

1-2 Spring-Summer 2007

SamMasich.com ❖ Little Productions

# STRANGE HORSE

Schedule ❖ News ❖ Reviews ❖ DVD/Music

## What's new:

- ❖ Spring/Summer 2007 SamSchedule
- ❖ 4 New Video Titles to be released in April!
- ❖ Aldous Orwell Show April 14
- ❖ 3 CD special!
- ❖ Book Review: *Taijiquan: Through the Western Gate*



Wow!

'SamSongs special'

From now until the end of June get:

3 CDs for \$35

(MUSIC NEWS)

## WELCOME TO THE NEW STRANGE HORSE

Strange Horse is online as a downloadable .pdf file at SamMasich.com. Sam's workshop/concert schedule, instructional DVDs, music, articles, book reviews & special offers...

### STRANGE HORSE NEWS

You may have noticed some odd things in my schedule this year. For example there will be no *Vancouver Push Hands Camp* in the summer of 2007 but there will be one in *Madrid*, so maybe consider a summer Tai Chi vacation in Spain!

After 16 consecutive years with the camp I'm taking a break to think about what themes I want to explore for the next few years. The plan is to continue in July 2008. I'll be in Europe the whole of this summer, mostly in Berlin, with my partner Julia and our new son Karl who was born Oct. 5/06.

In **Video News** you can find details about 4 new DVDs due for release in April as well as plans for new Internal Arts programs.

### SamMasich.com

Now you can purchase DVDs and music online at SamMasich.com and see great preview clips of all Sam's excellent Internal Arts programs

Check out the upcoming **Aldous Orwell Show** in the **Music News** as well as a special CD offer! The final page briefly reviews Rick Barrett's *Taijiquan: Through the Western Gate*.

### FEATURE TEACHER ED COOPER:

*Not 'do, do, do' but 'let, let, let!'*

This was a core idea I came away with after one of Sam's *Annual Summer Push Hands Camps*. The two weeks had been spent exploring the basic energies of *sticking, listening, understanding, receiving and neutralizing*.



In push hands play we need to let the force into us, actually receive it, without either resisting or collapsing.

continued page 2

# VIDEO NEWS:

## '3 NEW OLDS' SHIPPING APRIL 2007

Many of you will recall newsletters and brochures from ten years ago proclaiming 'Coming Soon!' for three programs Sam filmed in the 1990s. After various delays and false starts, these instructional tools are now ready.

The **Push Hands Video Manual vol. 2: 'Da Lu'** is the sequel to Sam's first ever instructional video. This tape is packed with detail and possibly the only such program ever made to cover the complex subject of *Da Lu* in such an accessible way.

The **5 Section Chen Taijiquan** DVD will be a great help for those looking for an entry into the study of Chen style Tai Chi or wishing to master the entire **5 Section Taijiquan** program.

**Zheng Manqing** (*Cheng Man Ch'ing*) **Taijiquan** with *Marek Ashika Ostap-kowicz* & narrated by Sam, provides an insight into various aspects of the style including Zheng's unique Push Hands.

Each of these 'new old' videos is part of the **Sam Masich Video Classics Collection** so, if you've bought the set already, you can expect these to arrive on your doorstep soon!



## Yang 54 Sword DVD

Also to come in April is Vol. 2 of the **Little Productions Official Bootleg Series: The Yang Style 54 Taiji Sword**. This reference program will nicely compliment vol. 1 which features the Yang 108 barehand form.

Hey web trawlers! Keep your mice peeled to **YouTube** and **Google Video** for some cool clips of Sam in workshops, behind-the-scenes, playing music & Tai Chi'ing on (& in) large steel span structures!

## SAMMASICH.COM UPDATE ON THE WEBSITE

- Phase 2 of the website is nearing completion. **You will be able to order DVDs, music & other stuff directly through SamMasich.com and pay with your credit card.**
- Interested in putting your Tai Chi progress on a fast track? Check the private lesson page on the website.

## TIDBIT:

- The **Pacific Elite Tai Chi & Internal Arts Friendship Meet** is postponed until 2008.

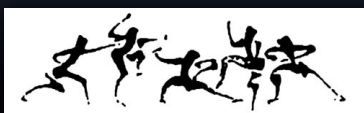
## 2007 5 Section Taijiquan Teacher's Certification

Vancouver Nov 9 - Dec 17 '07

Several individuals have applied & been accepted into a 6 week teacher's training course based on the **5 Section Taijiquan** curriculum.

