

#2

Med. T.C. Short Form + 8 checks '80

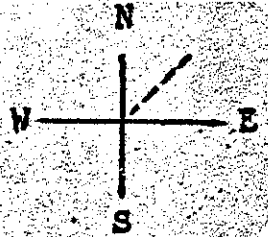
Please return to

H. H. Lui

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SAN FRANCISCO, CA 94109

# Tai Chi

*Let it flow.*



(Section 1: 1-16+50)

1. Preparation (N)
2. Beginning of Tai Chi (N)
3. Grasp bird's tail (NW, SE)
4. Single whip (W)
5. Rt. raise hands (N)
6. Step back lt. leg, stork cools its wings, rt. (W)
7. Step forward, brush knee, twist step, push hand, play the guitar, lt, rt, lt. style (W)
8. Step rt. leg forward, punch lt. fist (W)
9. Apparent close up, press downward, pull up fists, push hands forward (W)
10. Cross hands, turn about, carry tiger back to mountain (E)
11. Grasp bird's tail, apparent close up (E)
12. Turn about, rt. fist under lt. elbow (W)
13. Repulse monkey, lt, rt, lt, rt. (W)
14. Fan through the back (SW)
15. Lt. raise hands (W)
16. Step back rt. leg, stork cools its wings, lt. (W)

In Tai Chi  
Truth-Center, yes.  
I-Center, no

(Section 2: 1, 17-37+50)

17. Step forward, brush knee, lt. rt., needle at sea bottom (W)
18. Turn about, lt. ward off, rt. chop fist, lt. ward off, rt. punch (E)
19. Apparent close up, push hands forward (E)
20. Cross hands, turn, carry tiger back to mountain (N)

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

21. Turn, step forward rt. leg, grasp bird's tail
22. Single whip (W)
23. Cloud hands, 4 times, (W) (E)
24. High pat on horse, lt, rt. (W)
25. Separation of foot, rt, lt. (NW, SW)
26. Turn, rt. kick, brush rt. knee, lt. punch (SE)
27. Lt. kick, brush lt. knee, rt. punch (NE)
28. Step back rt. leg, stab rt. hand (E)
29. Turn, step forward lt. leg, lt. ward off, rt. punch (W)
30. Apparent close up, push hands forward, cross hands (W)
31. Rt. kick (NW), Drape the tiger, rt, lt. (W)
32. Turn, cross hands, rt. kick (SE)
33. Double fists (E)
34. Cross hands, lt. kick (NE), turn, rt. kick (NW)
35. Step forward lt. leg, slanting single whip (NW)
36. Lt, rt, slanting flying style (SW, SE)
37. Cross hands, carry tiger back to mountain (N)

Form without spirit, faith without work, is dead!

(Section 3: 1, 38-50)

38. Step forward rt. leg, grasp bird's tail (N), single whip (S)
39. Snake creeps down, fair lady works on shuttles, 4 corners (NW, SE, SW, NE)
40. Grasp bird's tail (E), single whip, cloud hands, 4 times (W)
41. Single whip, snake creeps down, lt, rt. golden cork stands on one leg (W)
42. Lt. kick, repulse monkey, 2 times (W)
43. Turn, grasp bird's tail (E), single whip (W)
44. Cloud hands, 4 times, single whip, rt. high pat on horse (W)
45. Pierce through rt. palm with lt. palm (W), turn, rt. kick, brush knee, step forward lt. leg, rt. punch (E)
46. Press downward, pull up fists, push hands forward (E)
47. Turn, single whip, step back lt. leg, snake creeps down, brush rt. knee, step forward lt. leg, push forward lt. hand, step forward rt. leg forward, form seven star fists (W)
48. Step back rt. leg, ride on tiger back, step forward half step forward, turn with lt. leg kick, horizontal kick with rt. leg, draw bow with lt. arm to shoot tiger (W, NW)
49. Rt. hand ward off, step forward rt. leg, lt. punch, press forward, pull up fists, push hands forward (W)
50. Cross hands, turn, carry tiger back to mountain, closing of Tai Chi (N)

