



HAPPY BIRTHDAY!  
MAY I, MANY HAPPY RETURNS!



CLOUD HANDS WEST

LYNN, THE FOUNDER OF THE HANOI OF PAK TAI CHI FELLOWSHIP  
WAS ESTABLISHED 20 YEARS AGO KEEPING THE TAI-CHI-LIGHT GLOWING  
WITHOUT INTERRUPTION. IT SERVES "TO ADD YEARS TO LIFE AND ALSO  
ADD LIFE TO YEARS". SEE AND BELIEVE!

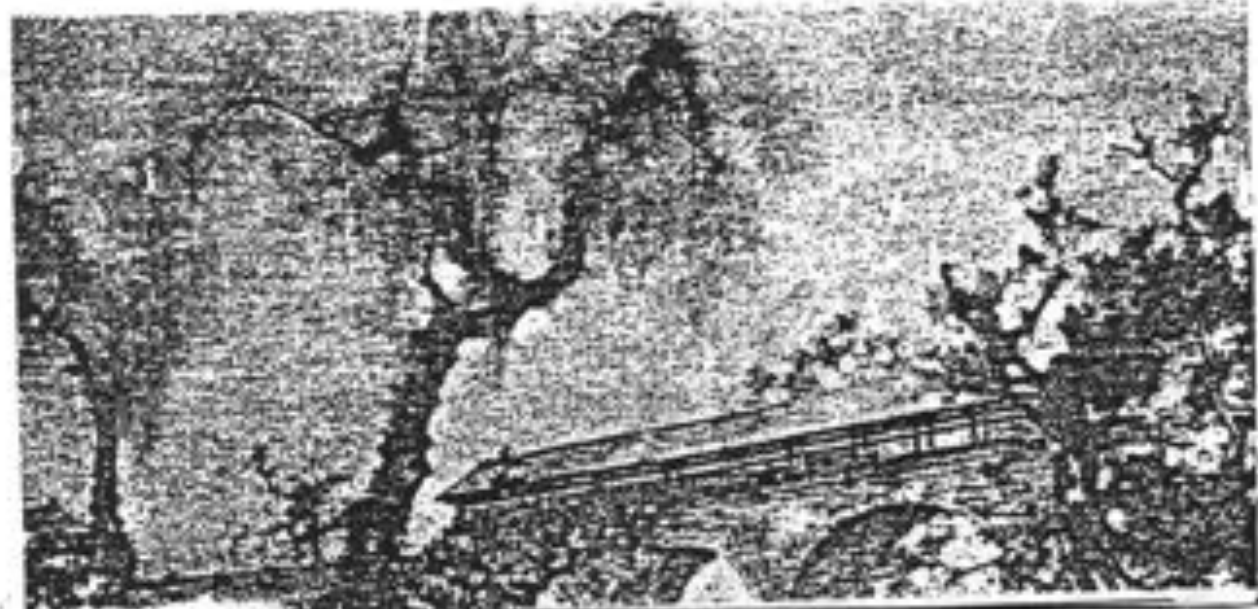


Cloud Hands West

ALL YOUR FRIENDS OF  
CHW, NOV. 1994

-LAO TZU





# 極



THE SONG OF TAI CHI is a new song, also is an old song; is a song composed for the class room, also for the great society. It is a song which everybody can know, but not everybody can sing. To sing it is to practice it- to practice it in one's entire daily living. It is a living philosophy; it is a way of life. It is a song of yielding, a song of humility and a song of selflessness. It is a song of love and harmony and of inner peace and joy. It is a song of non-striving, of non-competition and of non-violence. It is a song of "knowing ourselves rather than others and conquering ourselves rather than others." It is a song of "to benefit not to harm and to do our job but compete with no one." It is a song which everybody can know, but not everybody can sing. To sing it is to practice it. . . . .

"This is the law of heaven: after you have done your job, retire." -Lao Tzu

"The Way of Heaven is to benefit not to harm. The Way of the Sage is to do his job but compete with no one."  
"Heaven lasts long and Earth abides; what is the secret of their durability? Is it not they do not live for themselves that they can live so long.  
Therefore, the Sage wants to remain behind, but finds himself at the head of others; reckons himself out, but finds himself safe and secure. Is it not he is SELFLESS that his SELF is realized?"

"The great Tao does its work, but it makes no claim for itself. It is just because it does not wish to be great that its greatness is fully realized."

