantrums doesn't make me a baby!"

If you don't like other people's opinions of your physical character, decide how to change their opinion. As your physical character becomes more the way you imagine yourself, the mind will automatically become more the way you imagine yourself. Self-balance your personal image with others' image of you as you choose fit.

*Original 1992 Curriculum of Shaolin Chi Mantis by Richard Del Connor.*  
[www.ShaolinChiMantis.com/Pages-M/cur7year-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/cur7year-SCM.html)



## Role Model

Monitor yourself as often as possible. Look at your reflection in a window or mirror. I enjoy the reflective windows of offices as I walk by. Notice your bounce. Notice your posture. Notice your own first impression of yourself. Are you happy with your walk and appearance? Then, ask why you are happy or unhappy with what you see in yourself. Then DECIDE what you will change or keep the same. DECIDE WHO YOU ARE.

Select a Role Model. Each student, lined up side by side facing the front of school will state who their role model is and why that role model works for them.

You can have as many Role Models as you have ambitions, since different Role Models portray different successes to each of us.

Select a Role Model for imitating this Tai Chi Short Form. Okay, so it's probably me. Or choose Bruce Lee or Tarzan... whoever works for you. A Role Model helps to achieve goals and provide that extra push when you need it.

If you're challenged with a task or risk or danger that churns up your fears or insecurities (eventually we'll get rid of them) just use your Role Model by BEING YOUR ROLE MODEL and knowing that THEY WILL SUCCEED. As a result, you will succeed.

A picture of someone serenely poised in a Tai Chi Stance could help your mind to create a desired serenity within you. Put this photo near your work desk or creative space.

Everyone needs their own place. Everyone needs their own privacy. This is very necessary for meditation and being creative. More on this in the next **Tai Chi Intermediate** book and **Zen Spirit Book**.

Select Role Models for important goals, or find a Role Model that can accomplish all these goals easily.

You should have a practice place for practicing your Tai Chi Form by now. Even if it is moving the coffee table out of the way each day to practice in the living room. Preferably you have an outdoor area or clear space indoors 10' x 20' to practice and exercise every day.

Practicing late at night is really fun. Outdoors in the moonlight... or lack of moonlight...

Some students may find this difficult and not have role models to choose from. So be patient and NEXT WEEK every student will line up again and tell who their current role model is and why they chose that person. Next week's role model will be your PERSONAL TRAINER FOR THE REST OF THIS SEMESTER. Choose a good trainer that make sure that you do what is necessary to succeed.

Your next success will be the completion of this martial arts dance, the Yang Style Tai Chi Short Form of Shaolin Chi Mantis. I only made three changes in the Form from how I learned it. The person I learned it from came from a Chinese family that had added Wu Style Tai Chi to their Yang Style Tai Chi.

I like Wu Style Tai Chi. Find some videos of Chinese Wu Style Masters in the 1970s and 1980s. That should be an accurate representation of the Wu Style. It's fast, fluid, and leans around a little like Praying Mantis Kung Fu. Probably my only disagreement with this style would be the "Diagonal Flying." It looks really cool but I cannot justify this Stance for anything except "looking cool."

*American Zen is the Spiritual Journey of Richard Del Connor as The Hippy Coyote.*

[www.AmericanZen.ORG](http://www.AmericanZen.ORG)



## Stance Walk of SCM

Do your *Stance Walk of SCM* every day if possible during your first semester of Tai Chi. Back and forth SLOW speed. Then back and forth MEDIUM speed. Then back and forth FAST SPEED.

Stances should be positions you comfortably, easily move through on your way to the next Stance. At first, lock into each position and hold it for a few seconds. Eventually, move through these Stances like a little Tai Chi Form.

Practice to music by holding each Stance the same number of musical beats. When you relearn each section of the Tai Chi Form next semester, you will learn the breathing of the Tai Chi Form. The breathing will match the music, then your movements will match the breathing. It's really cool. Then the music becomes Tai Chi...

Keep your back straight and your head at the same elevation throughout all Stances after beginning from a Relaxed Attention and lowering down to the first BENT KNEE ATTENTION. No bouncing as you move from stance to stance.

Then pivot your Right Foot on the heel so that your toes point 45 degrees to your right. Be careful NOT to move your Right Hip back as your Right Foot pivots on its heel. Keep shoulders and hips evenly facing forward during the entire Stance Walk drill.

Step out your Left Toe into a Left Toe Stance as if trying to touch the ground gently with your toes as far out as possible.

The toe of the Toe Stance touches the ground at the same spot as your heel of your Heel Stance with leg extended out straight with knee locked.

Check out the videos and online classes at [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com) of all these exercises and classes.

Your rear foot should be angled 45-degrees in the Toe Stance, Crane Stance, Heel Stance, and Forward Stance. Someone should demonstrate this for the class.

If your rear foot is larger than a 45-degree angle, the hip above that foot will not be able face forward and will be pulled or held back.

Do the Stance Walk toward a mirror or window picture frame so that you can watch the top of your head. Do not bounce at all. Whatever your nose height equals should be the top of your head height during this Stance Walk.

Look at a spot on the wall and hold it steady as you move towards it.

Square Horse, Toe Stance, Crane Stance, Heel Stance, Forward Stance, and Bent Knee Attention are all of the same elevation so your head should not raise or lower during any of these moves. Keep your back straight and hips forward.

Concentrate on keeping the shoulders equally forward -- this will keep the hips equally forward. Whatever the shoulder does affects the hip on the same side of the body. And whatever the hip does affects the shoulder on the same side of the body.

The original **Tai Chi Beginner** book contains photographs of Buddha Zhen demonstrating the stances of the Stance Walk.

**3-SPEED METHOD:**

Each row drops one number starting with a three-count. "Toe, two, three. Crane, two, three. Heel, two, three..."

Then a two-count: "Toe, two. Crane, two. Heel, two..."

Then a one-count: "Toe. Crane. Heel. Forward. Bent Knee Attention. Toe. Crane. Heel..."

Do not speed up the counting or slow it down. Just say it as written above at the same speed each time.

If you cannot perform the Stance Walk well -- you cannot perform the Tai Chi Form well. Hurry up and get good at the Stance Walk so your Tai Chi Form will be fun to look at.

I have music for this exercise. I have many fond memories of weaving around the house with both my children in preschool... following each other to the music.

The music song, "**Stance Walk**," by Buddha Zhen, is six rows of four sets of stances in each direction. Each of the three speeds repeat twice to make six rows one direction and six rows back.

In Shaolin Chi Mantis, Buddha Kung Fu, or Tai Youth class we only do one row back and forth at each of the three speeds. THEN, we do the SQUARE WALK. These two drills work well together and both become the thermometer of your success. When you can make these two drills look good you should reward yourself for accomplishing something. You've raised yourself up another step on the Tai Chi ladder of success.

*The Original Tai Chi Kids Programs of SCM by Buddha Zhen in 1994.*

[www.taichiKIDS.com](http://www.taichiKIDS.com)



## History of Tai Chi Chuan

The next book, **Tai Chi Intermediate**, details the history of Tai Chi Chuan from several perspectives and several sources. The "Bibliography" of this book includes several books and periodicals with histories of Tai Chi Chuan. The following history will get you started, and at least answer some initial questions. This is a blending of several versions of history.

Tai Chi Chuan is presented in writing by three Chinese characters. We'll get more into the Chinese words in **Tai Ch Intermediate**, especially since many words do not translate easily. Tai = Supreme. Chi = Ultimate. (A different "chi" word than the chi which means "breath energy" inside of us, as used elsewhere in this book and in the Shaolin Chi Mantis calligraphy logo.) Chuan = Fist. (Fist represents the words, "martial art boxing style.") So Tai Chi Chuan = Supreme Ultimate Boxing Style. This is very important to realize since Tai Chi Chuan used to be a complete martial arts system. The slow moving Tai Chi Form is only a small part of the Tai Chi Chuan martial arts program.

Yang Lu Chan (the Chinese put their family name first, then first name, then their middle name) was born in Kuang Ping of the Hopei Province. (1799 - 1872). While shopping one day, Yang Lu Chan witnessed a vendor being harassed by an angry man twice his size. The angry man went berserk and tried to punch and push the old vendor but was continually downed or swept aside effortlessly. The hostile man gave up and left. Yang Lu Chan approached the vendor and asked anxiously how the old man had defeated the big bully. The vendor explained it was "Silk Reel Boxing" and that it was taught only to members of the Chen Clan in Chenchiakou, Honan province.

Yang Lu Chan was so determined that he went to the Chen Village to learn Silk Reel Boxing. However, because he was not a Chen, no instructor would teach him. Undaunted, Yang Lu Chan got a cleaning job in a local pharmacy. At night he realize that the owner of the pharmacy was teaching Kung Fu and that he could learn the Tai Chi by spying unseen and practicing alone. Eventually he was found out. When they tested him to see how much he had learned he impressed them greatly.

The Chen Village Elders decided to allow Yang Lu Chan to stay and be a disciple of the Pharmacist, Shifu Wang. (I also learned Wang Style Tai Chi from Dr. Kam Yuen. His **Tai Chi videos** with David Carradine teach the Wang Style Tai Chi Form. Get the **Kung Fu video** also. It features Dr. Kam Yuen also.)

Look for any books or videos by Tai Mantis or Dr. Kam Yuen. Many of these books are out of print, but look in used book stores...

Yang Lu Chan completed his martial arts training in the Chen Village and then returned to Kuang Ping. He was challenged to a fighting match and accepted. Yang Lu Chan was defeated and embarrassed. After over four years of training he was not an Kung Fu Master yet. So Yang Lu Chan returned to the Chen Village where he studied three more years. When Yang Lu Chan returned to Kuang Ping the second time he earned the nickname, "Yang The Unbeatable," for his countless Kung Fu fighting victories.

Yang Lu Chan travelled with a short spear and a small bag, challenging the best martial artists he could find. There are many stories and legends of these fights, some of which have moral themes. Just remember that the first Yang who learned and taught Tai Chi possessed a complete martial arts knowledge.

Yang Lu Chan had three sons. All three were forced to learn Tai Chi Chuan. This became Yang Style Tai Chi.

One of Yang Lu Chan's sons, Yang Chien Hou, also had three sons. The youngest son was Yang Chen Fu

(1883 - 1936) whose public teaching spread the art of Tai Chi throughout China.

**The creation of Tai Chi has several elements to weave together:**

1. Daoists seeking immortality
2. Shaolin Internal Kung Fu
3. Book: **I Ching**
4. Book: **Tao Te Ching**
5. Snake fighting a magpie
6. Chang San Feng "Dirty Chang The Taoist"
7. Wutang Monastery
8. Yin-Yang Symbol

There are many stories in each of the above stories. My favorite story is the Eunuch Chang Ho pursuing the deposed Emperor Hui-ti. They used building the Wudang Temple and the legend of Dirty Chang to cover up their assassination of the young Chinese Emperor.

*Tai Chi Chuan is the "Ultimate Power Boxing Style"*

[www.CombatTaiji.com](http://www.CombatTaiji.com)





## Your Intention

Know your intention.

Have good intentions behind whatever you do, all day every day.

A good person has good intentions. A bad person has bad intentions.

The better your intentions = the better your life.

Good intentions do not justify foolishness or stupidity -- especially not, the second time.

In order to have a lifestyle of good intentions, each person must live a lifestyle of good intentions. If your lifestyle is shooting and bombing people... I recommend you find a better career.

Intentions determine the results of your actions.

### **YOUR INTENTION:**

Actions may speak louder than words, but intention speaks louder than actions.

Every movement we make can be done sloppy / good / or excellent. Our intentions are the foundation of our actions and the quality of our focus.

Learn to put more of your intention into whatever you are doing... after you decide what your intention is.

A prayer is only as loud as your intent.

Your Kung Fu represents your ability to apply your intention.

Each moment of your life is as valuable as the amount of intention you invest into it.

### **BALANCE YOUR MIND AND BODY:**

Although Tai Chi can be utilized to cultivate internal and physical power, it also can be used to balance the mind and body into a state of contentment that allows a restful sleep or meditation.

Practice the Tai Chi Short Form (as far as you know it) once before climbing into bed. Learn to relax. Breathe slowly with the Tai Chi moves so that your body is breathing. In the morning, use the Tai Chi Form to get you energized. Stretch a little also.

*Acting Zen is Acting Naturally is Being Zen is a Buddha.*

[www.BuddhaZen.com](http://www.BuddhaZen.com)



**SECTION #5**

***POWER***



**PERFORM SOLO:**

Everyone is in the spotlight from time to time. Whether it be a family gathering, a job interview, or flirting with a cashier in the grocery store, people are always watching you. Get used to it. ENJOY IT. Be proud of yourself and generous with the world as you share yourself with the world. Just as you enjoy watching others perform for you in movies or on TV, give that same enjoyment to others as they watch you "ACTING OUT YOUR LIFE."

*The Original Buddha, Siddhartha Gautama, was a Warrior Prince.*

[www.taichiBUDDHA.com](http://www.taichiBUDDHA.com)



## Power

Power is a drug. Most people that seek power are unprepared for the demands it will require of the Body, Mind, and Spirit.

Only a fool goes hunting for a tiger in the jungle without proper preparation. Yet power is as dangerous as any tiger in the jungle. The tiger will usually avoid human contact. Tap the ground as you walk the chaparral or step heavily and the rattlesnakes will stop sunning themselves and get out of your way... before you even see them.

Power is more like a mosquito that despite its frailty and size can still penetrate your defenses and suck your blood then disappear before you know it happened.

Just as every gun should be handled as if it is loaded, (even if you're sure it's empty), so power must be respected.

As you develop abilities through Tai Chi, power will manifest itself within you. That is why I make so many efforts to develop your Mind and Soul as I teach Tai Chi and Kung Fu. Most "Black Belts" are as hostile and mentally unbalanced as they were when they started Karate. Boxing does not make people into better people. Forcing dogs to fight each other does not make them into better dogs.

Fighting is using your power to destroy someone else's power. Someone will be hurt and injured. Someone must lose. This is not good power. This is destructive negative power. Please do not ever fight one of my students. I don't want them to be burdened with the guilt of what they did to permanently injure your body and future.

Healing power is the opposite of fighting power. Although all three of the schools I founded, Shaolin Chi Mantis, Buddha Kung Fu, and Tai Chi Youth, require mastery of Tai Chi fighting concepts, they develop each Student's healing powers by nature of the curriculums I created in 1984 to 1996. I love teaching my classes, they ALWAYS make me feel good.

Teaching someone the "self-discipline" to be an excellent Marksman with a rifle does not necessarily create a better human being. You also shouldn't have to "prove that it works" by going out and murdering someone. Many Karate Masters have criticized me for not having sparring in our classes. They argue, that, "You won't know how to use the kicks and punches unless you use them on someone first."

My schools are pioneering a new martial arts logic in America: sparring is not necessary. First of all, we don't have the injuries in our classes or tournaments. Second, my students have defended themselves successfully in self-defense situations. Third: we do teach "Qi Sao" (Sticky Hands - Chi Sao), and Qin Na (Grabs and Joint Locks), and some two-man choreography of fighting moves (as if in a movie), and Push Hands training and tournaments each year. So eventually, you'll get plenty of contact with opponents to understand the various fighting moves and your own abilities.

Your body is a gun and the desire to spar and fight are as mature as wanting to shoot people on the sidewalk. We did conquer the planet earth with our violent tendencies, but look at how many unnecessary murders and wars we've had because people thought that violence was a good idea. And if there is a violent confrontation of people or countries -- does the "best man win?" Violence should not determine the future of our world.

Every time a Shifu or Sensei guides his student into a fighting tournament he is equal to the Latinos who force

dogs and chickens to fight each other.

Courage is badly misunderstood to mean risking your life. Risking your life is suicidal. Courage is simply defying what threatens your morals and your ethics. If you must risk your life to express your morals -- you're on the wrong path or being badly misled by someone.

Express your concepts on a daily basis so that the world will be a better place and not a dangerous planet where you get murdered for expressing your best intentions.

Bravery? To be fearless is to be insane. Some fears can make us insane. Bravery is merely the ability to control whatever fears you do have. This includes minimizing your fears, choosing what to fear and what not to fear, and withholding your adrenaline. Now, with bravery, you can hopefully make RATIONAL decisions. Impulsive, emotional, or spontaneous reactions are just that: reactions.

Bravery requires commitment and an expression of a justifiable ethical concept such as stopping a rape (protect the weak), or giving a statement to the press (public service), or admitting a mistake that you may be punished for (slept with consenting intern).

Power is a combination of factors. If the most powerful car in the world is missing a little spark plug... So it is with each of us: the smallest weakness can nullify our power. (A virus, pebble in shoe...) Don't accept your weaknesses. Fix them.

Power requires balance. A car battery won't work if just one of its 12 cells goes bad. It will drain the energy from the other battery cells. Stand up straight, even when moving. Look in a mirror. Watch your reflections. Enjoy looking at yourself.

Character is fundamental to your power just as a computer program determines what you can and can't do with the computer. Your way of thinking, how you react to different things, way of asking for something, expectations of others, and your expectations of yourself = CHARACTER PROGRAMMING.

Who was your Main Character Programmer? \_\_\_\_\_.