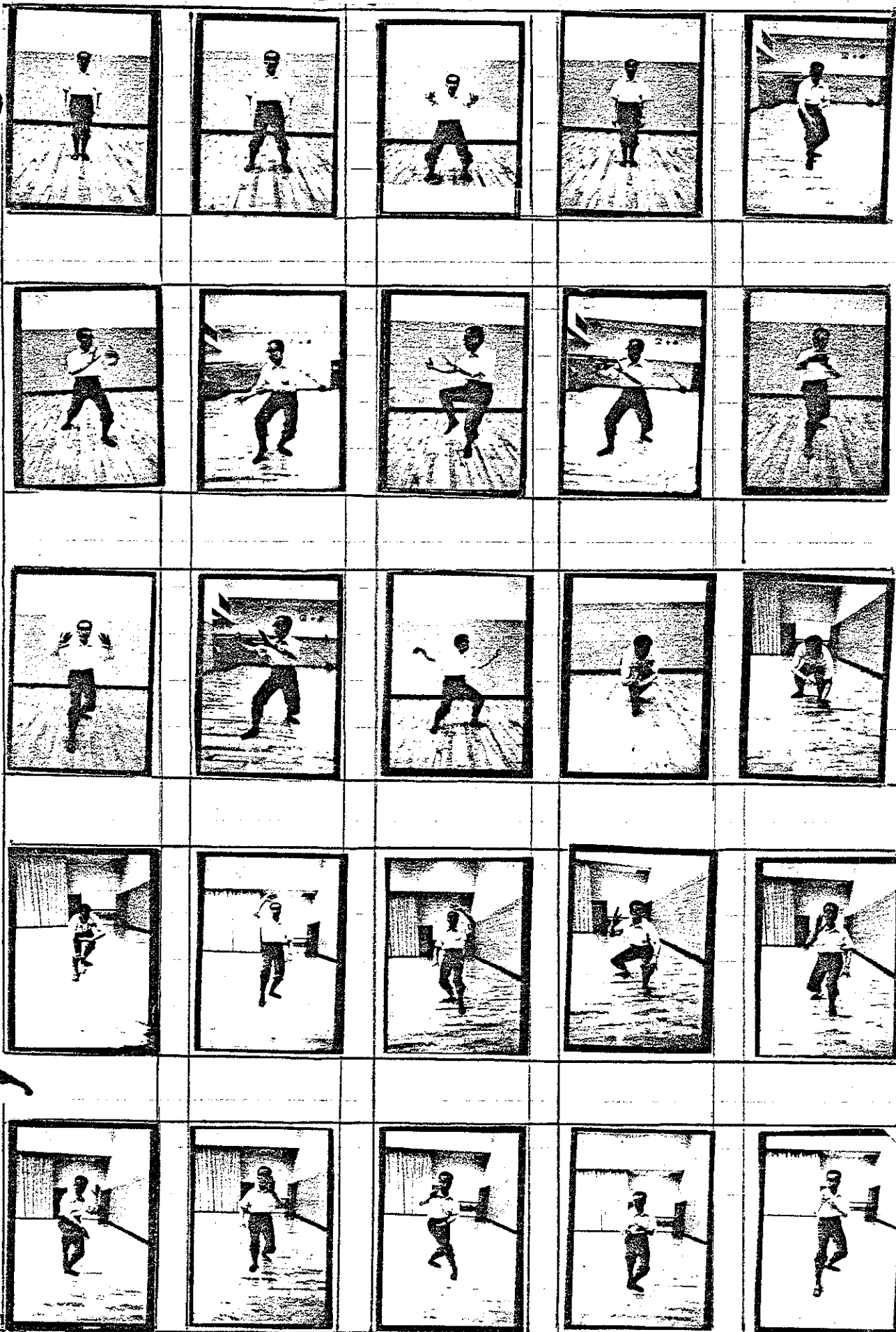
A TAI CHI WORLD OF LOVE AND HARMONY AND OF INNER PEACE AND JOY:  
"In that day the wolf and the lamb will lie down together and the lions will eat grass like the cows. Nothing will hurt or destroy in my holy mountain for as the waters fill the sea, so shall the earth be full of the knowledge of the Lord."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

# Tai Chi

Feb. 25 '80  
H. H. Lui

Slow me down, Lord, and inspire me to  
send my roots deep into the soil of life's enduring  
values that I may grow toward the stars  
of my greater destiny.

PHOTOS ON SHORT FORM TAKEN AT THE MAY '79 TAI CHI WORKSHOP-  
WORKSHOP NO. 3- SPONSORED BY THE PSYCHOLOGY DEPARTMENT,  
CENTRAL MICHIGAN UNIVERSITY. COURTESY PROF. DON BEERE '80