QUOTATIONS FROM I CHING (THE BOOK OF CHANGES)

Heaven moves steadily so should be a man to exercise himself regularly in order to gain strength.

When things go extreme, they tend to counteract themselves and bound back extreme.

There is nothing that involves only going without returning. It is the nature of Heaven-and-earth when there is going, there also must be returning.

The movement of the world was based on ONENESS.

Hence, a superior man, in time of safety, is aware of the possible occurrence of the time of danger; in time of survival, is aware of the possible occurrence of the time of loss; in time of peace, is aware of the possible occurrence of the time of war. As a result his body is safe and his country is preserved.

When one gets into trouble, one must change his way to deal with the situation. Change is the road to solution.

It is only a sage who can know the time to advance and the time to retreat, the time to win and the time to lose, without impeding his position of central equilibrium.

When the sun ascends to the roof of the sky, it follows that it will descend, and when the moon becomes full, there will be eclipse.

All changes do not stay; they will change and again change. Up and down are not constant; rigidity and suppleness are interchangeable. There is nothing that can find itself fit into all situations and it is changeability alone that can suit any circumstances.

ARE YOU ABLE TO GATHER YOUR CHI TO ATTAIN  
'SOFTNESS' LIKE A NEW BORN BABY? -Lao Tze

VIRTUE OF NON-STRIVING

TAI CHI . the work of love, of harmony and of inner peace and joy. "In that day the wolf and the lamb will lie down together and the lions will eat grass like the cows. Nothing will hurt or destroy in my holy mountain for as the waters fill the sea, so shall the earth be full of the knowledge of the Lord." Isaiah 66:24



Indeed, the form and the theory of Tai Chi sound great;  
but the spirit and the practice (way of life) of Tai Chi  
is the true voice of Heaven!







Form without  
spirit, faith  
without work,  
is dead!



"WATER knows best the art of yielding, the way of humility-  
"To yield is to be preserved whole. To be bent is to become  
straight." \* A full grown tree is ready for the ax." "Keep  
on beating and sharpening a sword, and the edge cannot be  
preserved long." "The weak overcomes the strong; the soft  
overcomes the hard. This is known by all, but practiced by  
none." -Lao Tzu

太極拳是王道拳



THE CHICAGOANS - "I WILL!"  
"TOUGH TIMES NEVER LAST...BUT  
TOUGH PEOPLE DO!"  
"FEAR KNOCKS AT THE DOOR.  
FAITH ANSWERS, "NO BODY 'S INSIDE!"  
-A WINNER PHILOSOPHY



To practice Tai-Chi is to glorify the beauty of the Universal Truth and not to glorify the practitioner himself.





凡事  
謝恩

"A TAI CHI PRAYER"

LORD, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.



O DIVINE MASTER, grant that I may not so much  
seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

FOR it is in giving that we receive, it is in  
pardoning that we are pardoned, and it is in  
dying that we are born to eternal life.

- St. Francis of Assisi

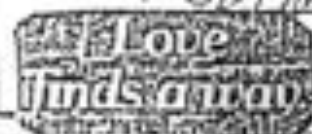
最大是愛



VITAMIN "L" (LOVE), THE VITAMIN OF VITAMINS IN OUR LIFE!

主啊！求祢使我成為和平的工具；  
凡有憎恨之處，讓我散佈仁愛；  
凡有損傷之處，讓我散佈寬恕；  
凡有疑慮之處，讓我散佈信心；  
凡有失望之處，讓我散佈希望；  
凡有黑暗之處，讓我散佈光明；  
凡有憂愁之處，讓我散佈喜樂。  
主啊！求祢使我不求被安慰，而願安慰人；  
不求被愛，而願愛人。  
因為在給予中，人才能夠接受；  
在捨己中，人才能夠獲得；  
在饒恕中，人才能夠饒恕。  
阿們！  
聖法蘭西斯

Open your heart and let it  
be filled with the goodness  
of the Lord. -Anon.





*Let it flow.*



70-94

Dear Mr. Liu -

Let the spirit of life  
join our hands in unity,  
and lift our hearts in hope,  
peace, and love and high chi.

This reminded me of a  
togetherness - one of  
your lovely Tai Chi  
"inventions" -

Love to you  
and Elise

Lynn

P.S. Thank you for wonderful  
letter to the Chi upstate.