The workshop still has a couple available spaces.

Contact Sam if this course might be of **interest to you.**



## FEATURE TEACHER

### Ed Cooper continued:

By being more patient and letting the grain of the movement define itself we can sustain or guide the force, we can acquiesce in our own time and place.

'Letting' is about getting comfortable in ourselves first, a study in itself, taking the force on, understanding the nature of the event, then acting with appropriate response. Letting is an absence of attitude and just dealing with what is showing up. Perhaps 'letting' is a Canadian way, to do the best under the circumstances, let it develop & nudge as necessary.

The fun and energy at camps is that you can go deeper into exploring interactive martial movement with great training partners and a master trainer.

**Ed Cooper** is a Taijiquan enthusiast, veteran, expert & teaching master who loves to play push hands. He currently lives in *Milton, Ont. Canada*, teaches at the **Circle of Friends Tai Chi Club** and has given workshops in Canada, the USA and Norway.



Sam Masich Video Classics Collection

## THE VIDEO CLASSICS COLLECTION

The Video Classics Collection includes:

- 5 Section Yang Style Taijiquan vol. 1
- 5 Section Taijiquan (2 person) vol. 2
- 5 Section Taijijian (solo sword) vol. 3
- 5 Section Taijijian (2 person sword) vol. 4
- 5 Section Chen Style Taijiquan vol. 5
- 24 Simplified Taijiquan
- Push Hands Video Manual vol. 1
- Push Hands Video Manual vol. 2
- Balancing the Heart Qigong
- Tai Chi for 50+
- Vital Xingyiquan vol. 1
- Vital Xingyiquan vol. 2
- Tai Chi Reference Video Series
- Zheng Manqing Taijiquan



# MUSIC NEWS:

## 'SamSongs special'

From now until the end of June you can order any 3 of these CDs for \$35\* (reg. \$60)

\*plus shipping



Cow!  
Cinematic  
Diamond Space  
Blue Manifesto  
Why It Happens  
Different Standards

Info on these CDs at:  
SamMasich.com >  
SamSongsMusic >  
Sam's recordings

# SAM'S CONCERTS

## Vancouver BC

Sat March 24

### FFM live at Cafe Monmartre

A chance to catch FFM live, which doesn't happen often these days.

location: 4362 Main Street  
cost: *Feed the Hat* (it likes \$10)

## Vancouver BC

Sat April 14

### The Aldous Orwell Show

featuring:

#### Sam Masich as Aldous Orwell

Miles Black - piano  
Laurence Mollerup - bass  
Mark James Fortin - guitar  
Tony Chamberlist - drums  
Kris Mitchell - laptop  
& Glenda Rae

and special opening guest:

#### Michael Friedman

Once again the Aldous Orwell Project takes us on a musical romp through the pastures of power addiction.

#### The IRONWORKS 235 Alexander St.

(between Main & Gore)  
\$15 ZULU Records  
604-738-3232 • High Life 604-251-6964  
& at the door. Reserve  
tix/tables call 604-681-5033 or [theironworks](http://theironworks.ca)  
[@theironworks.ca](http://theironworks.ca)



#### Good Reviews:

'There's not one wrong note on this whole album!' —Johanna J. Bodde  
(New Inurgent Country; Holland)  
"Cinematic describes FFM...drenched in harmony... exceptionally well played..."  
—Tom Harrison (The Province; Vancouver)



Michael Friedman's new CD *Diamond Space* is out and it sounds great!

Michael and Sam have co-written for many years. *Diamond Space* is the second album featuring their collaborations.