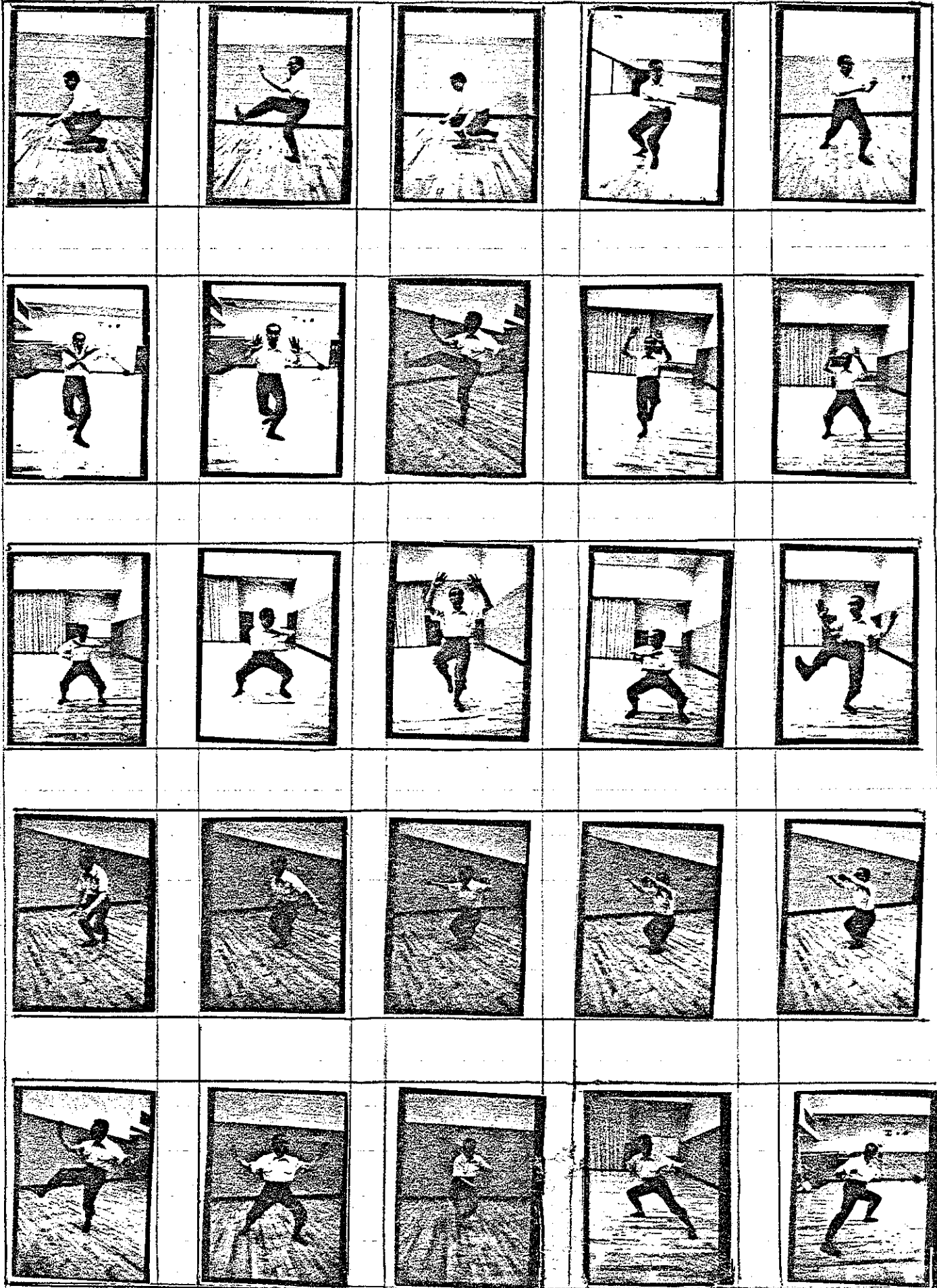
太極拳是王道拳

學習太極拳要領  
一、心平氣和  
二、神清氣爽  
三、意氣貫注  
四、動作舒展  
五、呼吸自然  
六、功到自然成





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He who displays himself does not shine;  
 He who justifies himself has no glory;  
 He who boasts of his own ability has no merit;  
 He who parades his own success will not endure.



Therefore, the Sage embraces the One (TAO) and becomes a pattern to all under Heaven.  
 He does not show off, hence he shines;  
 He does not justify himself, hence he becomes known;  
 He does not boast of his ability, hence he gets his credit;  
 He does not parade his success, hence he endures.  
 And he does not compete with anyone, hence no one can compete with him.  
 Indeed, the ancient saying, 'Bend and you will remain whole.' is no idle word.  
 Nay, if you have really attained WHOLENESS, everything will flock to you."



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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."