### BE STRONG

Be strong! We are not here  
to play, to dream, to drift  
We have hard work to do,  
and loads to lift;  
Shun not the struggle...  
face it; 'tis God's gift,

Be strong! Say not the days  
are evil; who's to blame?  
And fold the hands and  
acquiesce - Oh shame!  
Stand up, speak out, and  
bravely, in God's name.

Be strong! It matters not  
how deep entrenched the wrong  
How hard the battle goes,  
the day how long;  
Faint not . . . fight on!  
Tomorrow comes the song!

- M.-D. Babcock

"GOD EMPTIES THE FULL AND  
FILLS THE EMPTY." -PROV.

Angels  
I can  
fly



WITH HI CHI AND GOD'S GRACE  
YOU CAN RISE LIGHTLY AND FLY  
HIGH UP TO HEAVEN LIKE AN  
ANGEL BUT YOU MUST LEAVE YOUR  
HEAVY WALLET AND ALL YOUR  
EARTHLY DESIRES BEHIND.

AS THE SUN ILLUMINATES THE MOON  
MOON & STARS IN HEAVEN,  
OUR TAI CHI FRIENDS ILLUMINATE  
EACH OTHER ON EARTH.

### LYNN & OZ FRIENDS

YOU ARE THE LIGHT  
OF THE WORLD!

AS THE SUN ILLUMINATES  
THE MOON & STARS IN  
HEAVEN,  
OUR TAI CHI FRIENDS  
ILLUMINATE EACH  
OTHER ON EARTH!

為世之光



### ACCOMPLISHMENTS

Some men work best when on a stage  
Where all can see and hear;  
They seek rewards for every act;  
They want the crowds to cheer.

But here's a basic rule in life,  
And don't you e'er forget it;  
We get a lot more done when we  
Don't care who gets the credit!  
-Dwayne Laws

-But only God can make a tree.  
-Joyce Kilmer









A TAI CHI WORLD OF LOVE AND HARMONY AND OF INNER PEACE AND JOY:  
"In that day the wolf and the lamb will lie down together and the lions will eat grass like the cows. Nothing will hurt or destroy in my holy mountain for as the waters fill the sea, so shall the earth be full of the knowledge of the Lord." -Isaiah 65:25





A 20 YEARS GLORIOUS FRIENDSHIP:  
AS GENIUS GOLD IS TESTED BY FIRE,  
TRUE FRIENDSHIP IS TESTED BY TIME!



# Cloud Hands West Annual Picnic

Golden Gate Park at the Pioneer Log Cabin

Saturday September 24th 1994



THE CHW PICNIC STYLE: THERE IS A TIME FOR EVERYTHING  
THAT WOULD CONTRIBUTE TO OUR PHYSICAL, MENTAL & SPIRITUAL  
HEALTH: A TIME FOR TAI CHI & A TIME FOR BARBECUE (NPNBARBECUE)



A TIME FOR EATING & DRINKING (NPNBEER), A TIME FOR  
RELAXATION & A TIME FOR DISCUSSION-ANYTHING CONSIDERED  
INCLUDING HOW TO KEEP CHW GROWING BOTH IN QUANTITY & QUALITY





Are you able to gather together  
your 'chi' to achieve suppleness  
like a new born baby? -Jan-Lee



一舉動周身俱要輕靈尤須貫串。  
立如平準活似車輪。



The entire body is an integrated unit. One part moves, all parts must move in coordination and harmony.

氣宜鼓盪神宜內斂無使有缺陷處。  
無使有凸凹處無使有斷續處。



能操得起則無遲重之處所謂頂頭懸也。

Slow me down, Lord, and inspire me to







OF FRIENDS: EATING ALONE IS  
NOT SO ENJOYABLE AS EATING  
AMONGST FRIENDS WHO  
GIVE YOU THE BEST OF FRIENDS.



"FRIEND IN NEED IS FRIEND INDEED!"  
"TRUE FRIENDS ARE ONE SOUL DWELLING  
IN DIFFERENT BODIES." -PROV.



神舒體靜，刻刻在心，切記一點無有不動。  
一靜無有不靜。



PRACTICE, PRACTICE & PRACTICE.  
"N.F.H.D., F.H.D." BY OTHER WAY!



