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Strange Horse

Sam Masich Tai Chi News Spring 1999



In this issue:

- Sam's update
- Summer camp schedules
- PAWMA report
- Roger Langrick seminar
- Video Order Form

**BASIC ACUPUNCTURE
FOR THE TREATMENT OF PAIN
PRESENTED BY: Roger Langrick—
Dates: June 4 - 7 and June 11 - 14**

Course description

This four day course, offered twice on Bowen Island is designed to give a basic grounding in the competent use of acupuncture for the treatment of most pain syndromes such as chronic low back, arthritis, migraines, fibromyalgia, sprains, etc.. It is taught by Roger Langrick, a professional acupuncturist with over 30 years clinical, research and teaching experience.

Course content

Introduction to necessary anatomy, physiology and the nervous system needle insertion and manipulation the physiology of pain, the pain point patient examination, movement and gait observation assessment of pain problems, head, back, arm, leg patient positioning and handling treatment

Prerequisites

Some clinical exposure and training in medical sciences is helpful but not essential.

Class size

Class size is limited to 10 students with priority being given to those who are pre registered.

Note

This course is intended solely for those who are interested in learning a fast, effective method of treating pain for emergency, humanitarian and survival situations. It does not offer any form of licensing or qualifications for membership in any organization.

Cost

\$395. includes instruction and rustic lodging. A kitchen is available for your own food preparation.

Interested: Call Jan Parker 604/947-0888 or e-mail <jparker@canada.com>

Strange Horse

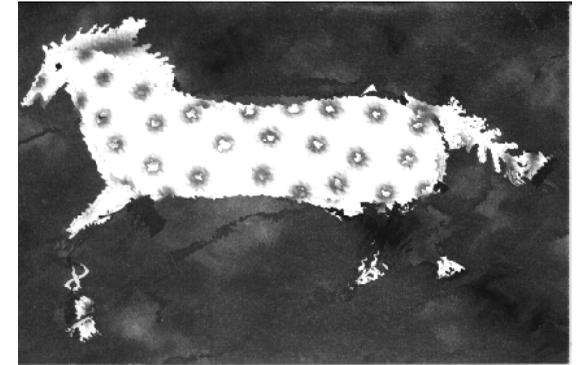
Sam Masich Tai Chi News Spring 2000



Happy New Year! Many of you have asked if I am still producing Strange Horse and if you are still on my mailing list due to the fact that I only sent out one issue last year. Yes and yes. 1998 was an unusual and busy year for me.

The first part of the year was spent recovering from a serious injury (see last Strange Horse for details) which required spinal neck surgery. While I still have a ways to go, I have recovered a great deal and have started back to some limited training with Master Liang (Xingyi and Bagua), and on my own. I am still forced to modify the intensity of many of my activities, particularly in terms of more aggressive martial arts sparring practices, and I have had some compensatory injuries to deal with. I've put on a few pounds and have had to approach things gingerly but my desire to continue to find the essence of these arts has only deepened.

In the spring of '98 I did some teaching, mostly qigong, and also tried my body out with Push Hands for four days in Golden B.C. with some mixed results. By June I was trying a little more, teaching some barehand and weapons forms and still working on qigong and push hands. In some ways this was a very good experience, as dealing with the paralysis of my arm necessitated a different approach to almost everything in my Tai Chi.



Another Strange Horse from Heather Madras

1998 also saw me occupied a great deal with catching up after four months of getting behind on things administratively. Without Jan Parker to keep me organized I don't know what I'd have done. As many of you know, I also manage much of Christine Duncan's (my partner) music career as well as composing, producing and recording music myself. This last year has seen a lot of activity in this arena, with concert, album and television projects which have demanded a great deal of time and attention.

Many of you have asked me if I am giving up martial arts in favour of music. No I am not. In fact I have as much or more teaching scheduled this year as any previous year. I am finding more and more a complimentary balance between my career as a songwriter and my work as a teacher.

1999 Summer Intensives with Sam Masich

10th Annual Bowen Island Push Hands Training Camp July 19 -24 (6 days)

A great "modern" Tai Chi classic written in the 1930's describes the importance of *eight preparatory exercises*, *four hands* as well as *25 basic energies* for Push Hands training. Indeed the basic framework for more advanced studies can be found in these deceptively simple drills and in this subtle yet profound theory. For the beginner this material is essential in beginning on a clear and straight journey through the art, while for the more advanced player, it represents a return to the fundamentals that consistently generate new ideas and new approaches to free style practice.