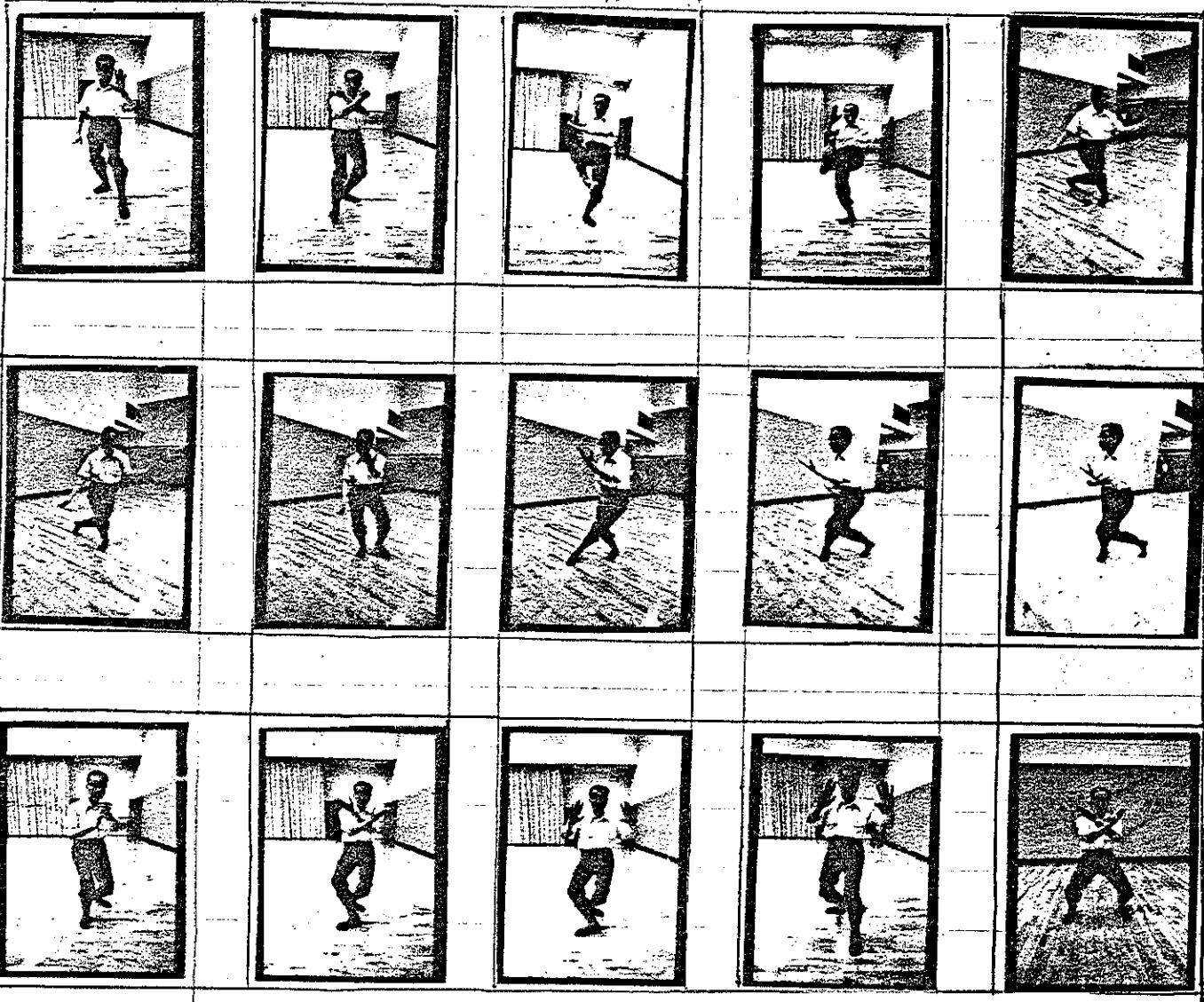


A good soldier is not violent;  
 A good fighter does not rage;  
 A good conqueror does not give battle;  
 A good commander is a humble man.  
 This is called the virtue of non-striving.  
 -Lao Tzu





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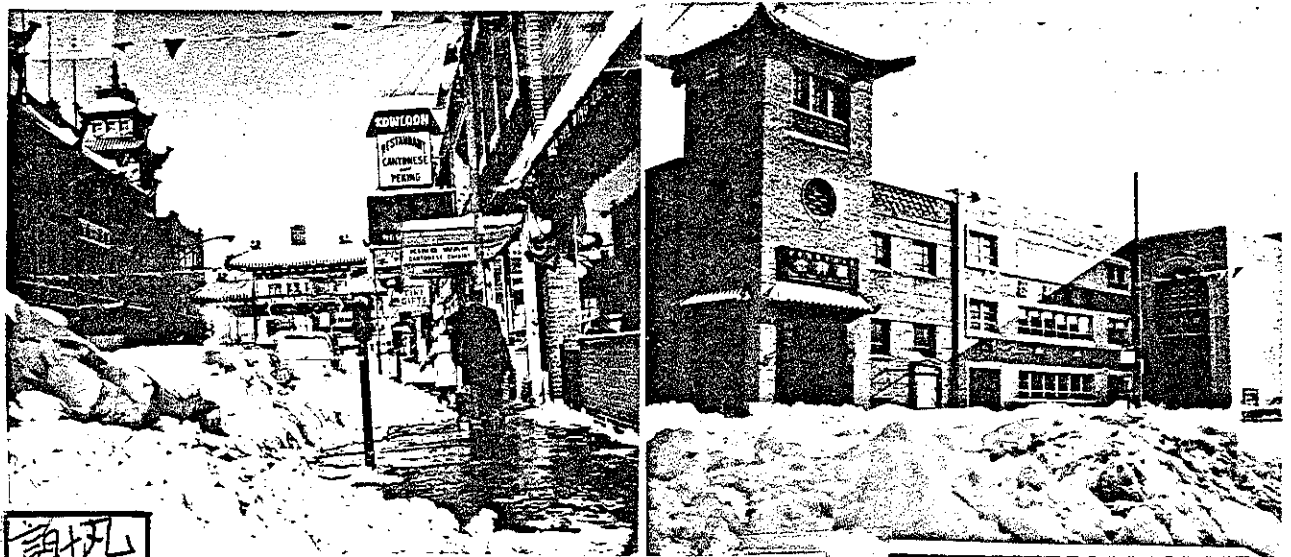
# 太極