先求

開展後求緊密，乃可臻於誠密矣。



send my roots deep into the soil of life's enduring  
enduring



ALL TAI CHI MOVEMENT ARE BUT AN  
EXPRESSION OF THE TAI CHI PHILOSOPHY



RELAXATION, TOTAL BODY & MIND  
MOVEMENT, DEEP ROOTING, CENTRAL  
EQUILIBRIUM, STABILITY, GENTLENESS,  
FLEXIBILITY, ADABILITY, "ORGANIC  
NOT MECHANICAL", "LIFELY & GROWING"



健助使。愈練愈精。默識揣摩。漸至從心所欲。  
靜如山岳。動如江河。蓄勁如開弓。發勁如放箭。



由著熟而漸悟懂勁。由懂勁而階及神明。  
然非功力之久。不能豁然貫通焉。



立身須中正安舒。支撐八面。

values that I may grow toward the stars  
of my greater destiny.

*From the left hand of Lui...*



PRACTICE, PRACTICE & PRACTICE-  
IN PRACTICING TAI CHI IS LIKE EATING  
POPCORN OR BEEFJERKIES, THE MORE YOU  
PRACTICE IT, THE MORE YOU LIKE IT.



BE A TRUE TAI CHI PRACTITIONER,  
BE A FAITHFUL "N.P.N.B.P.H.D."-  
THERE IS NO "SHORT CUT" FOR SUCCESS!



"TOGETHERNESS":  
"UNITED WE STAND, DIVIDED WE FALL."  
-ABSO



進步如貓行運動如  
抽絲。全身意在精神不在氣。



Tai Chi serves to train your body, mind and spirit all at the same time, seeking body, mind and spirit harmony.

Tai Chi works together with a calm mind, a nimble body, collecting 'chi', integrated 'yin' and concentrated spirit.



A SONG IS NOT A SONG UNLESS  
YOU SING IT.  
TAI CHI IS NOT TAI CHI UNLESS  
YOU PRACTICE IT:  
"N.P.N.B.P.H.D."

LET US SING OUR "CLUB SONGS OF THE HEART:"



1. CLOUD HANDS WILL SHINE TONIGHT, CLOUD HANDS WILL SHINE...  
WHEN THE SUN GOES DOWN & THE MOON COMES UP, CLOUD HANDS  
WILL SHINE.
2. OUR TAI CHI IS BEST WHEN IT'S LOW & SLOW. WHEN WE'RE ON  
THE TAO, ALL THINGS WILL GROW. OUR CHI IS LONG & OUR CHI  
IS HIGH. N.P.N.B. & P.H.D., THAT'S OUR J.O.Y.

### Farewell To Thee

REFRAIN

Fare-well to thee, fare-well to thee, Our golden days are coming to an end, But

we will hope for bright - er days to come, When friend shall meet with friend.

The musical score is written for voice and piano. It features a treble and bass staff for the piano accompaniment and a single staff for the voice. The key signature has one sharp (F#), and the time signature is 4/4. The score includes a refrain section and two main lines of music with lyrics.



太極拳

原注云此係武當山張三丰習師遺論

太極拳論



To push is to pull;  
to advance is to retreat.



Farewell To Thee

"IF MUSIC IS THE VOICE OF  
GOD, PLAY ON..." -Anon.



"THE SONG OF THE VOICE IS SWEET, BUT THE SONG OF THE HEART  
IS THE PURE VOICE OF HEAVEN."

-Kahlil Gibran (1883-1931)  
Syrian-American Poet & Painter





Be watchful, stand firm in your faith,  
be courageous, be strong. Let all that  
you do be done in love.  
-1 Corinthians 16:13-14



氣 Chi



CHI IN THE BODY RESEMBLES  
STEAM IN THE STEAM BOAT.  
WITHOUT CHI THERE COULD BE  
NO TAI CHI.

# 氣



OUR MIND RESEMBLES  
A PARACHUTE, ONLY  
WHEN IT OPENS, IT  
WORKS.  
WHEN THE MIND OPENS  
IT BECOMES A BETTER  
RECEIVER TO TRUTH &  
WISDOM.





ROGAFILM: "One touch of nature  
 \*seen the whole world in." 1972

## WHAT IS CHI-THE NATURE OF CHI?

THE ANCIENT CHINESE PHILOSOPHY OBSERVED & AT THE SAME IT WAS GENERALLY ACCEPTED THAT:

BETWEEN HEAVEN & EARTH THERE EXISTS A LIFE FORCE ENERGY, CALLED CHI, SOMEWHAT STEAM IN A STEAM BOAT OR AIR IN A BALLON.