This year the *Bowen Island Push Hands Training Camp* will focus on the "one to eight", four hands and the 25 basic energies. Tuition includes meals and our famous rustic accommodations.

Jan Parker: 604/947-0888 fax: 604/947 2878
\$150 deposit •\$620 cad •\$685 after June 19

The 6th Annual Prince George Summer Tai Chi Week July 30 -Aug. 3 (5 days)

Study of the *Yang Style Tai Chi Sabre* enables practitioners to develop a clear and sound understanding of body and blade positioning used in traditional short weapon training. It provides an excellent foundation for sword work.

Yang Style Tai Chi Spear practice involves use of the long pole in a series of solo and two person drills designed to develop power and sensitivity simultaneously. In modern times it is extremely rare to find instruction in the spear. Meals and accommodations are up to the participant. Camping sites are available in town.

Chuck Theessen: 604/563-5332 • 604/562-2253
\$150 deposit \$385 cad \$445 after June 30

The "88" in Golden August 6 -10 (5 days)

The *88 movement Yang Style Taijiquan* two person traditional sparring routine is the bridge between push hands and Tai Chi free sparring. The sequence is long and graceful, with an emphasis on correct positioning and sensitive listening. This is the parent form of the 5 section two person exercise and for many Tai Chi players represents the cream of the art in terms of forms. Like the spear it is extremely rare to find instruction in this form in modern times.

Tuition includes meals. Housing is on a first come first serve basis. Camping and limited billeting also available.

B & Lil Cacaci: 250/426-7324 fax: 250/426-3018
\$150 deposit \$480 cad \$530. after July 6

The 4th Annual Rock Lake Camp August 22 -29 (7 days)

Moving Step Push Hands is the first "step" in truly integrating the entire body and proprioceptive system in Tai Chi partner training. The study of follow, cover and circle stepping through *Four Hands* walking builds in a concrete and understandable way into the famous *Ta Lu* or Long Pull-back exercises. Much of the real heart of Push Hands for self defence lays in these studies and in the specific strengths and coordination they develop.

Tuition includes meals and accommodations.

Gordon Rae: 250/426-7324 fax: 250/426-3018
\$150 deposit \$650 cad \$720 after July 31

I agree with Cheng Man-Ching's philosophy. He regarded the pursuit of the "five excellences", calligraphy, painting, poetry, Taijiquan and medicine to be the mark of a well rounded person. I look with pride at my students who not only strive to master the art of Tai Chi but also seek to apply its lessons to other arts, to their professions and trades and to daily life.

1999 promises to be an active year with workshops and events of all sorts. I haven't seen some of you in a long time and am eager to continue our work.

Other Art

• If you are interested in more detail on Christine's and my musical activities you may wish to receive our music newsletter "the High Wire".

Contact us at SafetyNet Productions:
604/682-1263 or e-mail us at
safety_net@iname.com

By the Way

• Congratulations to Greg Phillips and Marie Zanol on the birth of Samuel James Phillips

• Many of you have asked me if I am still living on Bowen Island. Over the past two years I have transitioned from Bowen to English Bay in the West End of Vancouver. The house on Bowen Island is now the home of my office assistant and her husband, Jan and Ken Parker and is still an active Tai Chi space. You can still use the address and phone number on Bowen to contact us and of course to order videos or get camp and seminar info.

• I'd like to thank all of you who have supported and helped me this past year. If I took the time to write all of your names this entire newsletter would be a list of names. Please know, I do appreciate all of you.
—Sam



Beyond Boundaries was a fitting theme for the 21st annual training camp for the **Pacific Assoc. of Women Martial Artist** held last summer for the first time in Canada. PAWMA '98 was a huge success. The weather, the location, the teachers, and the food all combined to create an excellent camp. The evaluations were filled with praise for amazing classes, good hearty meals, some gems of first time teachers (several from Canada), and some old favorites. The views from the camp were of mountains meeting Howe Sound, and those who stayed late at the campfire even saw the northern lights!

Over 170 women from 10 states, 3 Provinces and one Territory came to learn from and train with 14 instructors who taught a total of 52 classes ranging in variety of fencing to Aikido to sparring to Bagua.

The Tai Chi players who attended the camp were fortunate to have had the opportunity to take classes from two extraordinary teachers, Chantal Fafard and Andrea Falk.

If you would like information on this years events call **510-528-8426** or see the web page: <http://www.pawma.org>