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

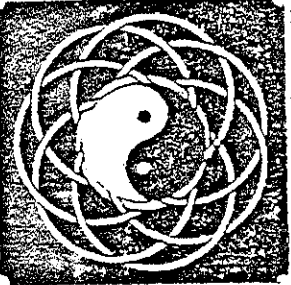
# 太極



謝恩

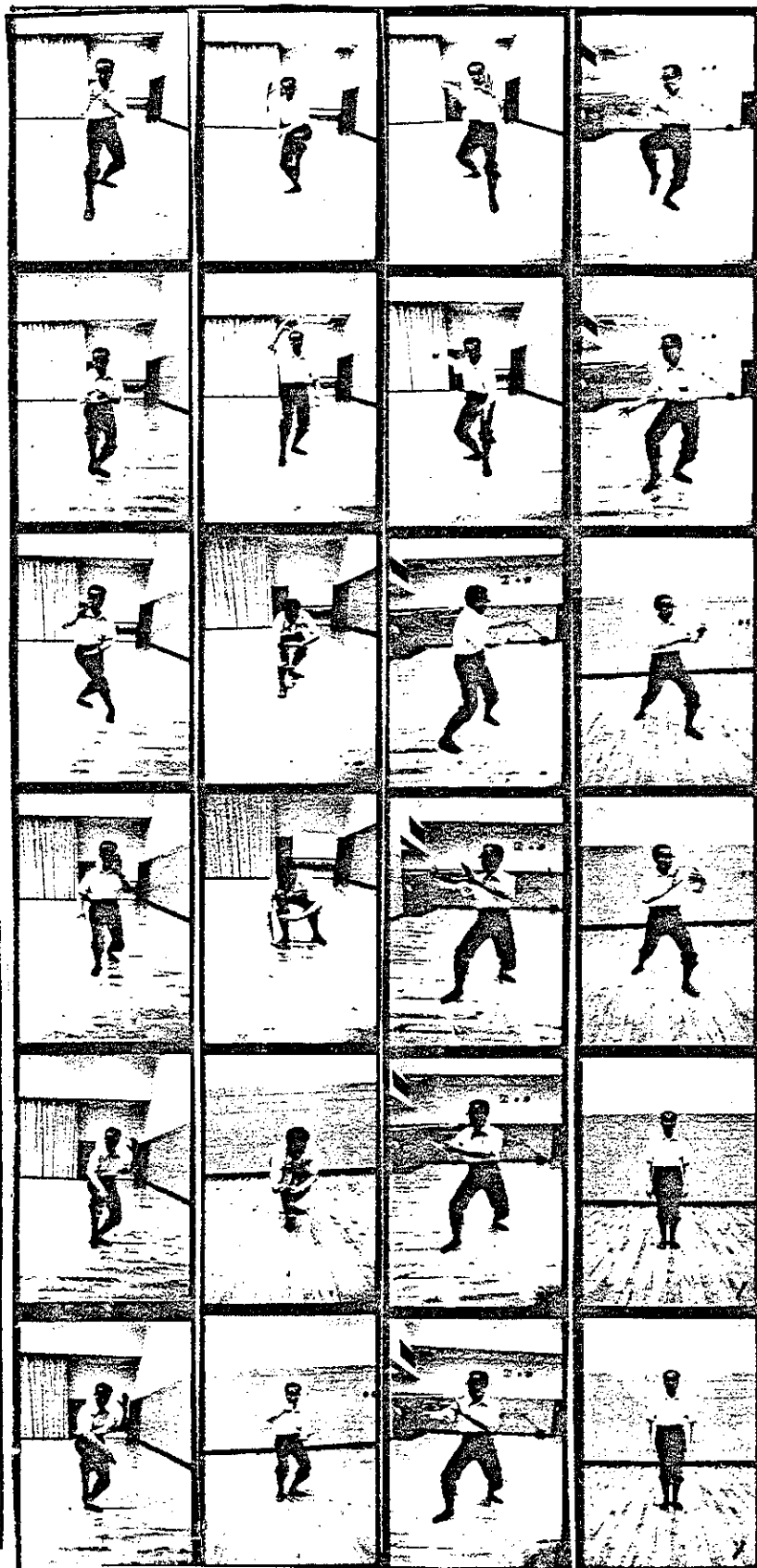
Open your heart and let it be filled with the goodness of the Lord -Anon.

It's Jan. 14, '79  
Att. 3--3--49--51



Tai Chi Let it flow.

80



豈不知你們的身子就是聖靈的殿麼？  
這聖靈是從上帝而來住在你們裏  
頭的。若有人毀壞上帝的殿上帝必  
毀壞那人因為上帝的殿是聖的。這  
殿就是你們。  
——哥林多前書