Who currently determines who you are and how you think? \_\_\_\_\_.

"Energy" is what people consider "power" to be. That's because most people only know what they can see and measure.

Life is a game, and every day we remake our teams. When you choose teammates-partners; do you choose the person who slouches and drags their feet when they walk, or do you choose the happy, energetic and enthusiastic partner?

Be enthusiastic, every moment of your life, so when teams are chosen -- you'll be chosen.

#### **STANCES:**

Stances are the foundation of all your balance in Tai Chi. Strengthen your stances to be level and solid. Develop a feeling of power and balance in your square horse. Back straight, chin up, look regal.

Make all your stances level and solid. Build your life to be level and solid. (*Yet sweet and tangy!*)

#### **TAI CHI INSTINCTS and INSIGHTS:**

Without saying a word, without shaking hands, you can tell who is friendly and who is unfriendly. Although friendliness can't be measured, you can see it. Try to describe friendliness without "showing" it. Friendliness is a chi energy.

Chi energy has many functions. It keeps you alive for one. Chi can be projected. Through the hands we heal with our chi. With our throat we shape chi into music and messages with feelings and intentions. Through our eyes we can project chi. Hatred is projected chi. Friendliness is projected chi.

Look at your Salute in the mirror. Can you see/feel your friendliness? If not, there's not enough love inside of you. Friendliness can be covered up for a brief moment, but not contained or disguised. Don't fool yourself. If

you don't see it, you don't have it. WORK ON IT! Be friendly with everyone!

Every wall you put up around you creates a cage as much as protection. "I'll never trust anyone again." Stop overreacting to life. So what. Someone lied to you. Someone disappointed you. If you shut out the world to protect you, you become more like what you seek to hide from.

Be brave, not a prisoner of fear. Be bold. Be adventurous. Be trusting. Be happy.

*Guardians of Buddhist Heaven are Warrior Angels.*

[www.LuohanQigong.com](http://www.LuohanQigong.com)



## Shaolin Chi Mantis Beginner Level MUSIC & AUDIO

<b><i>Tai Chi Beginner</i></b>	- audiobook	by Buddha Zhen
<b><i>Tai Chi Intermediate</i></b>	- audiobook	by Buddha Zhen
<b><i>Shaolin Kung Fu Beginner</i></b>	- audiobook	by Buddha Zhen
<b><i>Tai Chi Magic</i></b>	- music album	by Buddha Zhen
<b><i>8 Brocade</i></b>	- music album	by Buddha Zhen
<b><i>Temple Exercises of SCM</i></b>	- music album	by Buddha Zhen
<b><i>12 Tantui</i></b>	- music album	by Buddha Zhen
<b><i>SCM Demo Team</i></b>	(music for performing)	by Buddha Zhen
<b><i>TCY Demo Team #5</i></b>	(music for performing)	by Buddha Zhen
<b><i>BKF Demo Team #1</i></b>	(music for performing)	by Buddha Zhen



# TAI CHI MAGIC 1



BAMBOO FLUTES,  
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[www.TaiChiMagic.com](http://www.TaiChiMagic.com)

*Kung Fu and Fighting Music*

[www.ShaolinRECORDS.com/Brochure-R/ShaoLinRecords-4-R.html](http://www.ShaolinRECORDS.com/Brochure-R/ShaoLinRecords-4-R.html)

*Tai Chi and Meditation Music*

[www.ShaolinRECORDS.com/Brochure-R/ShaoLinRecords-5-R.html](http://www.ShaolinRECORDS.com/Brochure-R/ShaoLinRecords-5-R.html)



**SECTION # 6**

***ENERGY***



## SECTION # 6 - Yang Style Tai Chi Short Form of SCM

### **ENERGY BALL:**

The hands are more than just opposing magnets. They are maser electromagnetic generators whose intensities are controlled by you. Focus your energies in your palms. The palms are also healing energy sources. Feeling this opposing magnet sensation is the first step in developing energy control. Use this energy to push your palms apart as if it were impossible to touch them together. When one palm pushes towards the other palm, it should be magnetically repelled away. Imagine a balloon between your palms until you actually do feel the chi.

### **HIP MOVEMENT:**

Use your hips, not your shoulders to pivot. This keeps your spine straight and utilizes body balance which is stronger than the body muscles. Although usually I advise shifting the feet on their heels between Forward and Square Horse -- this exercise keep the feet planted as in a Square Horse to emphasize hip movement. The back leg will bend and straighten as the hips pivot between a Square Horse and a semi-Forward Stance. Keep your head up, back straight, and both hands at chest level as if holding a basketball or balloon by its sides.

### **PUSHING HANDS:**

Much of the power and force characteristic of Pushing Hands is inherent in the solid foundation of the Forward and Horse Stance. Our concern is the sensation of pushing out against a huge energy source or manufacturing beams of energy that radiate out our palms at a target. Imagine rolling a huge ball forward. As you Shuffle forward into a second Double Push: keep the palms stationary as if actually pushing a on a wall, then, as you're settling into the Forward Stance -- Double Push.



*Zhen Ming-Mou graduated to TCY Orange Sash in 2000. Photo 2003 age 12.*

[www.taichiTEENS.com](http://www.taichiTEENS.com)



## Breathing

Proper breathing in Tai Chi is the same as proper breathing in singing or playing a music wind instrument. The diaphragm is a flat plate below the lungs. By lowering the diaphragm, the lungs are opened downward like bellows. In raising the diaphragm air is pushed out of the lungs. This is the most efficient way to breathe and provides the largest capacity of air to be inhaled. Efficient exhalation is also best controlled by the diaphragm.

When my daughter Caitlin Marie O'Connor was born, January 14, 1991, I was very curious to see if what I had been taught was true. It was true: babies breathe with their diaphragm as I explained above. Proper breathing is obvious by the stomach expanding when inhaling. As the diaphragm pushes downward -- the internal components of our anatomy can only be compressed so much, the abdomen relaxes and is pushed outward. As we exhale and the diaphragm raises up, the stomach is sucked back in. Proper breathing is natural and instinctive although as adults we often learn to breathe incorrectly with only the top portion of our lungs. Top lung breathing is what you do when you are scared or stressed.

Also in Kung Fu we learn to coordinate our breathing with our physical efforts. We EXHALE DURING MORE STRENUOUS MOVEMENTS and inhale while repositioning. In Tai Chi this is further emphasized as we establish a consistent slow breath pattern and coordinate our PHYSICAL MOVEMENTS TO MATCH OUR BREATHING.. After our movements and breathing become memorized and unconscious we can become aware of the subtle aspects of blood flow and chi circulation. This harmony between breathing and movement takes several months to synchronize and is the foundation necessary to begin harnessing our chi.

Breathing is influenced by our mind. The body quickens its functions when panicked. Our mind can also influence our breathing to regain conscious control. Slow breaths can signal the body that it is in a relaxed situation. As relaxation techniques are learned they can be utilized in many social situations such as when speaking in front of a group of people: WHEN YOU ARE NERVOUS USE A COUPLE OF DEEP LOW BREATHS TO RELAX.

100 days of exercise and Tai Chi practice should mark the beginnings of new awareness. The stretching will become easier, the exercise less demanding, and the body more balanced. Even the mind will develop a new confidence as it now achieves the goal of completing this Tai Chi Beginner Program

The awareness of energy flow is impossible when breathing is insufficient. Oxygen is primary to the combustion we promote in our system. The mind directs the usage of this oxygen and steers our internal energy. Proper breathing is fundamental to Tai Chi.

*Tai Chi Youth programs started 1994 in Salt Lake City, Utah*

[www.taichiyouth.US](http://www.taichiyouth.US)



## Chi and Energy Circulation

Chi (qi) is a Chinese word that translates to mean "breath energy." The character for "Chi" of Shaolin Chi Mantis is the "breath energy" Chinese word.

Chi is thought of by most martial artists to mean the electrical energy we channel through our body's nervous system. Like any electrical circuit, there is also a magnetic electrical field that is created by electrical flow. When you plug in a toaster and turn it on, there is an inductive magnetic field around the electric chord as electricity flows through it. Electricity creates magnetism. Kirlian photography has increased our understanding of this energy field that surrounds us. Electrical energy flows through various pathways, separate yet similar to our blood flow system. Acupuncture has mapped out the electrical pathway systems of our body. Chi is this electrical power and it can be enhanced with Tai Chi exercise just as a blood flow system can be enhanced by physical exercise.

Tai Chi involves movements, meditation, and concentration to develop a smoother more efficient flow of our electrical energies. This awareness, which we will develop of our chi energy, provides the health and well-being benefits that are attributed to Tai Chi. Illnesses and emotional disorders are always linked to blockages of our electrical energy flows. The healthier our electrical system: the healthier the body and mind.

Our blood flow system is integral to good health and utilization of our chi. Our bodies require oxygen to function. The more effort we exert or energy we use -- the more oxygen we require. By increasing our blood flow efficiency we increase the ability to get oxygen to the muscles that require it sooner. This may also account for the warmth we feel in our limbs as we focus our chi.

Stretching is integral to both the blood flow system and electrical system. Blood vessels are more flexible in a flexible person and electrical pathways can be unblocked and enhanced by stretching. Toxins that tend to be trapped in our muscles can be loosened and released by stretching. Stretching is integral to expanding the movement capabilities of the body, reducing blood pressure restrictions, and unblocking the electrical nervous system.

Chi Kung is the combination of the following abilities and functions coordinated together at their optimum efficiencies:

1. Electrical energy
2. Blood flow
3. Breathing

"Qi" is also used and pronounced the same as "chi." Qigong and Chi Kung both refer to breathing exercises that manipulate and enhance chi energy flow. More Chi Kung techniques will be taught in the Tai Chi Intermediate Program™ and the Tai Chi Advanced Program™.

*Tai Chi Youth nonprofit teaching kids 4 to 88 since 1996.*

[www.taichiYOUTH.org](http://www.taichiYOUTH.org)



**SECTION #7**

***PRODUCTION***



## SECTION #7 - Yang Style Tai Chi Short Form of SCM

### OVERHEAD SLICE:

Done quickly, this move generates force and surprise. We will ignore the head cracking martial aspects as we focus on balance, smoothness and grace. Keep the rear Left Arm extended out straight behind (S/E) level at shoulder height with both hands in mirror positioning, or as we usually do: turn the rear hand to palm down with fingers outstretched. INHALE as your arm rises up to 12:00 overhead then EXHALE as it descends like a huge sword chopping downward and stopping when level.

### SPINE ERECT:

When hip pivots are done correctly the spine does not bend at all. The head does not turn and the shoulders do not twist. Keeping the spine erect allows energy to flow uninterrupted. Keep chin up and eyes focused on horizon as if meditating.

### BREATH TIMING:

As a Tai Chi Beginner Student, one of your BASIC GOALS is to coordinate your BREATHING WITH YOUR MOVEMENTS. Only after this is accomplished will energy flow be controllable. Establish a breathing speed in the first movements of your Tai Chi Form and maintain this breathing speed throughout the entire Form. Make your movements match your breathing, not vice-versa.

### SINGLE WHIP:

The Crane Beak is a pinpoint strike and a unique hooking mechanism. It also can glow with energy like a hot coal. Feel the heat of this energy focus. The Crane Beak whips out using a relaxed wrist (rock on a rope). Overlapping outside the Left Forearm it could be an arm trap. Pull it straight back past the chin to point down toward the Earth with both arms fully outstretched, level, at shoulder height, snapping forward and backward in the same instant.

### DAN TIAN:

Or Tan Tien, or Dantian, or Dantien. East Indian Yoga refers to these energy focal areas as "Chakras." Every culture on Earth has discovered most of these energy spots of the body and rightly attribute specific abilities and energy aspects to them.

Dan = distilled vital essence. (Collection or storage of Chi)

Tian = field or place. (Large areas of energy)

### DOING WELL:

We all enjoy most what we're good at and dislike what we're clumsy at. Hurry up and get good at this Tai Chi Form. The sooner you're good at it -- the sooner you'll really have fun. The rewards of doing well are infinite. if you are going to have FAITH in anything -- have FAITH IN YOUR EFFORTS.

*Have faith in our youth by teaching them to have faith their selves.*

[www.taichiyouth.com](http://www.taichiyouth.com)





## The Dan Tian

The Dan Tian cannot be touched, seen, or felt like any physical part of the body. The Dan Tians are areas of the body where electrical energies are focused, emitted or controlled from. If a martial artist says, "Dan Tian," the Dan Tian 3" below the navel is usually being referred to. Since this central body Dan Tian is the physical energy center, an athlete may prioritize this Dan Tian over the intellectual or compassionate Dan Tians.

Often what we mistake for "gut feelings" are disruptions of your Dan Tian energy funnel.

Tai Chi develops first an awareness of this energy orifice, then a balance of this central core, then finally the ability to manipulate and utilize the energy we transmit from our Dan Tian.

From our Dan Tian we transmit an electrical magnetic field around our bodies. Like the Earth, every person is a luminous magnetic egg-shaped field. This magnetic field changes in frequency and color depending upon our mood, emotion, attitude or health.

This force field is also sensitive to interruptions. When someone puts a hand near our body, this can interrupt our magnetic field and their presence is known.

We can also focus our energies outward from our Dan Tian to "touch and see" without our eyes. This is how people know when we are staring at them. Their magnetic field senses our Dan Tian probing at them like an electrical arm.

Kung Fu legends claim that the Dan Tian can generate force enough to knock someone over. Although I've never seen Chi forces hit someone without touching them physically, I have seen bricks broken selectively within a stack, and strength beyond apparent physical exertion.

### There are considered to be three main Dan Tians:

- |                    |                     |                        |
|--------------------|---------------------|------------------------|
| 1. Lower Dan Tian  | 3" below navel      | = physical energy.     |
| 2. Middle Dan Tian | behind solar plexus | = compassion and love. |
| 3. Upper Dan Tian  | between eyebrows    | = mental energy        |

### Five Lesser Dan Tians:

- |                  |                      |                        |
|------------------|----------------------|------------------------|
| 1. Groin         | lots of energy here  | = sexual-repro energy. |
| 2. Throat        | collar of energy     | = talking power.       |
| 3. Below nose    | between lip / nose   | = purifying energy.    |
| 4. Crown of head | top of spine cowlick | = spiritual channel.   |
| 5. Lower back    | spine "energy rod"   | = foundation energy.   |

By circulating, manipulating, and controlling our internal energies we open up our pathways and enhance the power emanating from these eight centers. It gets easier to focus our energies by practicing the Energy Flow Exercises ([www.shaolinRECORDS.com](http://www.shaolinRECORDS.com)).

Eventually, full power can be raised in one breath. The control of these energies creates various possibilities of not only healing your own body quicker, you may be able to heal other people also.

*Tai Kids are also Taiji Kids of Shaolin Chi Mantis.*

[www.TaiChiKids.com](http://www.TaiChiKids.com)

[www.taijiKIDS.com](http://www.taijiKIDS.com)



## Doing Well

"Doing well" may be misunderstood as "perfectionism." Parents expect many achievements from their children. Learning to walk is an achievement. However, when parents never seem satisfied with their child's progress many insecurities and failure concepts may be developed by the child. Set goals but realize there are many steps to achieve before attaining the bigger goals. Congratulate yourself on very little step because without them you don't get closer to your plans. Constantly reevaluate and give yourself constructive criticism. Mistakes are a part of every person's life. DO NOT FEAR ANYTHING UNLESS IT IS DANGEROUS.

"Failure" is a sadistic judgment that should never exist in a person's mind. As long as a person "tries" or "does something," then something has been accomplished. Some of science's greatest achievements have been "failed" experiments that revealed unexpected information and rewards. Doing well is a positive approach to a life of self-respect and self-esteem. If you have guilt or shame about anything, then your perspectives or lifestyle are OUT OF BALANCE.

Aim your ambitions and goals as high as you desire. The significance of life is not to expect everything to go as you plan it. Life is what you appreciate, do, achieve, and learn WHILE REACHING FOR YOUR GOALS AND PLANS. Appreciate your efforts as time "well spent" and keep your eyes and ears open for the rewards and experience you attain while "doing your best."

Expect something new of yourself with every year of your life. Just as a child learns to talk, you must continue to learn a new skill, accomplish a new goal, and improve yourself every year. The only limits your development are your motivation, awareness, and organization. BE MOTIVATED TO IMPROVE. Be aware of who you are and what you need. Organize your time and effort so that you maximize your achievements and are rewarded as much and as often as possible.

"Doing well" = performance effort, not comparison or competition results. Doing well is a lifestyle. Develop high standards in all your activities by learning to apply your time and effort efficiently. Organization as a life principle is necessary to insure efficiency. ORGANIZE YOUR TIME, but now when to flow... Organize your work. Organize your refrigerator. Don't be sloppy at anything.

This Tai Chi Beginner Program™ is your current opportunity to "do well" at something. Learn how to APPLY MORE EFFORT to this endeavor than any other previous project. This skill of "applying effort" is the foundation of "doing well." Impress us with your effort spent practicing this Tai Chi Short Form of Shaolin Chi Mantis. When you have "done your best" to practice as much as you can we will be impressed by your effort. Learning and succeeding at anything requires time and effort. Do well at "doing well."

