



Still & Moving Center

1024 Queen St, Honolulu, Hi 96814

[www.stillandmovingcenter.com](http://www.stillandmovingcenter.com) 808 397 7678

Still & Moving Center presents



## The Tao of Aloha Symposium

A Series of Participatory Lecture Demonstrations led by

**TAI JI Master & Dancer, Chungliang Al Huang**

February 12-14, 2014

with

Kumu Hula **Mālia Helelā** (Hawaiian dance)

Kumu Lua **Ramsay Taum** (Hawaiian martial arts)

Professor **Ramdass Lamb** (Yoga)

Tai Ji (T'ai Chi) Master Chungliang Al Huang returns to his beloved Hawaii to share his great knowledge, life experience and aloha. Presenting the ancient art of Tai Ji (T'ai Chi) counterpoised with several other moving art forms, Chungliang will be joined by experts in Hula, Lua and Yoga. These will be public lecture-demonstrations, with audience participation and a question/answer period.

An internationally acclaimed [Taijiquan](http://www.livingtao.org/home)/Tai Ji master, dancer and performing artist, Chungliang is Founder/President of Living Tao Foundation [www.livingtao.org/home](http://www.livingtao.org/home). He has been called “a master in the arts of living” and “a sage for the modern age.”



Throughout his remarkable life, everything that Huang has accomplished has been imbued with Tai Ji – the philosophical basis of the practice of *taijiquan* (T'ai Chi Chuan) and variations of martial arts practice based on the Tao philosophy of *Wei Wu Wei*, cultivating a powerful inner strength to dance with forces of “the least resistance”. His natural gifts as teacher/mentor, his intuitive knowledge of the intellectual and spiritual aspects of Tai Ji practice, along with a total devotion to his students, have endeared him to thousands of people around the world and earned him the [Republic of China](#)'s most prestigious honor from its [Ministry of Education](#), the Gold Medal Award. We are honored to welcome such a renowned and multi-talented guest here in Honolulu!

Entrance for each event can be purchased individually or all four for \$75.

[Click here for Reservations.](#)



Wed, Feb 12, 7-9 pm

## TAI JI MEETS HULA

Chungliang Al Huang, Professional Dancer & Mālia Helelā, Kumu Hula  
\$20

How could these two practices – Tai Ji and Hula - arising out of very different worldviews, be related? Yet are they really so different? Surely these are two of the Earth's most grounded movement practices. Connection with the world of nature is held in common with both. Chungliang discusses some of the basic principles of Tai Ji as a movement form connected from heaven to the earth, the natural elements. Kumu Hula Mālia Helelā from Still & Moving Center discuss parallels with Hula. Through guided forms of Tai Ji and hula dance, audience members are welcomed into dances of the elements with Master Huang and Kumu Mālia.

**Kumu Hula Mālia Helela** is an authentic Kumu Hula: a recognized hula teacher, officially having graduated after 17 years training from the long and esteemed Hawaiian hula lineage of Pulu'elo Park. Mālia has practiced Tai Chi with Still & Moving teacher Jerry Punzal and discovered many parallels to hula. Conversant in Hawaiian, Kumu Mālia frequently composes her own original *oli* (sacred chants) and *mele* (songs) that celebrate Hawai'i's natural beauty. In keeping with her tradition, she is an observant and reverent student of nature and keeper of the land – the *'āina* – helping with her family to maintain a *heiau* (traditional place of worship) in Kailua.