太極健身



歲寒然後知松柏之後凋。  
自強不息！從基督的  
恩典裡強壯起來！

SHORT FORM PHOTO COURTESY DON BEERE  
PSY. DEPT. C M U, Feb. 10, 1980



THE CHICAGO NORTHSHORE BAPTIST  
CHURCH TAI CHI CLASS JAN. '80

和睦一家

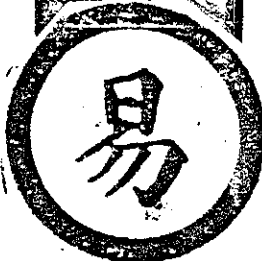
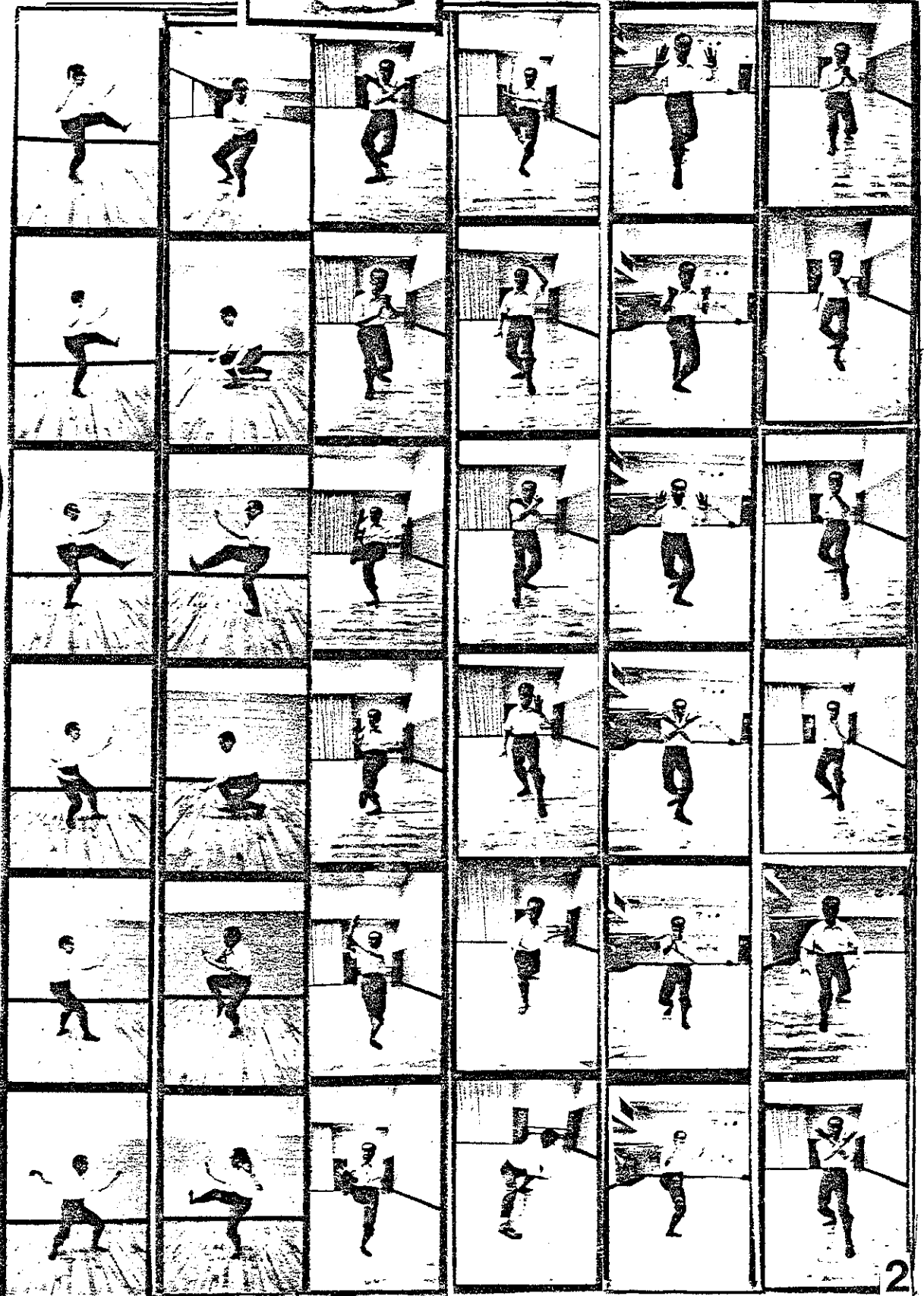


Tai Chi is the work of peace and harmony,  
and of faith, hope and love. "Though I have  
all faith, so that I could remove mountains,  
and have not love, I am nothing."  
I Corinthians 13:2

Form without  
spirit, faith  
without work,  
is dead!