*Tai Chi and Kung Fu develop TEEN HEROES.*

[www.taijiTEENS.com](http://www.taijiTEENS.com)



## Open Book Exam #OBE-2

*(Read the questions out loud and answer them out loud.)*

1. What is the nickname of the Buddhist Monastery where Kung Fu originated?
2. Who is the Founder of both Kung Fu and Zen Buddhism?
3. Give a brief, spoken, history of Tai Chi.
4. Are you pleased with your Salute? What needs to be improved?
5. Are you satisfied with your Stance? What can you improve?
6. Explain how you're confident of your mental character.
7. Explain how you're happy with your attitude towards life.
8. What is your confidence based upon?
9. What do you call (in Chinese Cantonese and Mandarin) an Older School Brother?
10. What do you call an Older School Sister?
11. What do you call a Younger School Brother?
12. What do you call a Younger School Sister?
13. Who is the Sijo of Shaolin Chi Mantis?
14. If someone did create Tai Chi, who was it?
15. When you INHALE, what does your diaphragm do?
16. When you EXHALE, what does your diaphragm do?
17. What is the "chi" that moves through your body?
18. Translate: "Tai Chi Chuan."
19. What is Qigong or Chi Kung?
20. What are the benefits of stretching?
21. What are the 3 Main Dan Tians?
22. What are the 5 Lesser Dan Tians?
23. When someone says, "Dan Tian," which Dan Tian are they referring to?
24. Name 8 things you are doing well on a daily basis.
25. Name 8 weaknesses you are strengthening / improving.
26. Are you practicing the Tai Chi Short Form 8 times per day?
27. Are you stretching at least a little bit every day?
28. Students raise hands who start your Tai Chi Short Form facing West, whenever possible?
29. Are you happy?
30. Are you loved by others?



## Daily Tai Chi Practice

*Do the Tai Chi Form 8 times, every day.*

1. Regular speed
2. Slow speed
3. Super slow speed
4. Fast speed
5. Super fast speed
6. Regular speed (again)
7. Fast speed (again)
8. Super slow speed (again)

*If you see what is small as it sees itself,  
And accept what is weak for what strength it has,  
And use what is dim for the light it gives,  
Then all will go well.  
This is "acting naturally."  
---Lao Tzu*

*Discover the magic of Tai Chi.*

[www.taichimagic.com](http://www.taichimagic.com)



**SECTION #8**

***LOOK WITHIN***



## SECTION #8 - Yang Style Tai Chi Short Form of SCM

### **CLOUD HANDS:**

In opposing circles, R. Open Hand clockwise, L. Open Hand moving counterclockwise, their motions should be consistent and non-stop. Keep the palms facing inward towards the body except for the instant when they must be rotated and flipped over to maintain the arm's propeller spinning motion. Spine is erect with head unturned. Use the hips to follow the leftward or rightward hand movements when the palms are up in front of the face. Keep the knees bent whether the legs are separated or together. INHALE as you twist to the Right. EXHALE as you twist to the left.

Learn each arm's propeller move individually, then practice them simultaneously. Keep both hands constantly moving so that when one hand is down, the other is up...

### **FORCE FIELDS:**

Create a vertical tubular force field of energy around your body as your hands perform the Cloud Hands movement. Rather than creating a flat plane of motion like an airplane propeller, keep your hands within this tubular dimension as they circle both Left and Right. Visualize yourself within this vertical tube of energy.

### **MEDITATION:**

Relaxing the conscious mind allows the subconscious mind more freedom. If your mind will not quiet down -- you are still being plagued by the "1,000 Monkeys." Doing the Shaolin Chi Mantis Stretching Yoga Routine will release your tensions -- making meditation much easier and eventually productive. There are no shortcuts to success in life. Life is Kung Fu. Kung Fu is time and energy. If you subtract either time or energy from whatever you are doing -- the results of your actions will reflect this loss of investment. Do your stretching.

### **JUDGMENT:**

Most people have been on the "butt end" of being judged and developed negative views towards "judgments." People often use judgments to belittle each other... ERASE ANY EMOTIONAL VIEW you have of "judgments." Judgments can be good or bad, right or wrong, helpful or destructive... Learn to make good accurate judgments. Learn how to improve the judgments you make of others and that others make of you. Change what you don't like into evaluations that you enjoy hearing about.

With practice experience, and awareness, any person can become a proper judge of their self, their world, and the people around them.

*Tai Chi SENIORS of Shaolin Chi Mantis, Buddha Kung Fu, and Tai Chi Youth*

[www.taijiSENIORS.com](http://www.taijiSENIORS.com)



## Meditation

During the late sixties I attended the Transcendental Meditation (T.M.) seminars of the Maharishi Mahesh Yogi, guru of The Beatles. During the seventies I studied self-hypnosis at San Diego State University. As a carpenter I developed the ability to take fifteen minutes naps during lunch time no matter how hot or noisy it was in broad sunlight. As a musician I found an ability to shut off conscious thought and play instinctively as if someone else moved my fingers. During the eighties I learned various methods of meditation from Daoist "nothingness" to the moving meditation of Tai Chi Chuan. All these forms of meditation were valid and very beneficial, yet completely different experiences. The various types of meditation are best understood or described by their "intention."

Meditation is a multi-level experience that ranges from a complete blackout like sleeping to contemplative meditation like daydreaming. Through relaxation and self-hypnosis and controlled breathing, we are capable of achieving various levels of awareness or "subconsciousness." The benefits and abilities possible within any of these levels are infinite. Depending upon the needs, desires, and motivations of each student -- we can explore many possibilities within the realms of meditation.

Within this initial curriculum you will learn breath control, relaxation, and the controlled movement of our chi force. These basics will open amazing new horizons which can be explored at your own initiative or in further advanced classes. Practice these *Energy Flow Exercises* on your own at any time of day. It heals, relaxes, and refreshes to utilize even segments of these chi exercises. The body receives energy, the mind relaxes, and the spirit is awakened. Ask yourself questions regarding your personal dilemmas or physical complications. Move your energy through these problem locations and watch how easily the requested information appears in your mind. This is also the foundation of self-hypnosis.

Your subconscious mind is constantly communicating with all parts of your body. Through various meditation techniques we will form more active communication between the subconscious and conscious mind. This puts the conscious mind into a closer relationship with the body.

Our conscious mind protects our subconscious mind from unpleasant information. The conscious mind can say, "It's only a movie," but the subconscious mind believes everything it sees and feels. This is why I discourage students from:

1. horror movies,
2. scary books,
3. self-destructive comments e.g. "I'm so clumsy," or "I can't do that,"
4. being with people who intimidate you...

Remember: your subconscious believes everything it sees, hears and feels. Be careful what you show it.

Check out my "**Meditation Qigong**" recordings for guided meditations.

*Meditation Products of Shaolin Chi Mantis and Shaolin Zen*

[www.taichiMEDITATION.com](http://www.taichiMEDITATION.com)





## Judgment

People who hesitate to judge other people are usually afraid of being judged by their own self. Their parents have probably made bitter judgments about them.

Many people will hear alarms and sirens after reading the above paragraph. Perhaps even the word "judgment" evokes bad feelings and memories. Whoever raised you or trained you may have taught you that judgments are always a negative evaluation of you. Realize that judgments exist in many ways and are made all day long every day of our life. Our goal is to learn to make the best possible judgments as accurately as possible, change them when new information changes our opinion, and to create judgments in an effective manner so that our lives are easier and happier. If your judgments of yourself usually make you feel bad, you have not learned how to make GOOD JUDGMENTS in general. Once again, remember that there is no such thing as perfection. Judgments should be made based on effort, time, circumstances, situations, environment, needs, and any other valid information. What might appear a failure to one person may have been an incredible success for someone who learned from the experience. LEARN TO JUDGE BY THE FACTS, NOT YOUR EXPECTATIONS.

Every person on this planet should constantly judge their self. Hiding from your own self is a sad way to live and guarantee of repeating mistakes. Judge every aspect of your life. Judge the way you chew your food. Judge the way you talk and walk. Judge the way you feel and sleep. Judge everything about yourself. JUDGMENT IS AWARENESS AND EVALUATION. Be good at it.

Judgment is only the first step. In fact, many people don't like making any judgments because then they realize the effort they need to expend to correct the mistake, that they prefer to ignore. Every judgment requires a decision. If the judgment is that you are satisfied with your hairstyle, then there is no next step besides appreciation and confidence. If the judgment is that you need a haircut, then decisions must be made:

- 1: When to get a haircut.
2. Where to get a haircut.
3. What kind of haircut...

Judgment CREATES IMPROVEMENT AND EFFICIENCY. Anyone that fears judgment fears responsibility. Judge yourself then take responsibility to make all judgments of yourself become SATISFYING EVALUATIONS. Correct mistakes and improve yourself

All people constantly judge the world around them. Is your home too hot or too cold? Make a judgment and then make a decision to adjust your heater or air conditioner. Does your car need to be washed? Judgments are a normal part of life. Learn to make judgments for the right reasons also. People who live by greed and selfishness may make improper judgments and decisions. Judging that you need a bicycle more than your neighbor and then deciding to steal it shows that your ability to make judgments and decisions has been learned wrong.

Learn to judge well by living well. Learn to make good decisions by being a good person. Your perspectives determine the quality of your judgments.



## Shaolin Chi Mantis Beginner Level BOOKS

Tai Chi Beginner - *Yang Style of Shaolin Chi Mantis* by Buddha Zhen

Tai Chi Intermediate - *Qigong and the 8 Brocade* by Buddha Zhen

Shaolin Kung Fu Initiate - *Buddhist Candidate* by Buddha Zhen

Shaolin Kung Fu Beginner - *Warrior Athlete* by Buddha Zhen

Zen Spirit Book - *Chapter 1* by Buddha Zhen

Zen Spirit Book - *Chapter 2* by Buddha Zhen

## Shaolin Chi Mantis Beginner Level AUDIOBOOKS

Shaolin Kung Fu Beginner - audiobook by Buddha Zhen

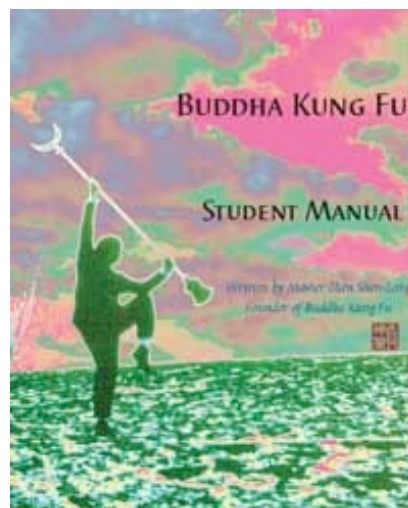
Shaolin Kung Fu Initiate - audiobook by Buddha Zhen

Tai Chi Beginner - audiobook by Buddha Zhen

Tai Chi Intermediate - audiobook by Buddha Zhen

Zen Spirit Book - *Chapter 1* - audiobook by Buddha Zhen

Zen Spirit Book - *Chapter 2* - audiobook by Buddha Zhen



[www.BuddhaKungFu.com/books](http://www.BuddhaKungFu.com/books)

For music, videos, books, artist products:

[www.shaolinIRECORDS.com](http://www.shaolinIRECORDS.com)



**SECTION #9**

***TRUTH***



## SECTION #9 - Yang Style Tai Chi Short Form of SCM

### BLOCK UP SLICE:

The Block Up is a standard and efficient move. The Slice is designed as a way to twist the body and compress the inner organs. This results in an internal organ massage. Do this slowly and EXHALE when twisting to the left and INHALE while slicing to the right with feet together always pointing West the same as the Cloud Hand movements. (Crab Walk)

### INTERNAL MESSAGE:

Be careful of over-twisting the lower spine. Acupuncture books mention that the energies of various internal organs will be released or unblocked by this compression. There is an obvious power absorption felt as the and slices through the air with the palm upward and arm extended as far as possible.

### CRITICIZING:

1. JUDGE the other student's movements in comparison to how well you know they could be performed.
2. DECIDE how to efficiently explain the needed improvement.
3. AVOID humor, ridicule, or intimidation as you explain and demonstrate.
4. Have the INTENTION of helping and improving the other student.

I developed the monthly routine of each student solo performing and all other students each individually criticizing the performer while teaching at Decker Lake Youth Maximum Security Prison. All students stand side by side in a single line with the highest ranking students in the center of the line on each side of the Shifu. Each Student is now a "Black Belt Judge" as in a martial arts tournament. The Judges must learn to focus their awareness on the solo artist. The Performer stands before the Judges as they each offer their compliments and criticisms. It gets fun as everyone gets better. The ability to criticize others with the intention of improving them is as valuable as the skill of the Performer to accept all criticisms equally, without any emotional reaction.

As the Teacher, I occasionally elaborate or demonstrate how to do a move correctly. Otherwise, I wait until each Student in line has spoken before I criticize the Performer.

### SLEEP:

How do you feel physically now: \_\_\_\_\_

Why: \_\_\_\_\_

How do you feel emotionally: \_\_\_\_\_

Why: \_\_\_\_\_

How do you feel intellectually: \_\_\_\_\_

Why: \_\_\_\_\_

### PRACTICING:

MAKE THE TIME TO PRACTICE!!! It's up to you. There are no excuses. Enjoy practicing. Practicing is a skill. Be good at practicing to be good at anything. Be good at being good. Be good.

*Belt Test Approval Form*

[www.ShaolinChiMantis.com/Pages-M/beltApproval-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/beltApproval-SCM.html)



## Sleep

Rest is incredibly important. Our bodies operate on a Yin-Yang principle that includes rest. A proper amount of rest is required to maintain our physical and emotional balance. Repairs and relaxation are vital to our bodies. Start with 8 hours of sleep per night. Go to bed at a rather consistent time and wake up at about the same time each day. Do this regularly for a month and then evaluate whether to add sleep or cut back a little. Give yourself the ability to adjust to a schedule that is convenient for you.

Naps are great. 15 to 30 minutes is a nap for a person over 13-years old. Unless you've missed a lot of sleep, don't exceed 30 minutes. The body must become trained to go quickly into a deep sleep, get its rest, then quickly snap out of it with NO RESIDUAL TIREDNESS. This may take a little practice, but demand it of your body and eventually it will be. If you expect to be groggy -- you will be. EXPECT TO WAKE UP REFRESHED and ENERGIZED. You will be. Take a nap whenever you can, once per day, and get your money's worth out of it.

Tai Chi can either wake you up or relax you. After a nap Tai Chi is a good way to rebalance yourself. Before going to sleep at night it is a great way to relax and release tensions so you will be more comfortable. Intention = Result.

Being organized is important to good sleep. If you go to bed with problems unresolved, your morning unplanned, and work unfinished, you will not sleep well and may even try to use your dreams to finish your day's work. This is a waste of sleep. Before going to bed each night, look over your past day's schedule and see what was and wasn't done. Plan tomorrow and file your papers. Keeping a journal is fundamental to developing your mind. Write down your complaints and your triumphs, even the small ones. Plan your day tomorrow including getting paperwork ready or making your lunch. Then when you go to sleep you'll have the peace of mind that you did as much as you could.

Stress is avoidable. Stress is a decision. Quit your job, solve your problems, change careers, improve your relationships, plan ahead, and face all your weaknesses. Do whatever it takes to make your life comfortable and efficient. Make your life the most rewarding and enjoyable experience possible. "Heaven on Earth" is the goal of all Scholar Warriors and Spiritual Warriors. Release all your tension and stress every day. Sleep on a regular schedule as much as possible. As you wake up at the same time consistently, you'll discover you don't need an alarm clock.

As a Warrior Athlete you are pushing yourself to extremes in order to develop an adequate lifestyle. Getting into shape and toning up the body requires a lot of strain and discomfort. you're metamorphosing like a butterfly into your new body. Once you're in shape, it requires easy maintenance and a comfortably balanced lifestyle to maintain a balanced MIND - BODY - SPIRIT.

*Body Mind and Spirit of Zen Buddhism*

[www.shaolinZEN.org/zenbodyZ.html](http://www.shaolinZEN.org/zenbodyZ.html)

[www.shaolinZEN.org/zenmindZ.html](http://www.shaolinZEN.org/zenmindZ.html)

[www.shaolinZEN.org/zenspiritZ.html](http://www.shaolinZEN.org/zenspiritZ.html)



## Practicing

### **STACK OF PENNIES:**

As a young Kung Fu student I developed various study and Form practice techniques. My favorite was one year I lived in Redondo Beach with large juniper trees in the backyard. Every time I completed the Form I was working on by practicing it TEN TIMES -- I knew this by the ten juniper seed pods lined up on the fence rail. Then I would reuse these for another Form that day. At the completion of my day's regimen I threw them away and had inadvertently accomplished a small gardening duty. Eventually all seed pods within jumping height were removed. This led to the "*10 Penny Method*."

### **10 PENNY METHOD:**

The "*10 Penny Method*" is simply moving one penny of your ten-penny stack to another location every time a Form is completed. This eliminates keeping track mentally and the subtle tricks the mind might play on a less enthusiastic day. When all ten pennies have been moved to be re-stacked across the room or on another shelf, you are done practicing for the day on that particular Kung Fu Form. Eight pennies would suffice.