CHI SERVES TO MAKE THINGS MOVE OR BOUNCE.

IT THE CHI THAT MAKES THE MOVEMENT LIGHT & NIMBLE, CHANGE & GROW, AND IT IS CHI THAT MAKES A PERSON FEEL SENSATIONAL PULFILLMANT IN DOING THE EXERCISE. WITH THE ABSENCE OF CHI, THERE CAN BE NO TAI CHI CHUAN.

CHI FILLS THE UNIVERSE. THE UNIVERSE IS CHI. THUS IT SHOULD SURPRISE NO ONE TO LEARN THAT IF WE OPEN OUR BODY & MIND TO PRACTICE THE TAI CHI EXERCISE, WE COULD FEEL THAT THERE IS CHI FLOWING IN OUR BODY & MIND.

THE BETTER THE COMMUNICATION & HARMONIOUS ONENESS A PERSON HAS WITH THE UNIVERSE, THE MORE CHI HE IS GIFTED. THUS TAI CHI IS THE ART OF CONSERVING CHI.

A "CHI BODY" ENJOYS A SENSE OF LIGHTNESS, LIGHTNESS LEADS TO NIMBLENESS, NIMBLENESS LEADS TO MOTION, MOTION LEADS TO CHANGE, CHANGE LEADS TO ADAPTABILITY, ADAPTABILITY LEADS TO GROWTH AND TAI CHI GROWTH IS JOY! ALSO A "CHI BODY" WOULD BECOME MORE BUOYANT, AND LESS VULNERABLE AND MORE SECURED.

THE SUBTLE POWER OF YIELDING:  
IT CONSERVES ENERGY & ENDURES:  
IT IS NOT ONLY AN ART OF BODY  
MOVEMENT BUT A PHILOSOPHY OF  
LIFE. LEARN & BECOME WISE!

THE FUNCTION OF TAI CHI CONSISTS OF NOT ONLY THE ART OF DEVELOPING CHI, BUT ALSO THE ART OF USING TAI CHI IN THE PURSUIT OF GOODNESS: SUCH AS FILL YOURSELF WITH LOVE-SCATTER SUNSHINE-LIVE FOR OTHERS-HARMONIZE WITH HEAVEN & EARTH-KNOW YOURSELF & CONQUER YOURSELF-WITNESS PEACE!