In Tai Chi  
Truth-Center, yes.  
I-Center, no



能為拙乃能智慧 能軟弱乃能強壯  
上帝却揀選了世上愚拙的 以有智慧  
的羞愧又揀選了世上軟弱的 以耶  
強壯的羞愧

柔弱勝剛強

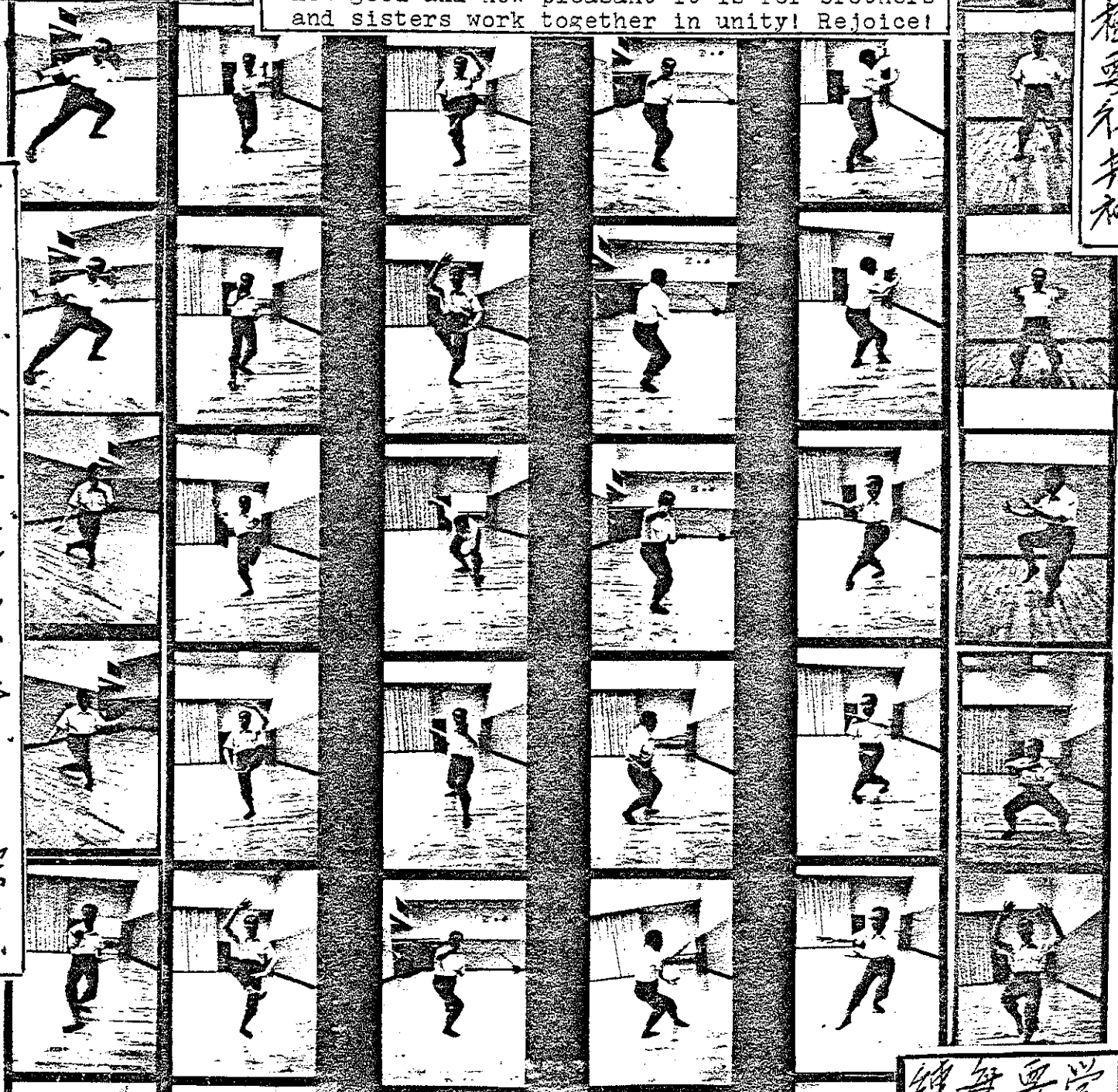
THE CHURCH CLASS-GYM.



How good and how pleasant it is for brothers and sisters work together in unity! Rejoice!

學太極要得其神

千里之行始於足下  
尊榮之前必有謙卑



學太極  
要勤練  
要早練  
練一

THE N.P.N.B. CLUB FELLOWSHIP MEETING



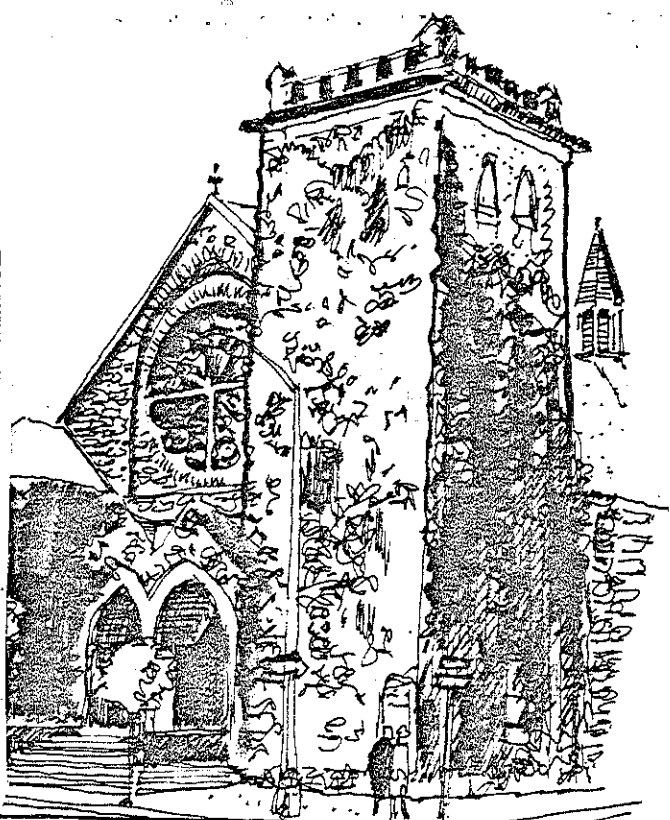
MORNING TAICHI AT LAFAYETTE PARK, S. F.  
N. P. N. B. - No Practice No Breakfast