### **6 = MEMORIZED:**

Any movement repeated six or more times becomes memorized automatically. All the nerve pathways and mental command brain functions become travelled like footsteps in a grass field. As the same route is travelled repeatedly, a path is formed. Eventually this path becomes "burned in" and easily remembered.

### **CHECKLIST:**

Memorize movements in your mind.

Memorize movements in your body.

Imitate Shifu's postures and style.

Analyze every Tai Chi and Kung Fu posture.

Analyze every movement.

Achieve accuracy and traditional correctness.

Use relaxed balance (not strength).

Breathe naturally with movements.

Chin up.

Back straight.

Eyes on horizon, tongue touches roof of mouth.

Mouth closed during Tai Chi Form -- breathe through nose.

Shoulders relaxed.

Elbows kept low.

Hand positions as relaxed as possible with straight fingers on Ridge Hand Strikes and Open Hand Blocks.

**DO IT:**

If you say, "Why not?" you are probably a person who believes their own excuses. There's always a reason to "NOT" do something. Always look for the REASON TO DO what's right to do.

Sometimes you'll have to practice your Tai Chi Form outdoors. People will see you. So what. Learn to tune out distractive stares and you've climbed another step towards mental clarity.

Practice where you feel comfortable. The more comfortable and pleasant places on Earth are the best places to practice Tai Chi. It's as simple as that: you absorb the energy of your surroundings. Don't practice in a sewer or foul weather.

*Practice Tai Chi and Kung Fu to MUSIC.*

[www.ShaolinChiMantis.com/Pages-M/music-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/music-SCM.html)



## Respect

Respect not only our Shaolin Chi Mantis training areas, Salute when entering or leaving the training area of any martial arts school, Dojo, workout area, or Tournament Ring. To not show respect is to display contempt. Contempt crates conflict. Avoid conflict. Teach respect by your example and actions.

Shihing = Shixiong = Elder Brother = "Senior School Brother."  
Sije = Shijie = Elder Sister = "Senior School Sister."

The term "School Brother" is a powerful alliance of respect and allegiance. Traditional and modern martial artists still honor a School Brother as they would a family relative or brother by birth.

Practicing techniques on persons not associated with the Kwoon is improper for several reasons. Practicing some techniques can be harmful or even dangerous. Practice only what your instructor assigns you to practice and only with students you are allowed to practice with. If in doubt, ask your Shifu and clarify.

Students should never teach other students unless specifically instructed to by their Shifu. Students should also WAIT to learn Kuens and movements by their Shifu. Do not imitate or attempt movements by Senior Students.

Do not demonstrate or practice movements from sources outside of Shaolin Chi Mantis while you are in a Shaolin Chi Mantis Kwoon or School Location.

All Students are required to maintain a school notebook. Being a good student is being organized. The suggested readings are listed for your benefit. Benefit from them and pursue knowledge outside of class. Learn to learn.

The required readings provide information that are essential for each student to learn in order to graduate to the next level.

The school magazines, books and videos are for your perusal before and after class; not during your class time. These books are NEVER TO BE REMOVED from the Kwoon or Instructor's possession. If you need something photocopied, ask your Shifu.

Being a good student is being respectful to your Shifu, your school, the tradition and all its past members throughout history. Living a respectful life will lead you to respect yourself.

*The original Tai Chi Beginner book has the calligraphy, "LOYALTY."*

*Shaolin Chi Mantis Resume of Buddha Zhen*

[www.ShaolinChiMantis.com/Pages-M/bioMZ01-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/bioMZ01-SCM.html)





## Open Book Exam #OBE-3

**OPEN BOOK EXAM:** (Read questions out loud and answer out loud as if in a classroom.)  
This is the OBE-3 located on page 108 of the original **Tai Chi Beginner** book.

1. What is self-hypnosis?
2. What is meditation?
3. Can a person meditate while standing?
4. How are you doing with the Energy Flow Exercises?
  - LEVEL 1: move awareness/feeling with mind throughout body
  - LEVEL 2: move chi with mind throughout body
  - LEVEL 3: control chi anywhere in body
5. Why are some people afraid or annoyed by the word, "judgment?"
6. What is another word for judgment?
7. What is another word for respect?
8. Are you practicing your Tai Chi Short Form at least 8 times per day and at least 4 days per week?
9. Where is your favorite place to practice Tai Chi?
10. Look at the Yin-Yang symbol and list 4 duality concepts symbolized as well as 4 "dot" concepts.
11. Can you feel when you walk under a power line?
12. Can you feel the 4 directions: North, South, East, and West, better now?
13. Can you easily touch your toes with your legs straight?
14. Can you do 10 pushups?
15. Can you do the entire *Shaolin Chi Mantis Stretching Routine* or *Standing Stretch of SCM*?
16. Are you enjoying practicing while people watch you from a distance?
17. Give a brief oral history of Tai Chi Chuan.
18. Translate Tai Chi Chuan.
19. Translate Shaolin Chi Mantis.
20. Translate the Chinese characters used as the official name (vertical) of Shaolin Chi Mantis.
21. How long does it take to get a Black Belt at Shaolin Chi Mantis?

*Yang Style Tai Chi Chuan is Yang Family Taijiquan*

[www.YangTaijiquan.com](http://www.YangTaijiquan.com)



**SECTION #10**

***FRIENDLINESS***



## SECTION #10 - Yang Style Tai Chi Short Form of SCM

### **ELBOW ARM SMASH:**

Paralyzing an arm can be accomplished in several ways. The energy flow enhancement here is significant though. As the R.elbow is lowered into the L.palm, energy is easily transferred into the R.arm's elbow meridians and extra warmth should be felt in the R.palm facing downward, then outward.

### **TWIST AND PULL ENERGY UP:**

This set up for the Front Kick is both graceful and supercharging. Pull up not only Earth energy but your Dan Tian energy also. Project this energy forward and backward simultaneously during the Front Kick. Imagine light beams radiating from your palms.

### **FRONT KICK AND PUSH HANDS:**

Tai Chi is most noted for its slow motion balance. This Front Kick combined with Pushing Hands is an opportunity to exhibit your newly acquired self-control. Eventually work on projecting energy through the arch of the foot also. Enjoy this position. Eliminate all self-doubts regarding your performance of this pose by concentrating on the sole of the foot you're standing on, or imagine the light beams projecting from your palms. Concentrate and focus on something besides your balance or doubts. Your body will balance itself, concentrate on something else.

### **KNEE BREAK:**

Performed with FISTS knuckle down, this is an easily ignored energy move. See if you can locate the energy transfer between knee and hands. Variations on this will be taught to Advanced Students.

### **TEMPLE STRIKE:**

An efficiently destructive move, this also portrays a unique energy arc. Perform this slowly while EXHALING until you can feel the knuckles repel each other.

### **SOLO PERFORMANCE:**

Pay attention and learn to learn quickly. Today's new Form movements, SECTION #10, will be included in your solo performance today. If you're not a student in one of our Shaolin Chi Mantis classes, test yourself by solo performing for some of your friends or family. This is very important and a very good time to do it. The more often you perform, the easier and better your performing will become. If you're a Christian you probably believe that God's always watching you anyway. Performing for people is easier than performing for God.

*Seminars and Tournaments*

[www.ShaolinChiMantis.com/Brochure-M/broPage5-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage5-SCM.html)



## The Way

Time unrolls before us like a carpet woven of our dreams.  
As we step upon this carpet we feel it according to our expectations.  
We see our next step based upon our mental concepts.  
Looking behind, we see the terms of our heart.

**The Carpet:**       decide what your dreams are  
                          educate the mind to choose wisely  
                          choose desires that are beneficial to your self and others  
                          fear has no place in anyone's path

**Feelings:**         learn to have wise expectations  
                          accept what was not expected  
                          appreciation creates feelings of love and contentment  
                          love and contentment are the feelings of a path in harmony

**Mental Concepts:** recognize every process by which you think  
                          remove all negative thoughts, these are diseases of mind  
                          imitate those you adore  
                          become a person who inspires and enlightens others

Every persons' path should inspire everyone they meet to enjoy their path also.

Dao = naturalness.

**Dao of Taijiquan:** To return the body to its natural potentials.  
                          To create the balance of physical health.  
                          To allow the mind its natural harmony.  
                          To accept the balance of thoughts and dreams.  
                          To rebirth the soul to its curiosity.  
                          Appreciating love alone or in teams.

Tai Chi is the meal you eat daily to nourish you body, mind and soul.

*88 Dharma Trails of Shaolin Zen and Shaolin Chi Mantis*

[www.dharmatrails.com](http://www.dharmatrails.com)



**SECTION #11**

***DO***



## SECTION #11 - Yang Style Tai Chi Short Form of SCM

### DOUBLE FISTS DOWN:

Bring the Fists straight up your centerline with knuckles facing each other, about one inch apart. As you pivot 180 degrees to the left, the Fists should raise mostly while in the Square Horse Stance. As the Fists drop down with knuckles down, in front (North), and behind (South), this causes the Right Shoulder to be twisted backwards. Keep the R. Hip turned as far as possible into the Left Forward Stance.

### FRONT KICK:

Keeping the hips turned forward is important to the Front Kick. Any twisting of the hips restricts the Front Kick. Also, having the hips in place, evenly facing forward, a Front Kick can be delivered without "telegraphing" it i.e. moving the hips to set up for it.

### COUNTER-CLOCK BLOCK:

Later in the Tai Chi Form, a similar Punch will be delivered with a Clockwise Open Hand Block. Neither is better than the other. In Kung Fu it is important to learn movements, forward and backwards, left-handed and right-handed. Versatility is a key to success.

### RIGHT VERTICAL FIST:

Within the Yang Style Tai Chi Short Form there are six different strikes:

1. **Ridge Hand**
  - a. Vertical
  - b. Thumb Strike
  - c. Horizontal Palm Up Slice
2. **Open Hand**
  - a. Throws and grabs
  - b. Double Push and Single Pushes
  - c. THrow Fireball
  - d. Various Grabs
  - e. Palm Strike
3. **Vertical Fist**
  - a. Large Circular Block Punch
  - b. Hidden Punch
4. **Backfist**
  - a. Downward
  - b. Horizontal
  - c. Temple Strikes
5. **Snake Hands**
  - a. Piercing Hands
6. **Crane Wing (Crane Beak)**
  - a. Little Wrap
  - b. Poke Stance
  - c. Single Whip

Perfect these basic strikes and later we will experiment with Horizontal Punches and other variations. Making a Fist tends to choke off energy projections. Eventually a new chi energy projection can be developed for Fist strikes.

Love your body. I'm serious. Appreciation will reap its own rewards, just as disrespect will have its own results.

*All Students TAKE THESE TOURS:*

**[www.ShaolinChiMantis.com/Pages-M/tourList-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/tourList-SCM.html)**



## The Body

The body is a small identical version of the entire universe. Just as your potentials and futures are infinite, so is the universe an infinite reality. Within you are the planets held in orbit by your body. Within these planets is the life as exists atop and within the Earth and its oceans. Within this life are the smaller germs and parasites. Within this life are the atoms held in orbit like the planets again. Within these microscopic planets are the orbits and gravity fields of electrons, protons and neutrons. This planets within planets within planets illustrates our omnipotent powers of creation. We are each a universe unto ourself. How can we so easily take for granted this incredible power and mystery that we are? Every person is a billion little lives traveling together.

### The Four Healths:

- Mental
- Physical
- Emotional
- SPiritual

### The Four Balances:

- Mind
- Body
- Personality
- Spirit

The above paragraphs were first written by me in the 1980s while attending UCLA, then included in the first edition of this **Tai Chi Beginner** book. A newer version of the universe and reality was designed and theorized by myself at the turn of the century. The **Connor Black Hole Bubble Theory** explains how our entire universe is one little bubble in an ocean of "black tar." The black holes that appear are holes in our bubble. The actual universe, is outside our bubble.

[www.shaolinRECORDS.com/RecordStore-R/ConnorBHBtheory-R.html](http://www.shaolinRECORDS.com/RecordStore-R/ConnorBHBtheory-R.html)

One of the best books to read about physical and mental development of humans: **The Absorbent Mind** by Maria Montessori (inspiration for the Montessori schools). Here is a great quote:

... each living being functions separately, and so we see that the child is following nature's plan. He arrives at that freedom, which is the first rule of life for everything that lives. How does he achieve this independence? He does it by means of a continuous activity. How does he become free? By means of constant effort. The one thing life can never do is to stand still. Independence is not a static condition; it is a continuous conquest, and in order to reach not only freedom, but also strength, and the perfecting of one's power, it is necessary to follow this path of unremitting toil.

That is why I am so concerned about the future of the human race. I am watching today's teenagers replace baseball, football, basketball, and ballet with video games. Although this may seem to satisfy their genetic desire for freedom and accomplishment -- they are not achieving either of these necessary life quests in the hours they waste playing video games. Despite how many hundreds of levels they attain in the video games, they have not advanced at all in real life. Kids who play video games do not develop the mental, social, and psychological skills that are meant to be learned in their youth. Nor do these video game warriors develop physically. I have watched over the past decade, my own children suffer and regress physically by spending their days and nights playing video games instead of practicing Kung Fu and Tai Chi. My son has become flat-footed at age 12 after only a few years of quitting Kung Fu. He also complains he can't run anymore. He could have been an incredible athlete and a very fast runner -- but he's sure good at his video games!



For a journalistic view of maturation, read my four poetry books:

**Autumn Flavours**

**Winter Flowers**

**Spring Fevers**

**Summer Forevers**

which will be compiled into the one book they were intended to create: **Season of Fours** by Richard Del Connor. These books were merely my poetic journals through the 1970s, but they reveal the development of my mind and spirituality.

[www.SeasonOfFours.com](http://www.SeasonOfFours.com)



## Good Health

Each of us have the opportunity to be healthy. Make decisions throughout the day that benefit your health.

Health is more than the way you live between illnesses. Health is the result of a balanced mind and body. It is commonly known that stress promotes illness. The proficient Tai Chi Artist should be capable of balancing emotions and physical strains on a daily basis. (So stress is never allowed to persist by removing it EVERY DAY.) Utilizing the Tai Chi Form to rebalance the mind and body is a basic step in our program.

Feel your energy and circulate it. Energy, like water, can get stagnant. Moving and circulating your chi energy during Tai Chi is a way of improving and maintaining good health.

*You're missing a lot of my class stories that I tell. Here is where I usually tell the class about the two ponds. One pond doesn't have any water flowing into it or out of it. In a matter of weeks it will become green and stinky. The other pond has a constant flow of water into it, and drains at the other end into a little brook. The constant influx of FRESH WATER and draining of it's excess is the healthy pond. The stagnant pond that has no fresh water = unhealthy pond. You are one of those two ponds. Either you spend your time watching television and playing video games to become a "stagnant human," or you exercise daily and are the vibrant pond full of happy fish. (Well, maybe you don't have fish in you...)*

*Energy Flow Techniques* move your chi energy through the various parts and organs of the body. This also sets up direct communication between your subconscious and the individual parts of the body. Allow this communication to exist. Learn to recognize the information being transmitted. LISTEN TO YOUR SELF.

Sometimes weather or sick people weaken and penetrate our defenses. Be sensitive without being a hypochondriac. When you feel a sore throat starting, do not panic. Take immediate steps to counteract the infection and prevent the illness from advancing into other areas of the body. Gargling with saltwater, eating more onions and garlic, chamomile tea, astragali, and temporarily eliminating dairy products are all possible steps in combating illness invasions. Discover your own techniques, experiment, and mostly be aware of the warnings and requests your body will make to your subconscious.

Health is awareness.

Self-defense includes protection from disease.

Experiment with various foods for various problems. Mushrooms contain antibiotics that can prevent infection. Honey has enzymes. Ginger and horseradish clear out sinuses...

*The above four paragraphs were written in 1992. Since then, (it's 2011 now), I have raised a couple kids and a couple hundred students. My final prescription has been proven with decades of testing:*

*Every hour drink a glass of water. (More often if you can.)*

*After each glass of water sprinkle as much salt on your tongue as you can stand.*

*I use a salt shaker and gauge it by a couple shakes.*

*Swish the salt all over your mouth with your tongue. The salt will kill viruses.*

***The government and FDA do not want you to know this:***

*Viruses are crystalline in structure. When salt is absorbed by them, it irritates the virus. The virus absorbs more water to dilute the salt AND EXPLODES. It's that simple. Bacteria are more resistant to the salt, but since viruses attack first, if you can wipe them out -- the bacteria cannot move in as easily behind them.*

Gargling with salt water works, but it is inconvenient and needs to be done every hour. So now, I carry packets of salt in my car, my backpack... and whenever I start to feel a scratchy or sore throat I sprinkle a little salt on my tongue. I haven't had a serious cold in many years, and those I did have were fewer and shorter than my kids or neighbors.

If you want to fear salt -- that is your decision. Only people who are deformed or fat and lazy should fear salt. Any normal person leading a healthy life can ingest plenty of salt with no detriment to their heart. (High blood pressure results mostly from being fat and lazy or having deformed heart valves.)