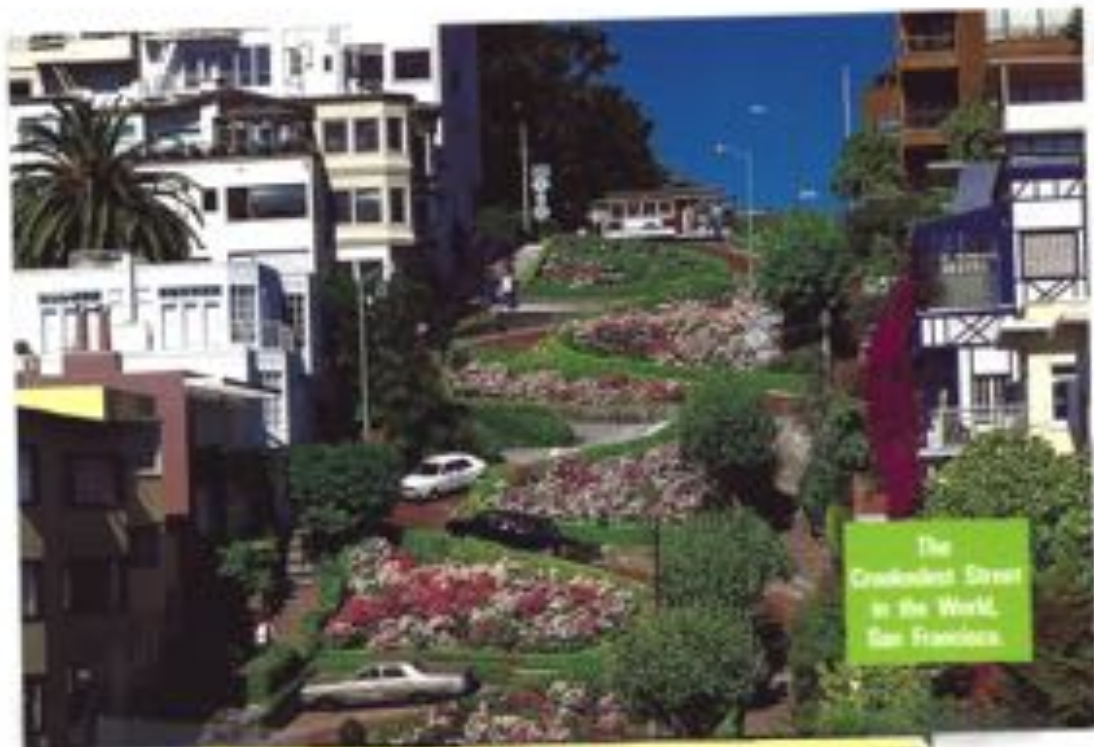




A good soldier is not violent;  
A good fighter does not rage;  
A good conqueror does not give battle;  
A good commander is a humble man.  
This is called the virtue of non-striving.



Fai Chi serves not only to develop your 'chi' but to  
teach you Tai Chi to power you for the rest of your life.



The  
Greatest Street  
in the World,  
San Francisco.

"THE WAY OF TAO IS SIMPLE & STRAIGHT, BUT  
THE COMPLICATED & CROOKED MINDS CANNOT  
SEE IT!" -LAO Tzu



EAT, EAT, EATING GOOD FOOD IS A UNIVERSAL  
LANGUAGE AMONG HUMAN BEINGS. EVERY  
BODY LOVES GOOD FOOD & EVERY UNDERSTANDS  
IT!





Tai Chi trains you to depreciate your ego and reject your 'I' and to replace your I-Center by the Truth-Center of Tai Chi.