You can buy Diamond Space at:  
<http://cdbaby.com/cd/michaelfriedman2>

**The Aldous Orwell Show**  
Sat. April 14  
8 pm  
The IRONWORKS

Sam Masich as Aldous Orwell  
Miles Black piano  
Laurence Mollerup bass  
Mark James Fortin guitar  
Tony Chamberlist drums  
Kris Mitchell laptop  
& Glenda Rae

with very special opening guest:  
**Michael Friedman**  
Doors open 7:30 pm

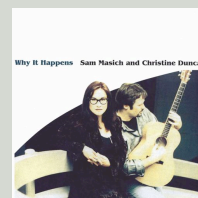
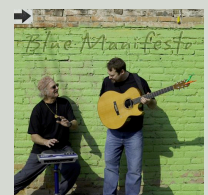
The Ironworks & Railtown Cultural Enhancement Assn. present:  
**The Aldous Orwell Show**  
Tix \$15 • ZULU Records 604-738-3232 • High Life Records 604-251-6964  
Reserve tix or table: 604-681-5033 • (also at the door)

The IRONWORKS: 235 Alexander St. (between Main & Gore)  
[www.theironworks.ca](http://www.theironworks.ca) • [theironworks@theironworks.ca](mailto:theironworks@theironworks.ca)  
SamMasich.com

#### Sam's MySpace music site:

[www.myspace.com/sammasic39thealdousorwellprojectquot](http://www.myspace.com/sammasic39thealdousorwellprojectquot)

You can find song samples & a live performance video of *Nuclear Waltz by the Aldous Orwell Project*



SamSongs special: any 3 for \$35!

# SAM'S SCHEDULE

## SPRING & SUMMER 2007

### Prince George, BC, Canada

**Fri Apr 20 (7-9:30pm)**

#### **Qigong from the Centre**

Much *qigong* training is about finding and nourishing 'the centre'. In this class we will focus on practices involving breath and the 'dantian' (the body's energetic centre). Concepts from this class will be helpful for the weekend workshop.

**Sat/Sun Apr 21-22**

**(10am-5:30pm)**

#### **Push Hands from the Centre**

Usually the push hands art is learned first through formal drills studies and only later are students encouraged to loosen up the forms. In this class we will take the opposite approach. Beginning with core qualities, both in movement and in posture, we will see how form emerges from central guidelines.

**Location:** Connaught Youth Centre  
1491-17<sup>th</sup> Ave.

**Cost:** \$185 full weekend  
(\$50 for the Fri. eve only/\$150 Sat/Sun only)

**Contact:** Leslie Farella 250-564-4684  
nessa@pgonline.com

### Milton/Campbellville, Ont. Canada

**Fri May 4 - Mon May 7**

#### **3 Tai Chi Seminars:**

##### **'Root & Crown'**

##### **25 Push Hands Energies**

##### **Correcting the Form**

### 1. Milton, Ont.

**Friday May 4 (6:30-9:30pm)**

#### **Tai Chi: 'Root and Crown'**

"The root is in the feet... hold the head as if suspended..." What do these time-worn concepts refer to, and more importantly, how can we make use of them in our Taijiquan?

**Location:** Studio Harmonia, 410  
Bronte Street South, Suite 201, Milton

**Cost:** \$35.00 for the evening, \$30 for seniors 60+

*Pre-registration requested*

**Contact:** Ed Cooper - 905-878-8647

### 2. Campbellville, Ont.

**Saturday/Sunday May 5 & 6  
(10am-5:30pm)**

#### **Taijiquan 25 Energies Series**

##### **Enticing, Seizing & Issuing**

At this May 2007 workshop we will continue our study of the 25 energies as the second in a series of workshops with Sam exploring this profound topic. In the first in this series in (Nov. 2006) we explored Sticking energy (Zhan-Nian jin) as the basis for Listening, Understanding, Receiving & Neutralizing energies (Ting, Dong, Jie & Hua jin). In this workshop Sam will review the prior energies and explore *Enticing, Seizing, Issuing, Borrowing* energies. Attendance at the prior workshop Nov 2006 is not required.

**Location:** Campbellville Lions Hall,  
42 Guelph Line, Campbellville

**Cost:** \$220 Saturday and Sunday  
\$200 Early Bird special before April 15,  
2007. Pre-registration requested

**Contact:** Ed Cooper 905-878-8647

### 3. Milton, Ont. Canada

**Monday May 7 (6:30-9:30 pm)**

#### **Correcting the Form**

Correcting the Form is a hands-on review and refinement of Taijiquan forms. In this valuable master-class, we will take examples directly from participants who wish to have focused feedback on their forms. Bring questions and trouble spots from your form.