Respect your body. If you are Christian, remember that the **Holy Bible** refers to your body as the "Temple of the Lord." Would you put graffiti on a Church? When you abuse your body you abuse God. Disrespect towards God isn't valued in any religion. Treat your body well and you'll be amazed what it can do for you. If you aren't in touch with your own body you are really lost in life. Being in balance with your own self is the first step in harmonizing with any world situations, environments, or other people. Good health is a reflection of your self-respect.

Preventive medicine is the only way to live. When you feel a cold coming on, STOP IT. Listen to your body. Many people believe the only time you get sick is when you are out of balance emotionally and/or physically. Being healthy means you are always ready and capable to achieve any goal or assignment. This is why many people are fat or lazy: they are hiding from life's opportunities. Your body is your transportation, protection, tool, machine, translator, communicator, robot, pleasure device, worker... treat it well -- it works for free.

What imbalances can create ill health: \_\_\_\_\_

*Shaolin Zen - An American Sect of Chinese Chan Buddhism*

[www.shaolinZEN.org](http://www.shaolinZEN.org)



## Heaven of Hell

Heaven or Hell is the condition of our health:

- MENTAL health
- PHYSICAL health
- EMOTIONAL health
- SPIRITUAL health

The balance and condition of our:

- MIND
- BODY
- PERSONALITY
- SPIRIT

determines which extreme we exist within. Everyone is somewhere. Where are you?

Most people choose Limbo or Purgatory. Limbo is the ignorant life of a cow chewing grass, ignoring its destiny. This is a great place to be and why children can be happy when their parents are miserable with financial problems. If you just enjoy what you're doing -- there is a bliss and satisfaction that most of the human race should aspire to.

Purgatory is the life of restrictions, punishments, sacrifices and limitations we impose upon ourselves. Many people are suffering to attain their retirement (Heaven). They will endure great hardships and pain for something they won't even receive today. That's faith.

Hell is the suffering we accept as normal or deserved. Some people are miserable every single day... and they have no expectation of ever being happy. Contentment for them is sleep, sex, drugs and eating. Then they go back to Hell.

The main difference between Hell and Purgatory is HOPE. People in Hell have no hope of attaining Heaven. Those who suffer with dreams of Heaven -- are in Purgatory -- or just visiting Hell.

Heaven is the enjoyment and fulfillment received from a balanced and healthy life. Good health is Heavenly. As they say, "Riches aren't worth anything -- if you don't have your health." So a poor HEALTHY person can be in Heaven while a FAT billionaire lives in Hell.

*My previous landlord was as wide as he was tall. With his 350 properties he owned and rented, I wondered how much he was enjoying his money. I offered several times to barter my Tai Chi private lessons for partial rent payments -- but he chose the money and refused the exercise.*

Everyone chooses the reality they exist within. Which do you choose? \_\_\_\_\_

*The original Tai Chi Beginner book had a graph I drew. I will list the information below.*

**Heaven\*** -- appreciation of life, time, efforts and creations  
(Nirvana) (ALWAYS HAPPY)

**Limbo** -- ignore what's necessary to improve your life -- settle for what you have  
(Ignorance) (ALWAYS TIRED)

**Purgatory** -- belief that your shame, guilt, mistakes must be atoned for  
(Slavery) (ALWAYS WORKING)

**Hell** -- cooked to oblivion - believe in luck - eye for an eye - blame others  
(Suffering) (ALWAYS COMPLAINING)

\* In Chan Buddhism, Heaven is divided into many levels and Hell has over sixteen variations. These Buddhist concepts of Heaven and Hell change from country to country since Buddhism merely absorbed the local legends. Use these words figuratively as qualities of life, not death.

*The Happy Hippie Hippy Coyote of American Zen*

[www.hippiebuddha.com](http://www.hippiebuddha.com)



**SECTION #12**

***BEFRIEND***



## SECTION #12 - Yang Style Tai Chi Short Form of SCM

### **POKE STANCE:**

This powerful Pull Down will become easier as flexibility is developed. Raising up is best accomplished by shifting your weight forward, keeping low, then use this momentum to lift you up into the Forward Stance. Stay in this stance for a while. Get comfortable with it. Shift from side to side, from one Poke Stance to another Poke Stance. If your Left Leg is straight -- you're in a Left Poke Stance.

### **CRANE WING:**

Sometimes I refer to the Crane Wing as a Crane Beak. Allow yourself to relax in the Poke Stance during this move. Do not hurry to get up. **INHALE YOUR ENERGY** into the Crane Wing. Your arm is a wing behind you. Relax your arm, hold it up higher than your shoulder, and hang the Crane Beak to point downward. Although breathing will be altered later, initially:

1. Lower down in the Poke Stance **INHALING**
2. **EXHALE** chi into the Crane Wing behind you. Focus all your attention into the fingertips.

### **ENERGY BRUSH:**

Open Hand Brushes of the body can be used as blocks or for removing a grip by someone. This **INHALING** and **BRUSHING** motion is a means of absorbing power into the body and balancing chi.

1. **INHALE**, maintaining Crane Wing behind, and Brush the body with your Open Hand, palm out, with back of hand and fingers lightly rubbing you from shoulder to ankle.
2. Position the Open Hand after Brushing Down leg: with fingers together, upraised into a Vert. Ridge Hand. Get comfortable in your balanced Poke Stance pose before **EXHALING** and raising up from the Poke Stance into the Crane Stance. Breathe yourself upward.

### **CRANE STANCE:**

Also called "Golden Rooster," this Crane Stance offers several new energy focuses. The lower hand protects and focuses the Dan Tien. The upper Open Hand should be palm up as if holding a large tube over the shoulder. This is a knee to the abdomen and broken neck for your opponent.

### **STRETCHING:**

Tai Chi without stretching is like a Ballerina in handcuffs. Release your restrictions. Expand yourself outward by first flowing inward. Stretching balances the body and removes stress.

### **RELAXATION TECHNIQUES:**

Before the *Energy Flow Exercises* will "work" at all -- you must be able to relax. There are no shortcuts to self-development. Do these *Relaxation Techniques*.

Check [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com) Tai Chi lessons for the "*Relaxation Techniques*," and "*Energy Flow Exercises*."



## Stretching

Stretching has a variety of benefits:

1. **Blood Circulation** stretching blood vessels keeps them flexible  
prevents old age stiffening (afford shrinkage)  
  
*In lieu of my story-telling, go listen to the song,  
"God Is Smaller Than You Think," by American Zen.  
[www.LEVEL3iWANTyoutoLOVEme.com](http://www.LEVEL3iWANTyoutoLOVEme.com)*  
  
lowers blood pressure (stretched balloon = easier)  
increases oxygen transportation efficiency
2. **Energy Circulation** loosens energy blocks  
enhances electric flow capacity  
energy circulation control
3. **Muscle Flexibility** stretches muscles to keep them pliable  
loosens chemical deposits  
reduces injury possibilities
4. **Joint Flexibility** lengthens ligaments to allow great movement  
allows for old age shrinkage  
reduces injury possibilities
5. **Internal Organ Massage** twisting and bending strengthens organs  
flexes organ connections and conduits  
relaxes and purifies
6. **Promote Relaxation** develops breathing control  
promotes release of body memory  
removes daily stress and tension
7. **Mental Health** contented body frees mind from "1,000 Monkeys"  
relaxed body initiates a relaxed mind  
release past memories and anxieties
8. **Life Versatility** greater movement capacity = efficient labor  
less worker injuries  
promotes greater self-confidence

Animals instinctively stretch throughout the day. Humans must relearn this natural behavior. Once healthy, flexibility is obtained, the body will desire it and a lifestyle incorporating stretching will persist.

Stretching also has a spiritual and mental benefit. By expanding one's limits and breaking the body's barriers, the person begins to accept the expansion of reality as a normal part of life. The first time you can touch your toes is an exciting accomplishment. Stretching all of our abilities must become part of everyone's lifestyle. Always seek to expand yourself and develop new and adventurous potentials.



When I founded my independent record company, Shaolin Records in 1984, I advertised for interns offering "Free Shaolin Kung Fu Lessons." This got me a lot of interns and established my business ethic of making sure all my employees, and family do Tai Chi and Shaolin Kung Fu. Those years from 1984 to 1989 were really "Heavenly." Some students referred to my North Hollywood condominium as "The Sanctuary."

[www.shaolinRECORDS.com](http://www.shaolinRECORDS.com)



## Warrior Athlete

The **FIRST LEVEL** of life fulfillment is the **WARRIOR ATHLETE**. Stretching and exercise are basic accomplishments for this level. Control your body. Your body is your transportation vehicle and weapon. Learn to drive and operate this sophisticated and deadly machine. Be serious. Learn to make your goals "life and death" circumstances. Take life seriously. Be a warrior. You are a Warrior Athlete right now.

The **SECOND LEVEL** of life fulfillment is the **SCHOLAR WARRIOR**. The study, pursuit, and mental challenges you design for yourself will decide your rewards. With your body under control and tuned up: the mind can now control itself.

The **THIRD LEVEL** of life fulfillment is the **SPIRITUAL WARRIOR**. As science and Nature unfold their mysteries for you, the depth and powers of life will create questions beyond reasons. To pursue spirituality before accomplishing the two previous Levels of the body and mind creates the warped zealotry and fanaticism that has darkened religious paths over the centuries. A Spiritual Warrior is capable of sorting out the zig-zag of perceptions that usually confuse most religion participants. You think this reality is confusing? Don't try to imagine other realities -- until you master this one first.

*Buddhist Crossroads of SCM*

[www.ShaolinChiMantis.com/Pages-M/buddhism02-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/buddhism02-SCM.html)



## Relaxation Technique

The *Relaxation Techniques of Shaolin Chi Mantis* are the first steps before you start moving chi energy with the *Energy Flow Exercises of SCM*.

Relax in a sitting or laying-down position. Although most of the Daoist exercises take place in a sitting position, I prefer the laying-down position, (NEVER cross-legged), head and body pointed East/West, hands at sides palm up. Laying down on a grass lawn is different than laying on a wood floor. Avoid laying down on concrete or cold surfaces. A quiet place that is private or undisturbed is important.

### **RELAXATION TECHNIQUE #1:**

When you reach the point in the SCM Yoga Stretching Routine where your foot is atop your thigh and your hand is to be upon your stomach: place your L.hand on your Dan Tien (3" below the navel). As you INHALE your stomach pushes out. As you EXHALE your stomach sucks back in. Keep your chin up and back straight. Concentrating on proper breathing becomes a means of relaxing the body and mind. If there is not an instructor's voice telling you to, "INHALE, stomach out. EXHALE, stomach in..." then repeat these instructions in your mind. Some may consider this a mantra. (It's not.) The point is that as breathing is maintained in a slow, deep, relaxed manner, the mind and body will correspond with a relaxed and meditative attitude automatically.

### **RELAXATION TECHNIQUE #2:**

Laying Down: feel your body, part by part. First, relax your limbs, make them feel heavy, real heavy. Relax your R.arm. Relax your L.arm. Relax your R.leg. Relax your L.leg. Relax your neck and shoulders. Relax your entire torso. Relax both arms. Relax both legs. Relax your entire body from the top of your head to the bottom of your feet. Keep breathing low, slow and relaxed.

### **RELAXATION TECHNIQUE #3:**

Laying Down: feel your R.palm. Feel the energy in your L.palm. At least feel the hand. Feel your L.palm. Feel your R.foot, L.foot, R.knee, L.knee, R.palm then R.wrist. R.elbow. R.shoulder. Move your mind across your shoulders. Feel your L.elbow, L.wrist, then L.palm...

*Meditation and Inspiration Products*

[www.ShaolinChiMantis.com/Brochure-M/broPage4-SCM.html](http://www.ShaolinChiMantis.com/Brochure-M/broPage4-SCM.html)



**SECTION #13**

***PRIDE***



## SECTION #13 - Yang Style Tai Chi Short Form of SCM

### **BLOCK UP:**

This is another standard Parallel Arm Block Up technique. Keep palm outward, fingers relaxed yet straightened, with the wrist roughly centered over the nose. This is called, "Fair Lady at the Shuttles." Loom is another word for shuttle and the block up move represents the raising of the wooden slat the tightens the loom threads together.

### **FAN TO BACK:**

Before completing this Tai Chi Program Curriculum I visited and traded video tapes with Tai Chi Masters around the world. That was cool! They were very impressed with my Tai Chi and referred to the Shaolin Chi Mantis version of the Yang Style Tai Chi Form as the "Kuang Ping" version, or ancient family version, before it was neutered and taught to the public. I received many phone calls and letters asking how I had learned this "secret version" of the Yang Family Tai Chi.

I explained to them that I had studied several styles of Tai Chi, Shaolin Kung Fu, and Praying Mantis Kung Fu. Due to my Kung Fu experience, it was impossible for me to teach the Tai Chi Form the way Yoga instructors do, who have no concept of the stances, and fighting applications of these Tai Chi movements. As a result, I had transformed it back to where it came from -- a martial art.

The Fan To Back move, I noticed in different places in different styles and different Yang Tai Chi schools. When I completed the construction of the Yang Style Tai Chi Short Form of Shaolin Chi Mantis, I sent videos of myself performing it around the world again. Two Masters had mentioned the lack of emphasis I had on the "Fan To Back" moves in my first videos sent out. So I tightened the Tai Chi Form some more, and put the moves here, rather than after the first Crane Stance in Section #3, like some schools do. After receiving unanimous consent, agreement, and support from these other Shifu, I knew I could start teaching this Form with the confidence of knowing it had everything in it -- that it was supposed to have. (Plus a few extras I added with approval also.)

### **RIDGE STRIKES:**

Although stepping North, the strikes and blocks should be delivered slightly off-center about 45 degrees to the Right, then turn 90 degrees to attack what would have been 45 degrees to the Left. The strategies of being off-center to an opponent will be dealt with especially during Praying Mantis training. The Chinese refer to this zig-zag footwork as "7-Star Movements" because they are similar to the pattern of the seven stars of the Big Dipper Constellation.

### **LEFT TOE PULL DOWN:**

Presuming your outstretched Right forearm has been grabbed during the previous Ridge Strike: clasp your L.hand on your R.wrist to maintain opponent's grip, (this "Little Wrap" will taught better in the Intermediate Level), then Shuffling slightly forward from a Left Forward to a Left Toe Stance -- pull down opponent slightly to upset his balance. It only takes a slight imbalance to open the potentials of tossing an opponent.

I've taught a few Aikido Masters, and this move has inspired a couple of them to share their similar moves and concepts with me. I have some neat stories to tell here... some cool demonstrations throwing students around... so for you readers who aren't in my class -- I will hopefully put some of these variations and techniques in the videos at [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)

### **BLOCK UP STRIKE:** (Extended Forward Stance)

Depending upon which hand of the opponent is grasping our R.wrist or various offensive techniques you prefer, this Block Up Strike can be performed either with a R.Ridge Hand or a L.Ridge Strike. I prefer the

L.Ridge Strike with a R.Open Hand Parallel Arm Block Up. Choose either strike you prefer. Make sure to practice them both though, since each offers different potentials. This is the only spot in the entire Form when I will not require you to do either one the same as the rest of the class -- instead allowing you to use either one whenever you want.

#### **BEGINNER PRACTICING STYLES:**

- |                         |   |
|-------------------------|---|
| 1. Breathing & Movement | focus on your breathing in Tai Chi Form |
| 2. Fluid & Relaxed      | focus on watery movements               |
| 3. Slow & Consistent    | very slow meditative breathing          |
| 4. Power & Energy       | actual combat offense + defense moves   |
| 5. Erratic              | mixture of all styles                   |

#### **INTERMEDIATE PERFORMANCE STYLES:**

- |                   |  |
|-------------------|--|
| 1. Tiger Style    | Change hand positions to Tiger Claws and slash accordingly             |
| 2. Leopard Style  | Jump and pounce like a cat chasing a butterfly                         |
| 3. Crane Style    | This is "normal style" for Tai Chi with arms like wings, head up regal |
| 4. Snake Style    | "Get rubbery" and use your entire body for strikes, not just arms      |
| 5. Dragon Style   | Energy in the hands and chi power in all movements                     |
| 6. Buddha Style   | This is the "moving meditation" as slow as you can breathe             |
| 7. Yin Yang Style | Hard and soft like Karate with smashing strikes                        |
| 8. Eclectic Style | Mixture of the above styles <b>HOWEVER YOU LIKE</b>                    |

I enjoy the classes where we perform all 8 of the Intermediate Performance Styles. My son, Zhen Song-Dao, would practice the Tai Chi Form with me almost every day before he started kindergarten. We had a bowl with 8 rocks in it. Each crystal or semi-precious gem became one of the 8 Intermediate Performance Styles. The rock that looked like a tooth was Tiger Style. The long tubular crystal was Snake Style... He would pull out the rock and proudly announce the style we would practice next.

As I mentioned before, I have many fond memories of doing Kung Fu with my kids. I played some video games with them also, but none of those memories compare with the joy, friendship, and accomplishment we shared doing Kung Fu and Tai Chi together. I wish they wouldn't have quit.

#### **DISCIPLE:**

The word "discipline" in Shaolin Chi Mantis can mean several things -- but none of those meanings will include punishment. "Disciple" is the core word of discipline. Each of us will create ourselves as Disciples. That requires self-discipline, not punishment.

