

# THE WAY TAI CHI SYSTEM

*běi měizhōu 'hao ch'uan' (North American Tai Chi Chuan)*

## 'Hao ch'uan' History

Dim Mak was the name given to a system that was developed by Chang San-Feng in China around the year 1300. (at least he is the one who is given credit for starting it). Chang San-Feng probably was born in 1247 after JC. He was a Taoist priest who had a martial schooling as a Shaolin monk and later on went living in the Wutang mountains as a priest and an acupuncturist. Aside from Dim Mak he is named as the founder of what is now known as Tai Chi Ch'uan.

History tells that Chang San– Feng together with some other colleague acupuncturists were asking themselves the question if the acupuncture they used for healing people could be used for martial purposes. This is not surprising, considering Chang's martial schooling. In order to test his theory, Chang would have bribed prison guards so that he could try it on prisoners. It's a fact that human rights never have been China's biggest characteristic, so there could be some truth in it. In all cases, Chang must have been coming to a frightful conclusion as he called his system "Dim Mak ", literally translated to mean "death touch"!

It is obvious that when some combinations of acupuncture points are able to help somebody by dissolving energy blockades, the reverse must be able to cause blockades. And by that, it is clear that this can shut down the whole energy system. At least, that's the purpose and it seems to be the case in practice. Hitting acupuncture points in some determinate order is one thing. But that doesn't mean that you will obtain the desired results every time. This is true throughout history, even Chang Dan-Feng named his system in the beginning H'AO CH'UAN (it is only recently that the name Tai Chi was given to the system) or 'loose boxing' to reinforce this fact.

As we stated H'ao Ch'uan means "loose boxing". This is in important contrast with the hard, massive boxing we know in the West. That kind of boxing has everything to do with hitting and punching the opponent on a hard, mechanical and physical way in order to knock him out. The most important thing is the muscular power in that type of boxing. On the other hand, loose boxing as used by Chang San-Feng is based on a relaxed, loose and energy transmitting way by the use of Fa Jin. Fa Jin means to issue or discharge power explosively or refining the explosive power, and is not specific to any particular striking method. Fa Jin is kind of martial application of Qi. Hereby one does not hit 'on' the surface of the body or an acupuncture point but rather hitting 'into' the point in order to generate an energy transmission that will affect the vital energy of the receiver. This is only possible if it can be done from a loose, relaxed posture. That's why it is important to realize that the 'Death touch' of Chang was more the result of the Fa Jin way of hitting the points than the use of the point on its own. That's why Chang San-Feng hid these point combinations and techniques within a form, like a kind of a dance so that only the initiated (inner circle) would know the deeper meanings and aspects of the art. It is today we call "loose boxing' Tai Chi. But Chang was paranoid and afraid that one could steal his information and use it against him. Therefore he didn't write anything down; it was passed on verbally from teacher to student. It was his student Wang Tsung-yeuh (Wang Zongyue) who later wrote things down. Carefully he

wrote down the truth essence of H'ao Ch'uan. But unfortunately his work was hidden away so carefully that it remained concealed for several generations until the information was lost. It was Yang Lu-Ch'an (1799-1872) who rediscovered it. Yang Lu-Ch'an was the founder of the Yang style in Tai Chi Ch'uan.

### **Běi Měizhōu 'Hao Ch'uan'**

Běi Měizhōu 'Hao ch'uan' simply translated to a modern verbiage “North American Tai Chi Chuan”. The name for the North American continent is běi měizhōu; and as we have stated previously 'hao ch'uan' is “loose boxing”. A more straightforward translation is ‘the loose boxing method of the American continent’. The Way Tai Chi System is the more commercialized application of Běi Měizhōu 'Hao ch'uan' founded by Professor Chris Bashaw, a martial arts student, student of the healing arts and the esoteric energy sciences. The Way Tai Chi System is the introductory phase of Běi Měizhōu 'Hao ch'uan'; its four levels through black sash start the student on their way to learning the system. Those beyond black sash understand that there are deeper applications and studies beyond the commercial system and now have the foundation to study Běi Měizhōu 'Hao ch'uan' further beyond black sash with Professor Bashaw should they desire.

The Way Tai Chi System is the commercial beginner foundation of Běi Měizhōu 'Hao ch'uan'.



### **Běi Měizhōu 'Hao ch'uan' Crest**

The swastika (also known as the gammadion cross or cross cramponnée) is a symbol is considered to be a very sacred and auspicious symbol. The word swastika derives from the Sanskrit svastika "lucky or auspicious object". The older term gammadion cross derives mainly from its appearance, which is identical to four Greek gamma letters affixed to each other. In South Asia, the swastika is omnipresent as a symbol of wealth and good fortune; iconography of China and Japan it has been used to denote plurality, abundance, prosperity, and long life. In the Buddhist tradition the swastika symbolizes the feet, or the footprints, of the Buddha.

In Zen Buddhism, an ensō is a circle that is hand-drawn in one or two uninhibited brushstrokes to express a moment when the mind is free to let the body create. The ensō symbolizes absolute enlightenment, strength, elegance, the universe, and mu (the void).