**Location:** Milton Seniors' Activity  
Centre, 500 Childs Drive, Milton

**Cost:** \$35.00 for the evening, \$30 for seniors 60+. Preregistration requested

**Contact:** Ed Cooper - 905-878-8647  
Cost for full weekend (Friday evening,  
Saturday, Sunday) or (Sat, Sun & Mon  
evening) \$240; Early bird special \$220

### Toronto Ont. Canada

**Wed May 9, 7-10 PM 1 night only**

#### **The 13 Powers in Taijiquan**

The 13 'Postures' or 'Powers' are universally described as the basis of Taijiquan training. Understanding the theory and methodology of the 'Shi San Shi' (13 Powers) is a master key to unlocking form, Push Hands and applications. In this class we will examine the Shi San Shi basic concepts via solo studies, Push Hands and applications. Appropriate for all levels of practitioners.

**Location:** 745 Danforth Avenue,  
Suite B3 Toronto

**Cost:** \$40 members. \$44 non-members

**Contact:** Donna Oliver

[donna@powerofbalance.com](mailto:donna@powerofbalance.com)

### Gatineau (Hull), Que

**Fri May 11 - Sun May 13**

#### **Les principes et les énergies de l'Épée de Tai Chi**

Comme dans le Taijiquan à mains nues, la pratique de l'épée de Tai Chi est basée sur la théorie des 13 énergies. Lors de cet atelier, vous apprendrez les principes sous-jacents à la pratique de la forme.

(As with barehand Taijiquan, Tai Chi Sword is based on a 13 Powers theory. Learn the principles behind the forms in this unique workshop.)

Vendredi (Fri) 7-10pm Samedi/  
Dimanche (Sat/Sun) 10am-5pm

**Cost:** TBA

**Location:** Centre de Tai Chi Gilles-  
Vaillant

109 rue Wright, Gatineau, Que

**Contact/preregister:** André Couture  
819-777-1527

### Madrid, España

**This class is appropriate for both  
English and Spanish speakers**

**Fri June 8 - Sun June 10**

#### **Espada de Tai Chi de 5 Secciones (5 Section Taiji Sword)**

La práctica de la espada de Tai Chi lleva un paso más adelante el trabajo postural y energético del Tai Chi extendiendo la mente desde el centro del cuerpo hasta la punta de la hoja. El estudio de la *Espada de Tai Chi de 5 Secciones* permite al practicante desarrollar un claro entendimiento del posicionamiento del cuerpo y espada usado en el entrenamiento de la espada tradicional facilitando unas bases consistentes para prácticas más avanzadas. En este curso aprenderemos la forma completa a la vez que dedicamos algún tiempo al estudio de las bases y principios de la espada.

*English:* Tai Chi sword solo practice takes the postural and energetic work of Tai Chi a step further as we extend the mind from the centre of the body to the tip of the blade. Study of the 5 Section Tai Chi Sword enables practitioners to develop a clear and sound understanding of body and blade positioning used in traditional sword weapon training. It provides an excellent foundation for more advanced practices. In this course we will learn the entire form and also spend some time studying sword principles and basics.

**Lugar (Location):** San Saturio School

**Precio (Cost):** Curso completo: 130 €  
(115 € para inscripciones antes del 15 de mayo)

**Más información en:** Javier (+34) 647  
69 79 52 [javier@aprendetaichi.com](mailto:javier@aprendetaichi.com)

## Stirling, Scotland

(Tai Chi Caledonia event)

Sat/Sun June 16 & 17

(note: these are only 45 minute classes)

### 1. Push Hands 'Sticking Energy'

Zhan-Nian Jin or 'Sticking Energy' is the most fundamental of the defined Push Hands energies. This short class presents the vital components in maintaining a relaxed yet firm connection to one's partner or opponent, and discusses the importance of *rolling, transferring, pivoting and exchanging* in the mid-range.