身中平安舒  
神形氣合一



身子是聖天的殿！  
健身要緊！

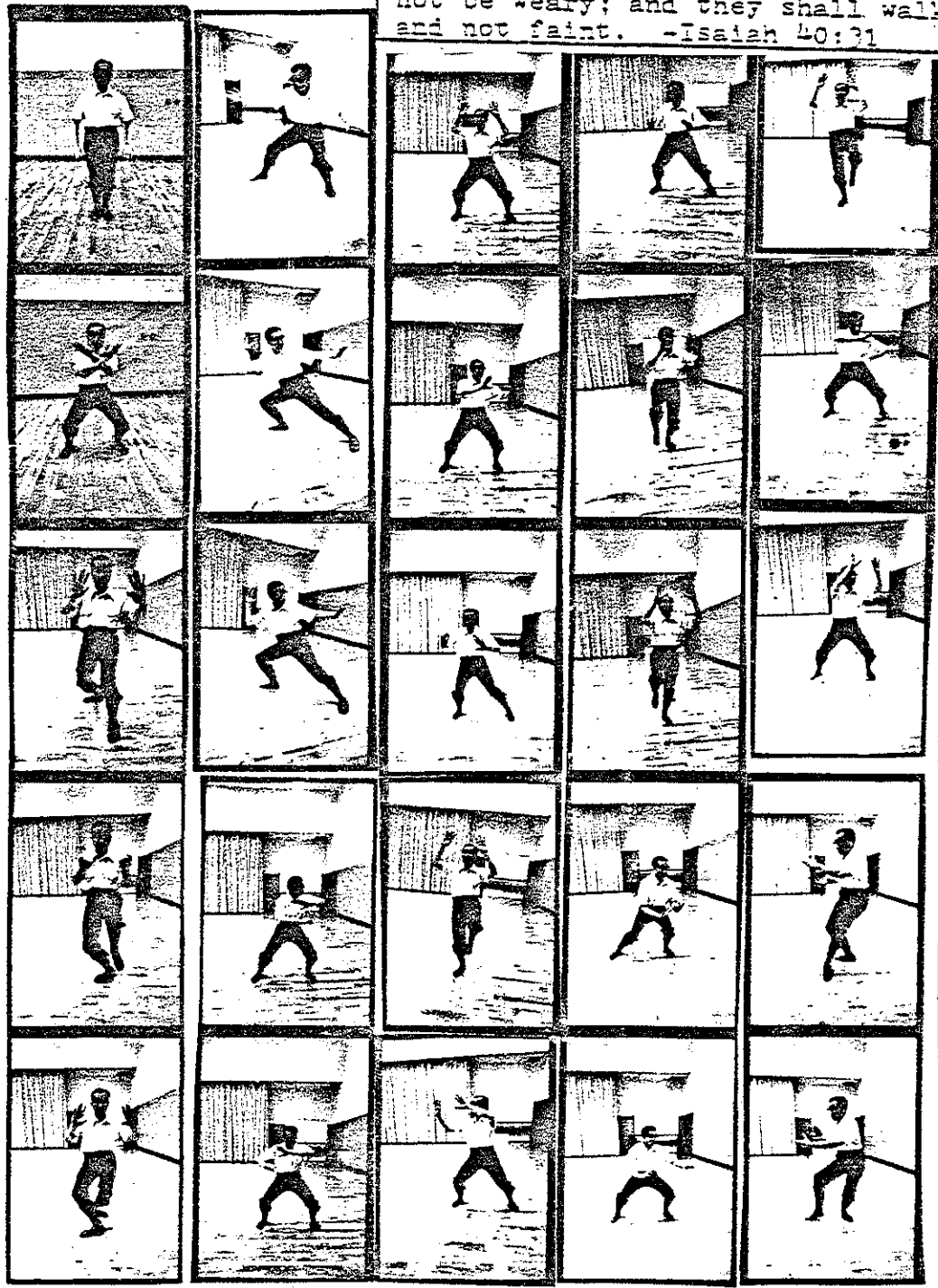


要學習捨己從人，更要學習捨  
人從神，是謂不爭之德，是謂  
仁者無敵，是謂王道！天道

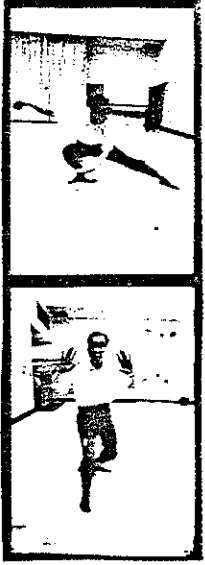
純以神行

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. -Isaiah 40:31

學太極要學習柔和謙卑，更要  
學習包容及禮讓，看別人比自己強



太極講和，自己和好，與人  
和好，更要與神和好！



**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 65:25