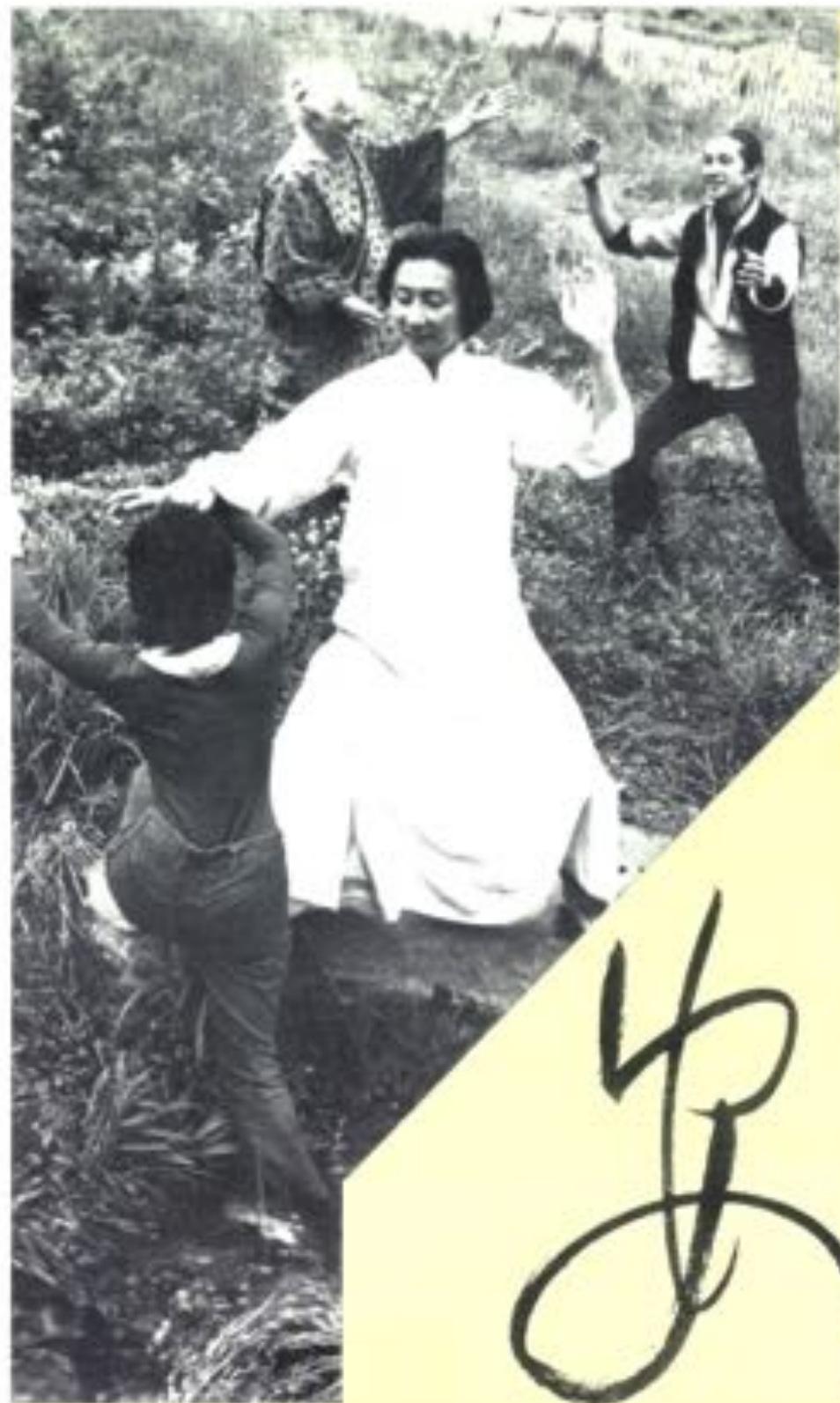


When you really feel your Tai Chi sphere or circular movement expands larger and larger as if 'from limited to unlimited vastness', it indicates that your Tai Chi has taken root and the art will grow.





WHAT DOES THIS MEAN?  
TWO "POINT" MATCH WITH TWO "FLAT"  
BECOMES "PERFECT HARMONY".



李德全

Reunion 1994

Let your movement  
express the

**F**undamentals  
of Tai Chi with a  
**L**imber  
Body, an  
**O**pen Heart  
and a sense of  
**W**onder

LET IT FLOW:  
LET THE MOVEMENT FLOW WITH THE CHI!  
YOUR MOVEMENT & ENERGY ARE ONE!

WHEN YOUR BODY IS FILLED WITH CHI THAT NATURALLY LEADS  
TO LIMBERNESS & RELAXATION, WHICH LEAD TO AN OPEN HEART  
& AN OPEN MIND--THEN LEAD TO CHANGE & GROWTH AND TAI CHI  
WORKS FOR WONDERS-- CHANGE & CHANGE, GROWTH & GROWTH  
WITHOUT END! HENCE THERE IS NO "GRADUATION" IN TAI CHI





Tai  
Chi

*Let it flow*



Only when one can be extremely pliable and soft, can one be extremely firm and hard.



Store strength as if drawing a bow.  
Deliver strength as if releasing  
an arrow.



In quietude, be as still as a mountain.  
In movement, go like the current of a  
river.



THE MAIN OBJECTIVE OF TAI CHI IS THE DEVELOPMENT OF  
CHI (INTRINSIC ENERGY) & USE THAT CHI IN THE PURSUIT  
OF GOODNESS-LOVING, GIVING, PEACE & LIVING FOR OTHERS.

"GENUINE GOLD IS TESTED BY FIRE;  
TRUE FRIENDSHIP IS TESTED BY TIME."

Ms. Liu - 6-94

"Old friendships  
is like a  
secret garden -  
It has stood  
the test of time  
and thrived."

Thank you for the  
many years of the  
gift of your teachings,  
guidance and  
friendship. Love,  
Lynne

DEAR LYNNE, OUR 20 YRS. PLUS FRIENDS  
THANK YOU FOR YOUR WORDS OF WISDOM & MEANINGFUL LETTERS  
& GIFTS PLUS THE "COUNTLESS STAMP-BLESSINGS"!  
-THE LIUS, 7/7/94









AS CHICAGOANS, THEIR MOTTO IS  
"I WILL"  
AS TAI CHI PRACTITIONERS, THEIR MOTTO  
IS "N.F.N.B., P. H. D."





THE OC FRIENDS: AS GENUINE GOLD IS  
TESTED BY FIRE, FAITHFUL TAY CHI  
FRIENDS ARE TESTED BY TIME!





**SEARS TOWER — CHICAGO**

WHEN EAGLES FLY HIGH, THEY CAN SEE  
ALL OPPORTUNITIES BELOW.  
WHEN YOUR TAI CHI SKILL LEVEL HAS REACHED  
THE HIGH TOWER, YOU CAN TEACH ALL HUMBLE  
LEARNERS BELOW.