### 2. The 13 Powers in Taijiquan

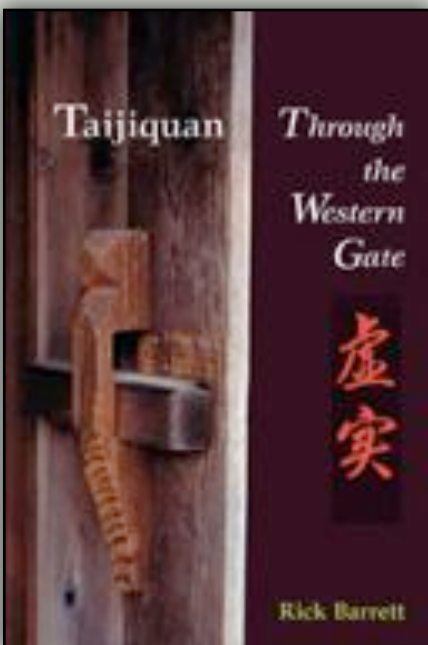
The 'Shi San Shi' or 13 Powers are universally described as the basis of Taijiquan training and provide a master key to unlocking the secrets of form, Push Hands and applications. This class will give a simple, practical overview of the Shi San Shi concept and practice.

**Location:** Stirling University Campus

**Cost:** see website for details:

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

**Contact:** Ronnie Robertson  
bookings@taichicalledonia



## Madrid, España

This class is appropriate for both English and Spanish speakers

Agosto Sábado 11 - Martes 14

**Campamento de 4 días de Empuje de Manos con Sam Masich:**

**Serie de 25 energías de Taijiquan**

*Energías de Adherir, Escuchar, Entender, Recibir y Neutralizar*

La destreza en el Empuje de Manos del Taijiquan requiere el entendimiento de varias energías (jin) implicadas en el movimiento. Durante muchos años, Sam ha trabajado en la progresión de 25 energías básicas del empuje de manos en su Campamento de Verano Anual de Empuje de Manos en Vancouver, Canadá.

En este interesante evento de cuatro días comenzaremos con el estudio de esas energías. Empezando con Zhan Nian Jin „energía de adherirse“, examinaremos en detalle rodar, transferir, pivotal e intercambiar, los elementos vitales para mantener una conexión firme y relajada, tan importante en estudio del taijiquan desde una perspectiva energética y cementada.

(English)

**Sat Aug. 11- Tue Aug. 14**

**4 Day Push Hands Camp**

**25 Energies Series**

*Sticking, Listening, Comprehending, Receiving & Neutralizing*

Tai Chi Push Hands skill requires an understanding of various kinetic energies (jin). For the past many years Sam has worked with the progression of 25 basic energies of Push Hands in his Annual Summer Push Hands Camp in Vancouver, Canada.

In this exciting four day event, we will begin the study of these energies. Starting with Zhan Nian Jin or 'Sticking Energy', we will examine in some detail rolling, transferring, pivoting and exchanging, the vital elements in maintaining the firm and relaxed connection so important in studying Taijiquan from a grounded, energetic perspective.

**Lugar (Location):** Escuela Superior Serrate. c/ Alma's, 47. Madrid.

**Más información en (Contact):** Javier (+34) 647 69 79 52

[javier@aprendetaichi.com](mailto:javier@aprendetaichi.com) [aprendetaichi.com](http://aprendetaichi.com)

**Precio (Cost):** Curso completo: €300

## BOOK REVIEW:

**Taijiquan: Through the Western Gate**

by Rick Barrett

Review by Sam Masich

Rick Barrett does us all a favour by bringing many of the art's ineffable qualities forth in plain language. Rooting his discourse in the work of Ken Wilber and James Oschman, Rick traverses the East/West divide to ultimately arrive back home, which for him is in the vibrant New York school of master William C.C Chen.

The book addresses with ease, the ins and outs of energetic coherence in Taijiquan and, while perhaps light on arguments for many aspects of traditional curriculum, doesn't shy away from



Push Hands as a vehicle for testing and realizing accomplishment in the the art.

Rick has been in and around the art for a long time and the thoughtful and enthusiastic nature of his journey is evident throughout. Buy it, read it, integrate it.

Rick Barrett

*Taijiquan: Through the Western Gate*

Blue Snake Books, 2006. 265 pages.

ISBN 1583941398

### Special thanks to:

Jan Parker, Ed & Marsha, Jean Kirk, Javier, Paloma & Maribel, André Couture, Réal & Diane, Marc Seguin, Michael Babin, Hansoo, John & Prashanth, Ronnie Robertson, Julia & Karl(!), Paul Pitzel, Rick Barrett, Liang Shouyu, Yang Jwing Ming, Brien Gallagher, Mark & Michael.

[SamMasich.com](http://SamMasich.com), Little Productions Inc.

& Strange Horse © Sam Masich