#### **ENERGY FLOW TECHNIQUES:**

Here's what you've been waiting for. If you have been doing all the previous lessons you are ready to move your chi energy. Congratulations.

*What is a Disciple?*

[www.ShaolinChiMantis.com/Pages-M/disciple-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/disciple-SCM.html)

*3 Types of Disciple*

[www.ShaolinChiMantis.com/Pages-M/disciple-3types-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/disciple-3types-SCM.html)



## Discipline

Discipline is NOT PUNISHMENT. This misconception is infinitely destructive and poisons the beauty of discipleship -- which probably included some severe punishments for misbehaving in the past. Self-discipline develops through accomplishment and effort. Punishment is a demotion in pride and confidence. If anyone requires punishment -- they are a dreadful disciple.

As a person becomes successful, mistakes are naturally left behind. Do not punish yourself or throw tantrums. Discipline is the ability to ignore distractions and concentrate on necessities.

Any skill or ability requires discipline to master. The same force that pushed through the distractions is discipline. The Latin word for "learner" was *discipulus*, a derivative of the verb *discere*, "to learn."

Most people require an external motivation to power their discipline. Use whatever motivates your ambitions to fuel your self-discipline. Eventually, the martial artist must motivate his self-discipline at will at any time just because he has decided to.

Ask me in class, "Shifu, why did you start Kung Fu?"

Then ask me in class, "Shifu, why did you continue studying Kung Fu after that?"

Discipline creates the freedom to be good enough to succeed at anything.

### Discipline contains three aspects:

1. Concentration
2. Energy Control
3. Time Control

*Where the mind leads the chi will follow. (Ancient Tai Chi Proverb)*

Discipline promotes the link between mind and body. By adding breathing to this linkage -- chi is controlled. This energy control is a discipline that will make other disciplines easier to accomplish. Discipline is a skill.

[www.ShaolinChiMantis.com/Pages-M/disciple-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/disciple-SCM.html)

Time is a topic of many future class discussions. Although time is not controllable, what you do within a certain amount of time is controllable. Plan tomorrow, evaluate today, and learn how to do your best in the time available. Kung Fu is the amount of energy you spend in a certain amount of time. Set an example for the rest of the class as you learn and practice your Kung Fu.

Kung Fu develops the mastery of self-discipline. The confidence of any martial artist is supported by his success in conquering adversity-distractions to attain his/her skills. Every obstacle makes you stronger -- if dealt with.

Distractions are more easily ignored if there is no internal noise within the person already. Body static or emotional problems create noise that is meant to become apparent when relaxing. This static is meant to attract your conscious mind to a problem that needs to be solved. Ignoring this static is a mistake. Always put out these fires whenever an internal smoke alarm is set off. Only after your mind and body are safe and comfortable can you fully relax or apply your discipline.

*Life is lived in "Seasons of Fours" according to The Coyote of American Zen.*  
[www.SeasonOfFours.com](http://www.SeasonOfFours.com)





## OPEN BOOK EXAM #OBE-4

1. What **6 Hand Strikes** are in the Yang Style Tai Chi Short Form of Shaolin Chi Mantis?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

2. What are the **Four Healths**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

3. What are the **Four Balances**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

4. What are the **Four Realities of Existence**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

5. Good health is a reflection of: \_\_\_\_\_.

6. What are the **Three Warrior Levels**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

7. At Shaolin Chi Mantis, what do we mean by "**discipline**?" \_\_\_\_\_  
\_\_\_\_\_.

8. What are the **3 Aspects of Discipline**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*3 Types of Disciple*

[www.ShaolinChiMantis.com/Pages-M/disciple-3types-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/disciple-3types-SCM.html)



## Energy Flow Exercises

These *Energy Flow Exercises* take place after the *Relaxation Techniques* are natural to you. In the Tai Chi Intermediate Program, these techniques will be conducted while performing the Tai Chi Form.

After proper breathing is easily maintained at a slow pace without concentrating, "INHALE, stomach out. EXHALE, stomach in..." the mind can focus on chi energy flow control. Different chi focus starting points should be used in different classes. Different people have different initial energy flow abilities. Do not be frustrated or disappointed if there are gaps in your energy flow control. Eventually anywhere in the body will be easily accessible.

In learning the Tai Chi Form, the palms should have already become easily energized. Concentrate on swirling the energy in your palms, held palm up. Most people automatically rotate their energy clockwise in the palms of both hands. Reversing this should be attempted later after some success in other areas of the body. The knees, wrists, and arches of the feet are also easy spots to focus chi energy.

The *Energy Flow Exercises* require a Shifu to lead you in moving the energy from one area of the body to another. Eventually, you will be able to do this with your own thoughts and mental volition. Most of this information must be taught in person. If you're studying this book without an Instructor, I strongly recommend you use the "**Tai Chi Beginner Audio Tape**."

I just had to include that last reference which I've removed from previous pages of this book. The "**Tai Chi Beginner Audio Tape**" is a cassette recording of a Tai Chi class I taught in 1989. It wasn't a very good quality recording using my portable cassette recorder, but it was sufficient for even myself to lead myself. I many times used that audiocassette to lead me, all by myself through workouts, and the Yoga, and the breathing meditations... I am very anxious to produce the 66 videos for [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com) where this will be available for the world. (I haven't sold copies of this cassette since 1995.)

### **There are Eight Levels of Chi Control:**

1. Feel warmth in HANDS that magnetically repel each other.
2. Feel chi in some PARTS OF THE BODY such as feet, knees, elbows.
3. Move chi throughout entire body without interruption.
4. Move chi into fingers individually.
5. Move chi into toes individually.
6. Maintain chi in hands through entire Tai Chi Short Form.
7. Project chi easily from hands and feet.
8. Rotate chi around body or parts of anatomy at will.

You must first master your self before you can master anything else.

*Love is the flow of energy from one person to another through thought and action.*

[www.iWANTyoutoLOVEme.NET](http://www.iWANTyoutoLOVEme.NET)



## WARRIOR DISCIPLINES

### 1. Intelligence

What is the difference between knowledge and wisdom? \_\_\_\_\_  
\_\_\_\_\_.

Problem solving creates \_\_\_\_\_  
\_\_\_\_\_.

Awareness enables \_\_\_\_\_  
\_\_\_\_\_.

### 2. Perseverance

What keeps you going when want to stop practicing? \_\_\_\_\_  
\_\_\_\_\_.

Individuality is expressed by \_\_\_\_\_  
\_\_\_\_\_.

Self-discipline is \_\_\_\_\_  
\_\_\_\_\_.

### 3. Courage

Is courage the sacrificing of your life? \_\_\_\_\_  
\_\_\_\_\_.

Believe in self means \_\_\_\_\_  
\_\_\_\_\_.

Bravery is based upon \_\_\_\_\_  
\_\_\_\_\_.



**SECTION #14**

***CONFIDENCE***



## SCM

## SECTION #14 - Yang Style Tai Chi Short Form of

### HIP PULLS:

Similar to earlier Backwards Pull Downs this movement utilizes the forearm pushing straight down. Variations of this have many applications including throws and controlling someone. Your hips should be the power of your pull. Use the strength of your arm to pull out the slack in an opponent's arm or body. Then use your hip to pull his body off-balance.

### ARM BREAK:

Concentrate energy in the underside of the forearm. The Right Fist, knuckles up, facilitates capping the energy within the arm. EXHALE lowering the arm slowly down with the breath.

### SNAKE STRIKES:

As in the Shaolin Kung Fu Forms, Snake Strikes are saved as a last resort. With palms alternated up and down, feel the two different energies of Earth and sky transmitted through you. INHALE as you Spearhand your Left Snake Hand to South. EXHALE as you Spearhand your Right Snake Hand. Done slowly, keeping your breathing with movements: a resistance can be created like swimming in a magnetic field. Feel the energies your own chi pushes against like thick water. However you perform this, be fluid, smooth, and keep the shoulders relaxed so as not to inhibit energy flow.

### SOLO PERFORMANCE:

Anticipate your opportunity to perform like an actor who is hungry for a movie role. Volunteer to perform. Have no fears.

C'mon now. This is it. Perform the Yang Style Tai Chi Short Form, as far as you know it, FOR SOMEONE. Key word is "for." Make this a performance. Give of yourself. Give them a show. Be generous. Scared? Is your life in danger? Someone taught you this fear. I'm teaching you to not have fear. Don't make their mistakes. Have fun. Be the Tai Chi Form. Do it. Enjoy your sense of accomplishment when you're done.

*Since writing the above paragraph 20 years ago, I've raised a couple kids... and discovered that humans are BORN WITHOUT FEAR. Really. My kids would hang off the balcony in ways that still send shivers up my spine realizing how close they come to falling off. So whatever fears you have can be removed. You added them -- you can remove them. Unfortunately, what takes one minute to learn can take a lot longer to unlearn.*

*Ha-ha... I'm laughing, because I do enjoy telling my students stories. I often tell a story about my own fears to amuse them. Back in the early 1970s I lived alone in an apartment in La Mesa, California. Oh yeah, the "Bunny Roasts!" Ask me about them to learn about my archery abilities. Back then, as well as being a hunter, I went to a movie theater and saw, "Trilogy of Terror," featuring Karen Black. One of those three horror stories had a little doll with a knife that would attack... That night, after seeing the movie, and every night for the next few weeks I GOT REALLY PISSED OFF! My mind, would somehow remember and be able to imagine that doll in my apartment -- I wasn't scared of the dark before that movie and it took at least a month to regain my lack of fear (and vanquish that doll memory). That is why I have adamantly told my students to avoid horror movies or books that make you fear the dark. Your subconscious trusts you and believes what it sees. Treat your subconscious like a little kid, and inspire it with good images, good books, good thoughts...*

You don't get something for nothing. Give something and then reality will reward you. Really. Don't wait until

you can see what the reward will be. Do it and have FAITH IN YOUR EFFORTS. Solo perform TODAY. For anyone. Introduce yourself. Practice your Introduction at least a couple times each day while practicing your Tai Chi Short Form. The Introduction is as important as the rest of your performance.

**PULL BACK STRIKE:**

*In order to break an opponent's offense or defense, use the Pulldown or Split to put power into your surprise thrust or quick rotation.*

*---Yang Pan Hou (Yang Family Tai Chi Master)*

*8 Spiritual Tai Chi Levels of American Zen*

[www.ShaolinRecords.com/RecordStore-R/americanZen8LEVELS-R.html](http://www.ShaolinRecords.com/RecordStore-R/americanZen8LEVELS-R.html)



## Awareness

The "right time and place" concept applies to everything. The arrangement of the universe determines the relationship between actions and events. When a person works within the alignment of each moment he is flitting within Nature's powers. The principles of Nature can only be understood by first following them, then harmonizing them, then anticipating them. Finally when you live within the principles of Nature you are able to influence Nature with your willpower. Your will has become part of Nature's will. Welcome to the Dao.

The conscious mind can be controlled by a steady and consistent determination. Allow control to grow. Eventually, unwanted thoughts will not appear anymore. The conscious mind always has alternatives, it must be trained to make proper choices.

When the conscious mind can control the body: the conscious mind will have developed enough to control itself. Proper actions are the outward display of a balanced body and mind.

When the mind and body are in proper shape, PURIFICATION can be developed and experienced through the spirit and subconscious at any time. At this point in your training, purification is the removal of unwanted programming as your determination removes obstacles.

When the mind is pure and the body is pure, the spirit can be purified. Until your determination becomes a natural lifestyle, your soul will remain immature.

Growing up is fun, since the true adult rediscovers the child within and provides ultimate freedom for the soul's liberation. Having children is each person's greatest opportunity to develop their soul as they raise their child. Unfortunately, most people have children before their body and mind are ready. Worse yet, very few people raise their kids anymore. Mothers work all day as did the "absent fathers" of the past 4,000 years. Now we have absent mothers AND absent fathers raising resentful lonely children.

Tai Chi is difficult if you view it as a structure of movements to conform to.

**INSTEAD:** Feel each movement as a unique breath of life. Match each breath to the movement. Your body is breathing in and out, not just your lungs

**THEN:** Link the breaths together so that the change from INHALE to EXHALE becomes invisible, like your breathing (through your nose). If you must pause and wait to complete a breath: you are moving too fast.

**ALLOW** the Tai Chi Form to grow within you. **PRACTICE IT IN YOUR MIND** with your eyes closed, not moving your body. This is extremely valuable. Do it.

Tai Chi creates a centering and balancing by its enhancing the practitioner's awareness. As the body is balanced, a center of balance is discovered. As the chi forces of the body balance, health becomes balanced. As the body balances, the mind balances, and contentment becomes natural. This balancing becomes the overall "centering" or balancing that Tai Chi is famous for. Most people misunderstand this as a sudden benefit of learning the Tai Chi Form. The Tai Chi Form is only a tool to develop this living harmony. Like an uninspired musician, if you don't practice (properly apply yourself), the output of your efforts will be mediocre.

*Each thing having its own goal is necessary to the nature of things.*

*---Lao Tzu*

*Daoist Warriors with Swords and Spears*

[www.ChinatownComics.com](http://www.ChinatownComics.com)





**SECTION #15**

***FLOATING***



## SECTION #15 - Yang Style Tai Chi Short Form of SCM

### **BACKFIST:**

This Backfist comes from being held straight down on the South side of the body, moving clockwise upward, as it swings outward at head height, knuckles vertical. The arm should be kept straight at all times. It continues clockwise and down to behind your R.waist or buttock.

I refer to this as the "hidden punch" since your opponent cannot see it or at least where it's coming from as it passes your R.hip and strikes up to head level after completing the Right Outside Crescent Kick and L.Open Hand Clock Block.

### **CRESCENT KICK:**

A right Outside Crescent Kick moves up the middle, crosses in front of the L.leg, raises, then moves Left to Right clockwise at head height. This R.Outside Crescent Kick is only used in the Tai Chi Short Form once. Obviously it must be practiced more on its own as should the other Crescent Kicks.

OUTSIDE Crescent Kicks require the legs to be crossed so that the hip can uncross them pulling the leg outward and backward. Power is generated in pulling back the leg after it is raised up.

INSIDE Crescent Kicks whip the leg outside and inward by using the hip also -- but generate their power in the first half of the kick as it is whipped up and outside.

All Crescent Kicks must be performed with the kicking leg straight at all times from liftoff to replacing the leg back into your Forward Stance rear position. This means that the forward leg must also be straightened to allow the rear straight leg to pass by it without dragging the foot on the ground. This breaks one rule I've already taught you about keeping the legs bent for balance. Of course later, after you've gotten good at this Kick we'll add jumping up...



**SECTION #16**

***IN WATER***



## SECTION #16 - Yang Style Tai Chi Short Form of SCM

### **DOUBLE STRIKE:**

I prefer to teach this hand technique as "grasping a basketball" by the sides, then ramming it into something. The ball of course becomes energy and the hands are Double Ridge Hand Strikes. Done in conjunction with a Shuffle Forward from a Left Forward Stance to another L.Forward Stance, incredible power and fluid chi energy should be obvious to an observer. The head does not bounce up when shuffling forward. All of your energy moves forward and the rear foot remains flat to the ground whether raised or dragged during the Shuffle.

Tai Chi Youth senior student, Barb Cipperly, likes to refer to this movement by its Chinese name, "Close the Heavy Door."

### **EARTH ENERGY:**

Facing West in a Square Horse, lower yourself using your legs mostly and bending over as little as possible. The arms reach down and overlap with R.wrist under and outside the L.wrist, palms up. Pull up the earth's energy as if scooping up jello in your crossed arms. (One of my Chinese masters referred to this as scooping up hay. I find hay to be scratchy -- so I suggest imagining jello... or whatever inspires your chi flow.)

### **BODY ABSORPTION:**

Pulling the L.foot into the R.foot, stand at a Relaxed Attention. This allows the entire body to relax and absorb all the energies from the hands. While EXHALING, rub both hands uncrossed down the body from chest to thighs. Absorb all of the Earth's energy you scooped in your arms and feel a wonderful sense of calm relaxed power / energy / contentment.

### **ENERGY BALANCING:**

INHALE one last time and perform the same movement as the second movement of the Tai Chi Form, still at a Relaxed Attention. EXHALE floating the hands down. This allows you to shed off excess energies and balance your entire body and mind to walk away with a serene physical and mental contentment.

In the *"Four Winds Of Shaolin"* Qigong, this is the first of the four movements. This movement is referred to as, "Energy Prayer."

### **SHAOLIN WARMUP:**

Although not a Tai Chi tradition, add the Shaolin Warmup Breath on the very end of the Tai Chi Short Form. Especially during performances and when you want to energize yourself: this move has power and displays the origins of our Shaolin Chi Mantis style of the Yang Family Tai Chi Short Form.

### **CERTIFICATE PERFORMANCE:**

The character of your Salute should represent the character of your spirit or the character of your intended performance Form. The quality of your Salute probably is the same as the quality of your Tai Chi Form. Even the way you walk before the Judges determines your score. Enjoy your performance and it is guaranteed we will have enjoyed it also. Remember, performances aren't to demonstrate your weaknesses. Performances are to demonstrate your strengths, efforts, commitment, and the Kung Fu you have invested in this portion of your life. Hopefully you have learned to invest yourself wisely.

