

## *TAIJIBOXING AND THE ART OF PRECISION SHOOTING*



Taijiboxing is a martial art akin to taijiquan the emphasis being on retaining the combative aspect within the practice of Taijiquan for self-defense as well as enhancing longevity.

My name is Dennis Pounall and I have been practising Taijiboxing and martial arts for approximately 15 and 30 years respectively. I wrote this article to share my experiences with other Taiji players and to create awareness of *TAIJICUAN's MULTIFASCITATED* range of appeal.

Last year, I met with Mr John Rochon, a world class internationally recognized precision competitive sport shooter (now retired).

He came to our fitness centre in Elliot Lake (VitFitKlub®)

and said he was interested in learning a bit about "Tai Chi" for relaxation.



I practice Taiji Quan which is very similar to Tai Chi for health and relaxation except I have tried to retain most of the self defence applications and the Qi kung internal harmony along with the art. This making it both a self guided discipline as well as a martial art. After speaking to John about my practice, he was immediately intrigued and decided to give it a try.

The following week, he came to class wearing loose clothing and flat low profile exercise shoes on my recommendation. We began with standing meditation “Embrace the One” and I described the concept of “stillness and motion”, within the paradigm of whole body breathing and mindful meditation.

Afterwards, we did some standard Taiji warm up exercises and started on the first 5 moves for the yang style classical form: commencement; turn; ward-off; right; and the grasp bird's tail sequence. I demonstrated the form, breaking the moves down, explaining both the energetic concepts as well as possible self defence applications.

I always emphasize "no absolutes" in taijiboxing. Each movement must be naturally spontaneous and flexible for proper applications and fluid energetic flow.



Therefore, the practitioner need only focus on the form and function!

### The Sight Picture Meditation in action

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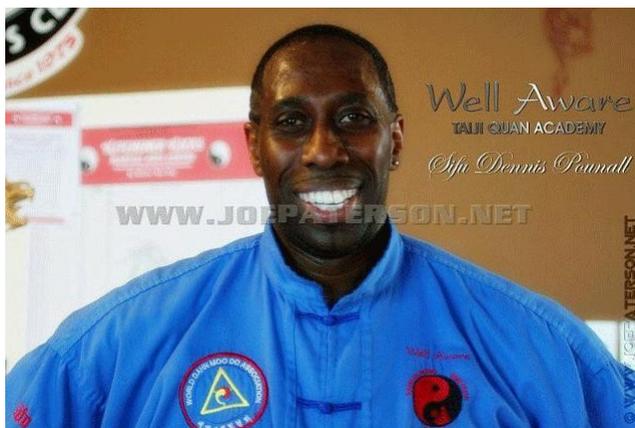


“Perfect practice makes perfect.”

Then he asked me why do we move so slow? I responded, "We practice slow to move fast." Finally, he asked if you are relaxed, how can you move fast if you are not ready? I said, "This is the purpose of 'Stillness and Motion'."

He pondered that for a while and said, "I wish I had studied Taiji when I was competitively shooting. It would have made all the difference."

Here is where the discussion began, we spoke of the similarities and differences between competitive Taiji Quan demonstrations and competitive precision shooting and found more similarities than differences.



The tools required to be a superior competitive precision shooter are as follows.

**Taijiboxing**

- **Self Discipline**
- **patience**
- **persistence**
- **self examination**
- **Practice**
- **Training**

**Precision Shooting**

**ATTENTION TO DETAIL**

**SIGHT PICTURE**

**Reassessment and practice**

**Application of training skills**

**synchronization of training**

**delivery and adjustment**

These traits are also found in the discipline of Taijiboxing and the art form of the Taiji Quan.



Both disciplines require a relaxed alertness and being attuned to one's subtle energy and muscular control that is unique to the individual. Combine this with synchronized breathing control and attention to detail, one can then maintain focus on completion of the task at hand. Regardless of whether it is a Taiji push-hand competition, weapons demonstration, precision shooting match, a perfect tennis score or a golf game, the discipline works!

**When you are able to combine your attention with your intentions without being locked into the results, you'll achieve success in action (Yin and Yang). With practice and patience, you'll also achieve "Enlightenment and Illumination." You'll have the perfect match for success, regardless of the outcome.**

**Thanks for reading this article. I hope you enjoyed it.**

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**peace sifu Dennis Pounall**



**"Golden rooster stands on one leg"**