*Shaolin Chi Mantis ANNUAL MEMBERSHIP MEETING*

[www.ShaolinChiMantis.com/Pages-M/AnnualMeeting-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/AnnualMeeting-SCM.html)



## Certificates

It takes a bold man to get started.  
It takes a strong man to do the work that must be done.  
It takes a brave man to finish what his spirit has begun.

Give yourself credit right now for being bold, strong, and brave enough to get to this point in this Tai Chi Beginner Program. You did it. Good work!

The Tai Chi Beginner Certificates contain the Chinese characters "Chi" and "Kung." (Qigong)  
This represents two words combined: "Life Energy" and "Work."  
For our purposes the translation will mean "Breath Energy Control."

The clouds on the Left side of the Shaolin Chi Mantis Certificate represent my artistic rendering of breathing.  
The clouds on the Right side of the Certificate represent my artistic rendering of chi energy.

*These original Shaolin Chi Mantis Beginner Program Certificates have not been used since 1996 when I created Tai Chi Youth and diverted all new students into TCY with its own Belt Ranking and Certificates. In 2008 I launched the Buddha Kung Fu schools which also have their own Beginner Level Certificates. SO: whatever school YOU JOIN will determine which certificate you will receive.*

[www.ShaolinChiMantis.com/Pages-M/application-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/application-SCM.html)

[www.TaiChiYouth.org/](http://www.TaiChiYouth.org/) (\$10 registration button -- usually at bottom of page)

[www.BuddhaKungFu.com/membership/application.html](http://www.BuddhaKungFu.com/membership/application.html)

*The Tai Chi Youth Beginner Program only requires the first half of the Yang Style Tai Chi Short Form of SCM to receive your first belt rank advancement to White Sash + 1 Red Stripe.*

*The Buddha Kung Fu Beginner Program requires the entire Yang Style Tai Chi Short Form of SCM as does Shaolin Chi Mantis.*

To receive a Certificate requires the satisfactory performance of the Tai Chi Yang Style Short Form. This Form performance should be auditioned or tested in front of the other class students. Even if "passed," all students should offer a short constructive criticism to improve the Form further. If you're studying this book alone, without an Instructor, send me a videotape/DVD/mpg... of your performing the Tai Chi Short Form with \$85 TEST FEE (includes shipping you a certificate). We'll look at the video and send you some criticisms. If you pass, we'll mail you an official signed Certificate also. Tapes/DVDS may not be returned so keep a copy for yourself.

[www.shaolinCOM.com/Buddha\\_Zhen/privateLessonsBZ-S.html](http://www.shaolinCOM.com/Buddha_Zhen/privateLessonsBZ-S.html)

Traditional Kung Fu was not graded or ranked. There was a ranking for Monks, but it wasn't contingent so much on the Kung Fu as on the Buddhist religious studies. Each Monk furthered his/her education and knowledge by MASTERING WHAT WAS TAUGHT. When the Instructor thought you were ready for the next lesson -- he taught you. Always be ready for your next lesson by learning what you are taught. Be ready. Learn to accomplish and improve yourself as a normal part of each and every day. You shouldn't need a Certificate to inform you of your progress. Recognize your mistakes and accomplishments equally, both contain the information available to be synthesized into wisdom.

Yet, we all need a pat on the back or a handclap to boost our morale and feel a sense of accomplishment

sometimes. Your own self-congratulations are the most important of all. Don't wait for others to recognize your efforts or you'll end up spending more effort obtaining applause than accomplishing your goals. Reward yourself and find an honest satisfaction in your efforts.

Use this Certificate as a reminder to reward yourself. Frame it and hang it on a wall. Remember how difficult a challenge this Kung Fu course appeared in the beginning, and how easy it seemed when you completed the course. All life is that way.

**BE BOLD:**

Start your next phase of Tai Chi by enrolling in the Tai Chi Intermediate Program. Intend to continue. Make Tai Chi a part of your life.

**BE STRONG:**

Complete this course and keep moving forward by reviewing this entire book. Many lessons will make more sense the second time through. Seriously, before beginning the next book of this series, Tai Chi Intermediate, review and study this entire book again.

**BE BRAVE:**

Keep moving toward a new ending. Like steps of a stairway: your goal may be the top step, but aim for each small step in front of you. Looking too far ahead can cause us to trip over the lesson in front of us. Face reality. Have fun.

*When I originally wrote this book in 1992, I did not even imagine having a website. I storyboarded and planned out 88 videos to detail the Shaolin Chi Mantis entire beginner program. These were adapted to the 66 videos now in preproduction for [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)*

*Here is a webpage at [shaolinCOM.com](http://shaolinCOM.com)  
that I designed for students to send me videotapes for review.*

*Private Lessons from Buddha Zhen*

[www.shaolinCOM.com/Buddha\\_Zhen/privateLessonsBZ-S.html](http://www.shaolinCOM.com/Buddha_Zhen/privateLessonsBZ-S.html)



## Natural Dao

Through Tai Chi we capture a sense of the lyrical mysticism of both Daoism and Buddhism. These aren't really religions, they are nourishment to invigorate the mysteries of daily life and provide techniques for utilizing them.

The essence of Tai Chi is like the essence of your own spirit: a life force to be set free -- not restricted by rules, laws, and conformity. Once you have "normalized" to society, and accepted the proper social conventions of wherever you live, merely operate on this gameboard naturally -- obeying the rules without thinking of them or fearing them.

Buddhism means the study of enlightenment. Buddhism's primary and original goals were to relieve human suffering and liberate people's minds so that they could find freedom in their daily life.

Daoism means the study of Nature. Dao (Tao) is the natural force that works unseen. Resisting the natural flow of life is like swimming upstream. We, as humans, can defy Nature and distort reality into poisoned lakes and barren landscapes. This is swimming upstream though, and there is a price to pay for our lack of Dao, or lack of respect for Dao.

Be natural by flowing with Nature. Be one with Nature.

Be your natural self. Learn to see past the views of others by first seeing their views. Be one with yourself. Know what is right. Be a Buddha.

*"Be a Buddha," became my sign-off tag-line for the "Zen Buddhist Podcast of Shaolin Zen."*

[www.ZenBuddhistPodcast.com](http://www.ZenBuddhistPodcast.com)

The more you stimulate your life force, the more stimulating life becomes.

As your inner character is cultivated and strengthened, you will resonate with a charisma that attracts people and good experiences... like the smell of fresh baked bread.

Your personality is your outward expression of your spirit and character. Any fears, shyness, insecurities, or weaknesses in your personality reflect a weakness in your character and spirit. Work on everything. Improve every single thing about yourself. What a project! Well, you've got an entire lifetime to get your act together. Are you on schedule?

*In 2006 I launched a website, [www.ACTzen.com](http://www.ACTzen.com) for actors, to help my daughter, Ming, who was at Hollywood High pursuing an acting career. This website will help actors and everyone to put themselves together in the best possible manner, with your best intentions, as you best decide. Be who you decide to be. Act Zen.*

Everything you do and touch is a tool. This Tai Chi Short Form of SCM is your new tool. Use it to balance, change, and improve other aspects of your life. If you suffer from shyness: learn to perform in front of people and enjoy it. If you lack imagination and dramatic flair in your life: put the drama into this Tai Chi Short Form. When your Form looks like a fight in a movie -- you've probably also made the rest of your life look like a more exciting movie.

*Zen is Natural Acting.*

[www.ACTzen.com](http://www.ACTzen.com)





### **Shaolin Chi Mantis**

*Tranquility = Balanced Body*

*Peace = Balanced Mind*

*Spirituality = Balanced Life*

*The ultimate self-defense is self-awareness.™*



## Differences & Similarities

The more we focus on our difference, the more we create distance. However, if viewed correctly, our differences end up eventually bringing us all the way around the circle of life. back to what we sought to separate ourselves from. The same with similarities. The more we seek to be similar, the more apparent our differences are.

### The Shaolin Chi Mantis Tai Chi Short Form is of the following simplified history:

1. Chao Li Shu, translator to Richard Nixon, teaches Tai Chi to both Shifu Carl Totton and Ru Jing Shi.
2. Marshall Ho'o also learns "New Revised" Tai Chi Form and teaches Ru Jing Shi.
3. Master Ru Jing Shi teaches Tai Chi to G.D. French.
4. Shifu G. D. French teaches Tai Chi and 8 Brocade to Zhen Shen-Lang in 1982.
5. Zhen Shen-Lang teaches Tai Short Form for ten years before Master Ru Jing Shi contacts Shen-Lang to continue Shen's training in 1994.

### Other influences:

1. Shifu Douglas Wong teaches Tai Chi to Zhen Shen-Lang (Richard Connor). 1981-1982
2. Dr. Kam Yuen teaches Wang Style Tai Chi to Zhen Shen-Lang. 1983-1984

The Yang Style Tai Chi Forms were based upon Chen Style Tai Chi Forms. Many things were changed. The Tai Chi Short Form itself was changing during Yang Lu Chan's lifetime as he experimented and evolved with it. The Tai Chi Short Form that he taught his family was passed down with more variations among his sons. The Tai Chi Short Form that Yang Chen Fu taught the public in his later years (the basis for most current version) was different from the Tai Chi Short Form he preferred and learned as a youth. Since 1976, the Tai Chi Short Form has been an interest of the Chinese government. The "Beijing" versions of the Yang Style Tai Chi Short Form have also evolved.

Sadly, the Chinese had hoped to have Tai Chi and Wu Shu in the Olympic Games that were held in China. Although other martial arts are included in the Olympics, they were unable to add a martial art to future tournaments. This is mostly due to the diversity of Tai Chi and Kung Fu styles that were unwilling to unify or agree on common performance dances. The "**Beijing Tai Chi Form**" attempted to blend together the Yang, Chen, and Wu styles of Tai Chi into one Form.

In the next book, **Tai Chi Intermediate**, we will look at each move more precisely and discuss variations, techniques, applications, and traditional Chinese names for the moves. We'll even compare a couple different Tai Chi Short Forms, move by move, to illustrate both similarities and differences.

*History of Kung Fu at ShaolinChiMantis.com*

[www.ShaolinChiMantis.com/Pages-M/historyKungFu-SCM.html](http://www.ShaolinChiMantis.com/Pages-M/historyKungFu-SCM.html)



## Lineage

My Kung Fu and Tai Chi lineage is now your lineage also. When you join my Kung Fu schools, you join our Kung Fu families. My school brothers are now your "Kung Fu Uncles."

I teach the same Yang Style Tai Chi Short Form in all my schools and programs. There are several small changes and additions I've made to this dance since I learned it. My masters have accepted this, and more than 20 years of teaching my variations has proven their validity. Many masters have said that our Yang Style Tai Chi Short Form of Shaolin Chi Mantis is one of the most correct, or historically accurate versions of the Form.

Most importantly, our school with its curriculums and programs have been accepted worldwide.

In February 1994, I was featured in **Kung Fu Masters Magazine**. (Also featuring Bruce Lee and...)

As students / disciples / and inheritors of my school and teachings, you can enjoy the traditional respect our Shaolin Chi Mantis school has earned worldwide.

Tai Chi Youth is a nonprofit organization, so it doesn't have any weaponry training, but the Tai Chi Program is better than any other I've ever seen.

The Buddha Kung Fu schools I created also use the same Tai Chi curriculums.

Any of my schools you join will have the same lineage and traditional values. Of course, Shaolin Chi Mantis will always have the most of everything in it. I hope there will be many Americans capable of mastering this rigorous system and passing it down... (It is 2011, and since 1984, no student has been able to graduate the intermediate level of Shaolin Chi Mantis. Maybe you?)

Lastly, thank you to all my students: past, present, and future. Through your abilities, inabilities, and perspectives, Kung Fu constantly unfolds its wisdoms for me.

*House of Zhen*

[www.HouseOfZhen.com](http://www.HouseOfZhen.com)



## Basic Goals of Shaolin Chi Mantis

To teach each student:

**1. to balance their body**

health  
coordination  
exercise

**2. to balance their mind**

emotions  
creativity  
intellectual pursuits

**3. to balance their life**

contentment  
individuality  
ambitions

**4. to expand their abilities**

increased physical potential  
increased mental potential  
increased expectations

**5. to expand awareness**

new abilities create new perspectives  
better self-understanding  
understand others better

**6. to benefit society**

decide individual path within society  
be self-sufficient  
help others

**7. lessen the violence in the world**

be at peace with self and personal history  
spread contentment and confidence to others  
discourage violence in self and others

**8. live a good life**

constantly strive to improve all aspects of self  
enjoy and appreciate living and all other forms of life  
make the lives of others as good as possible

*Basic Goals of Zen Buddhism*

[www.shaolinCOM.com/ShaoLin\\_Chi\\_Mantis/Bodhidharma-S.html](http://www.shaolinCOM.com/ShaoLin_Chi_Mantis/Bodhidharma-S.html)



## Shaolin Chi Mantis Beginner Level

### **SCM Gongfu Initiate Curriculum**

[www.shaolinchimantis.com/Pages-M/curGongfuInitiate-SCM.html](http://www.shaolinchimantis.com/Pages-M/curGongfuInitiate-SCM.html)

### **SCM Gongfu Initiate Requirements**

[www.shaolinchimantis.com/Pages-M/curGongfuInit-Req-SCM.html](http://www.shaolinchimantis.com/Pages-M/curGongfuInit-Req-SCM.html)

### **SCM Gongfu Beginner Curriculum**

[www.shaolinchimantis.com/Pages-M/curGongfuBeginner-SCM.html](http://www.shaolinchimantis.com/Pages-M/curGongfuBeginner-SCM.html)

### **SCM Taijiquan Beginner Curriculum**

[www.shaolinchimantis.com/Pages-M/curTaijiBeginner-SCM.html](http://www.shaolinchimantis.com/Pages-M/curTaijiBeginner-SCM.html)

### **SCM 3 Types of Disciple**

[www.shaolinchimantis.com/Pages-M/disciple-3types-SCM.html](http://www.shaolinchimantis.com/Pages-M/disciple-3types-SCM.html)

### **SCM Disciple**

[www.shaolinchimantis.com/Pages-M/disciple-SCM.html](http://www.shaolinchimantis.com/Pages-M/disciple-SCM.html)

### **SCM Tai Chi / Kung Fu INDEX**

[www.shaolinCOM.com/KungFu\\_TaiChi/TaiChiKungFuINDEX-S.html](http://www.shaolinCOM.com/KungFu_TaiChi/TaiChiKungFuINDEX-S.html)

### **Shaolin Zen: About Buddha Zhen**

[www.shaolinZEN.org/aboutZ.html](http://www.shaolinZEN.org/aboutZ.html)

### **Shaolin Zen: Books and Music by Buddha Zhen**

[www.shaolinZEN.org/booksCDsDVDsZ.html](http://www.shaolinZEN.org/booksCDsDVDsZ.html)

### **Shaolin Zen: Buddhism Basics by Buddha Zhen**

[www.shaolinZEN.org/BuddhismBasicsZ.html](http://www.shaolinZEN.org/BuddhismBasicsZ.html)

### **Shaolin Zen: Buddhism in Gongfu**

[www.shaolinZEN.org/buddhismGongfuZ.html](http://www.shaolinZEN.org/buddhismGongfuZ.html)

### **Shaolin Zen: Buddhism in Shaolin Chi Mantis**

[www.shaolinZEN.org/buddhismSCM-Z.html](http://www.shaolinZEN.org/buddhismSCM-Z.html)

### **Shaolin Zen: Buddhism of Shaolin Zen**

[www.shaolinZEN.org/buddhismShaolinZenZ.html](http://www.shaolinZEN.org/buddhismShaolinZenZ.html)

### **Shaolin Zen: CyberTemple**

[www.shaolinZEN.org/cybertempleZ.html](http://www.shaolinZEN.org/cybertempleZ.html)

### **Shaolin Zen: About Master Zhen**

[www.shaolinZEN.org/masterzhenZ.html](http://www.shaolinZEN.org/masterzhenZ.html)

### **Shaolin Zen: Mind Body Spirit by Buddha Zhen**

[www.shaolinZEN.org/mindbodyspiritZ.html](http://www.shaolinZEN.org/mindbodyspiritZ.html)

**Shaolin Zen: Podcasts of Buddha Zhen**  
[www.shaolinZEN.org/podcastsZ.html](http://www.shaolinZEN.org/podcastsZ.html)

**Shaolin Zen: Spiritual Health by Buddha Zhen**  
[www.shaolinZEN.org/spiritualhealthZ.html](http://www.shaolinZEN.org/spiritualhealthZ.html)

**Shaolin Zen: Zen Body by Buddha Zhen**  
[www.shaolinZEN.org/zenbodyZ.html](http://www.shaolinZEN.org/zenbodyZ.html)

**Shaolin Zen: Zen Mind by Buddha Zhen**  
[www.shaolinZEN.org/zenmindZ.html](http://www.shaolinZEN.org/zenmindZ.html)

**Shaolin Zen: Zen Spirit by Buddha Zhen**  
[www.shaolinZEN.org/zenspiritZ.html](http://www.shaolinZEN.org/zenspiritZ.html)



## Buddha Kung Fu

In 2008, Buddha Zhen founded Buddha Kung Fu, "the school for making Buddhas."

This is better suited to most serious martial artists, than Shaolin Chi Mantis. Buddha Kung Fu was designed by Buddha Zhen FOR AMERICANS after teaching Kung Fu and Tai Chi for 24 years.

Despite the predominance of Shaolin Zen Buddhism in Buddha Kung Fu, it is less denominational than Shaolin Chi Mantis and does not require an Initiation Ceremony.

The Kung Fu and Tai Chi are the same curriculums as Shaolin Chi Mantis. However, Buddha Kung Fu does NOT include any Praying Mantis Kung Fu. BKF also has a reduced number of weapons and Shaolin Forms taught. Despite these losses, Buddha Kung Fu is still an incredible martial arts school that will create Certified Black Belt Kung Fu Masters.

Buddha Kung Fu is a 7-year curriculum, similar to the **Shaolin Chi Mantis 7-Year Curriculum**. Any Kung Fu or Tai Chi learned in Buddha Kung Fu is taught with the same expectations of quality and mastery as in Shaolin Chi Mantis. However, the reduced requirements make it a little easier and less time demanding than Shaolin Chi Mantis.



*Buddha Kung Fu was founded 2008 by Buddha Zhen.*

[www.BuddhaKungFu.com](http://www.BuddhaKungFu.com)



## 12 Step 12 Week Kung Fu Bootcamp

Learn the **12 Step Tantui** that Bruce Lee learned and referred to as, "**12 Tomtoys.**"



These *12 Step Tantui* are required of the Beijing Wushu Team, in their basic Wushu curriculums of the Chinese Jing Mo Associations. See the Jet Li movie, "**Fearless,**" for the story of the founding of the Jing Mo Association.

These *12 Step Tantui* were taught to Buddha Zhen during 1982 at Tai Mantis, in Torrance, California. These Tantui were reordered by Dr. Kam Yuen. When Buddha Zhen received certification to be a Jing Mo school, Grandmaster Wong Jack Man approved these Tantui in the order they are taught here at Shaolin Chi Mantis and Buddha Kung Fu.

For those students who claim, "I don't have time...", I created this excellent Kung Fu program. Launched in 2009, this has become one of my favorite classes to teach to provide myself with a quick comprehensive workout. It's also the only class where we do 100 Jumping Jacks, instead of our normal 25 per class.

It's not really like those other "boot camps" where they scream and yell at you like Army recruits. This **12 Step 12 Week Kung Fu Bootcamp** is our normal Shaolin Chi Mantis Kung Fu workout. The **ONLY** Kung Fu taught is the *12 Step Tantui*, at one per week, so that you can learn the *12 Step Tantui* faster than any other Kung Fu school that I've ever seen, and learn them better, with applications, techniques...

[www.ZenBootcamp.com](http://www.ZenBootcamp.com)



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North County Community Services Agency

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Pursuant to the Information Practices Act (IPAA), the County of Los Angeles Department of Parks and Recreation, has designated an IPAA Coordinator to ensure compliance with the non-disclosure provisions of the IPAA. For more information contact the IPAA Coordinator's office at (818) 214-7388 (ext. 7374) or (213) 473-4338. Fax: (818) 214-7388. Users shall require access, high bandwidth connections and internet capabilities to utilize this website. Some content, such as audio, video, images, and graphics, may not be available on all devices or may require additional software. The availability of any other resources or information are available on the public for County sponsored activities and events.  
Creating Community Through People, Parks and Programs. C/Park: 818.249.5940

*Spiritual Bootcamp Shaolin Style™ created for Buddhist World Conference 1998.*  
[www.SpiritualBOOTCAMPshaolinstyle.com](http://www.SpiritualBOOTCAMPshaolinstyle.com)



## Tai Chi Youth

Tai Chi, (Taijiquan in Mandarin Chinese), was a complete martial art system in China. After being imported to the United States, Tai Chi was reduced and minimized to, "a slow moving martial art." Moving slowly is only a small portion of studying and practicing Tai Chi. By stripping Tai Chi Chuan of its weapons and fast-moving exercises, it lost most of its health benefits.



Tai Chi Youth combines Yoga, kicking exercises, punching exercises, and Shaolin Kung Fu basics to create a well-rounded and complete exercise system. The curriculums of Tai Chi Youth have been tested and proven to be beneficial to kids, teens, adults, and seniors.

Buddha Zhen Shen-Lang has been teaching these curriculums publicly since 1992. The Tai Chi Youth curriculums were specifically designed for TCY in 1995 and have proven to be the best Tai Chi curriculums in the world. Hundreds of students have benefitted from Tai Chi Youth classes with improved physical balance, endurance, and weight loss.

In today's computer world, with less people leaving their homes to visit a spa or participate in sports, Tai Chi Youth offers the opportunity for kids, teens, adults, and seniors to learn and practice Tai Chi in their own homes. Tai Chi Youth classes can be downloaded for viewing without an internet connection. Tai Chi Youth classes are also offered in "real time," with students everywhere attending the same class: listening and viewing the instructor as if actually in the same classroom.

Private lessons and criticisms from the teacher viewing the student online are also possible. With a world-wide audience, Tai Chi Youth can now service and benefit thousands of students that were unreachable in the past. After-school programs, and health centers can reserve group classes with a TCY Instructor.

Weight loss has been proven in all our Tai Chi Youth programs. Founder, Buddha Zhen, was bitten by a black widow spider in the legs in 2001. His inability to walk for many weeks, and the months of slow recovery resulted in a weight gain of 55 pounds. Over the next two years, as Buddha Zhen launched Tai Chi Youth curriculums in Tujunga, California, he lost all 55 pounds and now appears to be in better health than ever before, at age 57.



By supporting Tai Chi Youth programs, you are enabling students to discover and benefit from these ancient wisdoms, repackaged by us for a new world of kids, youths, and teens; many of whom would not have the opportunity or inclination to pursue a sport or exercise program of any sort. Students already active in other sports or activities will still benefit from the coordination skills, self-discipline, and self-defense benefits of Tai Chi.

[www.TaiChiYouth.org](http://www.TaiChiYouth.org)



## Videos

The first official Shaolin Chi Mantis videos were the **Belt Test Videos of SCM**. Although there are some other students included, in 1993 we created a video tape for each Belt Rank Level of Shaolin Chi Mantis. The first person to be recorded on most of those was probably Master Zhen, performing all the criteria with the highest ranking students supervising and judging.

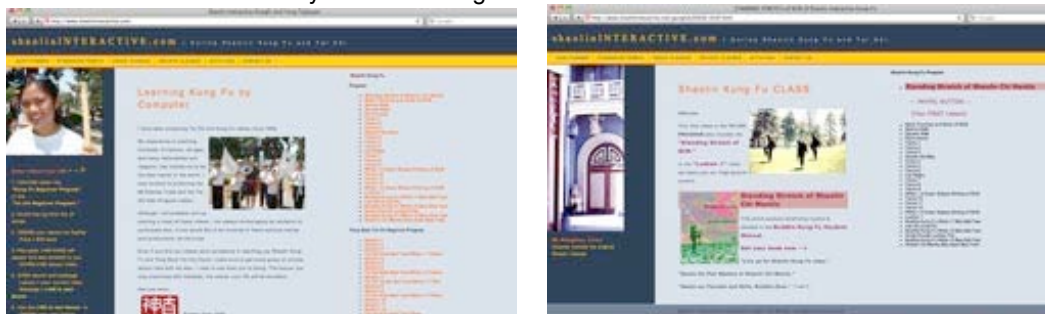
The second videotape, never completed was the Tai Chi Short Form Video. We recorded many videos, mostly of me, Master Zhen, or Sifu Richard O'Connor before receiving my Chinese name.

The third videotape was the best. **"12 Lessons of Ling Po,"** was recorded and produced as professionally as we could. We used the YWCA gymnasium on a day and time when it would be ours, and quiet... it worked. In a matter of hours we shot all the lessons. Many lessons were repeated from the beginning, not relying on any post production editing to duplicate introductions or workouts.

I also included some applications and performance variations of the **"Ling Po"** Form which in Chinese Mandarin we now refer to as **"Lian Bu."** This Kung Fu Form is the **"Masonic Kung Fu"** Form I discovered in 2009 while studying for my 3rd Degree Proficiency as a Freemason.

There are some videos of us and me at [www.YouTube.com/buddhakungfu](http://www.YouTube.com/buddhakungfu)

The most comprehensive Shaolin Chi Mantis videos are at [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)  
These 66 videos will teach you all the Kung Fu and Tai Chi that we teach in our SCM classes.



To insure your safety, the quality of your Kung Fu, and the reputation of Shaolin Chi Mantis: Belt Testing is required of our online students so that our Instructors can criticize and improve your skills.

[www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)



## Private Lessons

Use the **PayPal buttons**  
at **shaolinCOM.com**  
to reserve upcoming private lessons.

[www.shaolinCOM.com/Buddha\\_Zhen/privateLessonsBZ-S.html](http://www.shaolinCOM.com/Buddha_Zhen/privateLessonsBZ-S.html)



Call me at **818-723-2769**. I'm on California time.  
Leave a detailed message with phone and email address and best time to call you back.  
Ask me about the **PREPAY DISCOUNT PLANS** for private lessons.  
Private lessons can be taught to up to 3 persons simultaneously, for increased discounts.

Don't forget to add your "Travel Fee(s)" as listed on the **shaolinCOM.com** webpage  
for each class you are purchasing, unless you are visiting Buddha Zhen at his home-school,  
the "House Of Zhen," or a location of Buddha Zhen's convenience, such as after a Kung Fu class.

Current Rates and Prices:

[www.shaolinCOM.com/Buddha\\_Zhen/privateLessonsBZ-S.html](http://www.shaolinCOM.com/Buddha_Zhen/privateLessonsBZ-S.html)

## VIDEO CONSULTATIONS

*Send a video / DVD / digital video file by email to Buddha Zhen.*

He will study it and reply to you by video, or phone, or email,  
or video conference with his suggestions, and criticisms.

### **Buddha Zhen DVD Video Consultation**

at \$5 per minute  
for 10 minute or less DVD video BY YOU  
plus \$25 reply fee plus \$10 shipping = **\$85**

### **Buddha Zhen DVD Video Consultation**

at \$5 per minute  
for 20 minute or less DVD video BY YOU  
plus \$50 reply fee plus \$10 shipping = **\$160**

Send any amount of money to Shaolin Chi Mantis using PayPal.com  
[paypal@shaolinCOM.com](mailto:paypal@shaolinCOM.com) = Shaolin Communications = Shaolin Chi Mantis

[www.shaolinCOM.com/Buddha\\_Zhen/privateLessonsBZ-S.html](http://www.shaolinCOM.com/Buddha_Zhen/privateLessonsBZ-S.html)

[www.shaolinINTERACTIVE.com/privateclasses.html](http://www.shaolinINTERACTIVE.com/privateclasses.html)



## Seminars



*The following URL links will provide more information on our seminars.*

[www.BuddhaKungFu.com/seminars](http://www.BuddhaKungFu.com/seminars)

[www.shaolinCOM.com/Buddha\\_Zhen/lecturesBZ-S.html](http://www.shaolinCOM.com/Buddha_Zhen/lecturesBZ-S.html)  
[www.shaolinCOM.com/ShaoLin\\_Chi\\_Mantis/seminars-S.html](http://www.shaolinCOM.com/ShaoLin_Chi_Mantis/seminars-S.html)  
[www.shaolinCOM.com/ShaoLin\\_Zen/Seminars-S.html](http://www.shaolinCOM.com/ShaoLin_Zen/Seminars-S.html)  
[www.SpiritualBOOTCAMPshaolinstyle.com](http://www.SpiritualBOOTCAMPshaolinstyle.com)





## Masonic Kung Fu

The following entries are from the webpage "*Masonic Kung Fu - Project #14*" at [www.RichardDelConnor.com](http://www.RichardDelConnor.com)

Check here for updates and performances of this historic Kung Fu Form.

### September 8, 2011

I performed the "Masonic Kung Fu" and "Lian Bu" for Worshipful Jeff Yeats at the Burbank 406 Lodge today. He was impressed and said he would do what he could to get me some "Lodge Gigs" so that I could perform this secret Kung Fu for Master Masons and make some money. He knows my family is in trouble and said he'd help me. Worshipful Yeats was also concerned about my copyrights for this book and screenplay. Jeff said, "I don't want anybody ripping off your story." After reviewing my **Masonic Kung Fu Book 1 2nd Draft**, I received his approval -- as he didn't have any problems with it, particularly regarding revealing the "secrets of Freemasonry." I was a little concerned because the introduction of the book does complain a little bit about how the Freemasons or Masonry in general could not help me or my family these past few years in our financial troubles and homelessness.

I had also taken the book to Worshipful Louie Bizarro, who had been the Master of Panamericana Lodge and hired me for "Organist" of the lodge in 2009, back when I discovered this "Masonic Kung Fu." Worshipful Bizarro was satisfied with my book, and the story of my personal Masonic life in the book's introduction.

book cover:

### Masonic Kung Fu book 1



[www.shaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html](http://www.shaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html)

## August 25, 2011

I finished the 3rd draft of the book, **Masonic Kung Fu Book 1**. I've created a fictional story of Freemasonry, Shaolin Kung Fu, Christianity, Buddhism, and the Japanese invasion of China in 1937.

It will be available soon at Amazon.com, Kindle books, Barnes & Noble, and iBooks.

## February 28, 2010

I was attending a Secretaries' Retreat of the Masons of California and I performed the "Masonic Kung Fu" for some of my brethren there.

Grand Secretary, Alan Casalou, was the first to see it. He had a puzzled look on his face after he requested I perform it again, "You're the first one to discover this?" "Yes," I replied. He looked puzzled, "You're the first to uncover this?" "Yes, the first person in the entire world to uncode this "Masonic Kung Fu" Form since it became public in 1938. The Japanese were occupying China at that time, and perhaps he gave it to the Jing Mo schools to preserve it."

I then read him my script for the PUBLIC VERSION of this "Masonic Kung Fu" Form, and he had no problems with it. Alan Casalou then commented, he wasn't the one to give final approval. I replied, "I know. But now I'm ready to perform it and get approval from the Grand Lecturer of the Grand Lodge of California Masons." He nodded.

I then gathered a few more Brethren and performed the "Masonic Kung Fu" for them also. They were all impressed, but one mason in particular was especially impressed since he had learned "Ling Po," as our Kung Fu Master, Dr. Kam Yuen referred to it, back in the late 1980s. He stood there with his mouth open as I finished my performance. He also commented, "Your Kung Fu is really good."

See below, for more information about this, "Ling Po," in Cantonese, "Lian Bu," in Mandarin, Kung Fu Form that I learned from Dr. Kam Yuen, who learned it from Grandmaster Wong Jack Man, in San Francisco. I went to San Francisco and studied under Grandmaster Wong Jack Man at both his Oakland Church location, and his San Francisco Bay location. He retaught me the MASONIC KUNG FU FORM, because Dr. Kam Yuen had changed it from the way Sifu Wong taught it to Kam Yuen in the early 1970s.

## August 6, 2009

I passed my "3rd Degree" Proficiency. I nailed it. I was about 99.8% pure. A couple words could've been better. I'm proud of my performance and impressed all of my Mason Brethren. Using my MASONIC KUNG FU FORM I was able to further my practice for my proficiency. I changed some of it around to fit the MASONIC KUNG FU FORM and really learned my words in a deeper manner.

Uh-oh. Today is actually March 3, 2010: Last night I watched a TV show, **THE SEVEN DEADLY SINS**. Last night, I saw an hour dedicated to PRIDE. I just mentioned above how "I'm proud..." I teach about "pride" in my Kung Fu and Tai Chi classes. I learned a few things last night, but also realized I had a lot to add to the concept of pride...

## ORIGINAL ENTRY about MASONIC KUNG FU:

**On June 6, 2009**, while practicing my Shaolin Kung Fu, I discovered that one of my Kung Fu Forms, was encoded with Masonic symbols and secrets.

I got goosebumps... *read more at links below!*

[www.RichardDelConnor.com/project14-RDC.html](http://www.RichardDelConnor.com/project14-RDC.html)

[www.ShaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html](http://www.ShaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html)

# Tai Chi Beginner - Class Reading Manual

by Richard Del Connor "Buddha Zhen"



## Official Student Manual of Shaolin Chi Mantis™

The book, **Tai Chi Beginner**, was first published in 1992 using the printing press of Decker Lake Maximum Security Prison, where Richard Del Connor was teaching his "Tai Chi Classes" to the prisoners.

The second version has 444 pictures detailing the entire **Yang Style Tai Chi Short Form of Shaolin Chi Mantis** and the basic kicks and punches... PLUS: the entire *SCM Kung Fu Yoga Routine™*. *This version has been sold to students since 1994.*

This THIRD VERSION of **Tai Chi Beginner** was created for the new digital book formats that require smaller graphics, and new flexible text layouts. **Tai Chi Beginner** is a required book of all three schools founded by Buddha Zhen Shen-Lang:

[www.ShaolinChiMantis.com](http://www.ShaolinChiMantis.com)

[www.BuddhaKungFu.com](http://www.BuddhaKungFu.com)

[www.TaiChiYouth.org](http://www.TaiChiYouth.org)

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