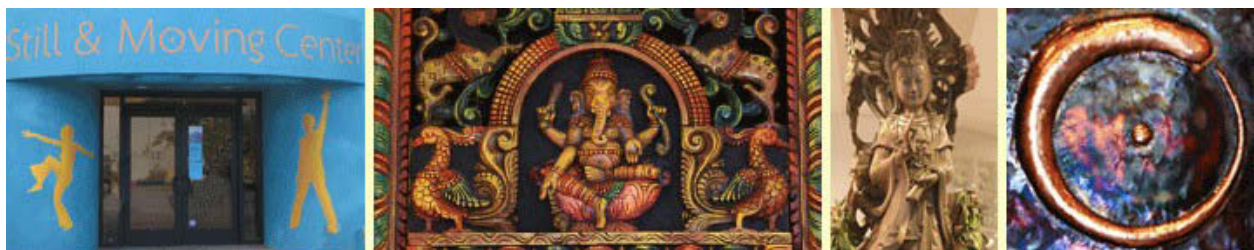
Thurs, Feb 13, 7-9 pm

## TAI JI MEETS LUA

Chungliang Al Huang, Tai Ji Master & Ramsay Taum, Kumu Lua  
\$25

Listen to and watch two martial masters comparing their different traditions. Chungliang Al Huang, originally from China, is a Tai Ji master dancer and Taoist philosopher, and Ramsay Taum of Oahu is a Kumu Lua, a Master of the Way of the Hawaiian Warrior. See what these two practices can look like in motion! Chinese Tai Ji (T'ai Chi) and Hawaiian lua, seem to come from two quite different cultures. Yet both practices arise from deep spiritual traditions with perspectives on life and death, both begin by learning to heal, progress through training in fighting skills, and ultimately aim to result in a safer, more peaceful world. Learn how these two disciplines of warriorship serve as practical tools in today's lifestyle. Hear whether those who master martial arts can ascend to a higher level of communication and understanding. Expect a lively discussion and individual demonstrations by men with the skill to wage war and the will to make peace.

**Kumu Lua Ramsay Taum** is a master of the martial art of lua and the Po'o, head instructor of the Kaihewalu Lua system in Hawaii, under grandmaster or 'Ōlohe, Solomon Kaihewalu who lives in California. Ramsay honors his father 'Ōlohe Kaihewalu as his first lua teacher, and traces his lua family lineage back to John Chow-Hoon and William Chow of Hawaii. For more information about the Kaihewalu system of Lua, please see: [www.olohe.com/history-of-lua.html#the-way](http://www.olohe.com/history-of-lua.html#the-way). As an important community leader steadily walking the 'Way of the Hawaiian Warrior', Kumu Taum is the winner of the 2013 Hawaii Peace Award.



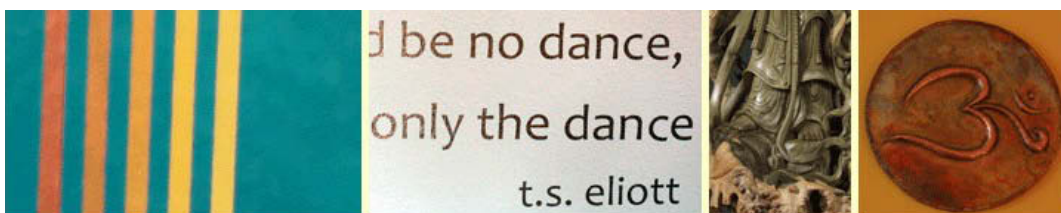
Friday, Feb 14, 2-4 pm

## TAI JI MEETS YOGA

Chungliang Al Huang, Tai Ji Master & Professor Ramdas Lamb; \$20

This workshop could have been named ‘Movement Meets Meditation in China and India’. If you could imagine two existing practices as moving meditations, would they not include Tai Ji and Yoga? Here is your chance to get a glimpse of these two unhurried, intentional movement practices that derive from deep spiritual traditions from the East. Chungliang Huang will present the Taoist practice of Tai Ji (T'ai Chi), with Professor Ramdas Lamb of UH Manoa introducing the Hindu practice of Yoga. From the Chinese as well as the Indian perspective, each of them will tell us how training the body helps to train our ability to concentrate and hold focus. Following their discussion, demonstrations and fielding of audience questions, Chungliang and Ramdas will invite the audience to FEEL the differences and similarities of the two practices - come prepared to move if you are so inclined!

**Dr. Ramdas Lamb** is devoted to the practice of Yoga and its underlying life-teachings. Currently a professor in the Religious Studies Department at UH Manoa, Ramdas lived as a *sadhu* (a Hindu monk, holy man) in India 1969-1978 before moving back to the US, marrying and beginning his academic career. He continues to do philanthropic work through the non-profit Sahayog Foundation, which he founded in Chattisgarh, India. Dr. Lamb and his Foundation work for the uplift of the former Untouchables, providing education for impoverished children. After deep personal study of traditional Yoga, from postures to philosophy to meditation, Ramdas now introduces it to college students in academic setting. At the beginning of a recent class, he invited his students to do two weeks of any ascetic practice of their choosing for them to have some experiential grasp of what Yoga is really about. Professor Lamb is a prolific writer with books and articles published world-wide.



Fri, Feb 14, 7-10 pm

## **A Celebration of Love - A Valentine Dance Party**

with Chungliang Al Huang and Jean Erdman Campbell

\$25

Come to the Barefoot Ballroom to “Tai Ji Boogie” to songs of love!

Tai Ji dancer and performing artist, Chungliang Al Huang, with his rich experiences of Broadway, Hollywood and concert stages around the world, will demonstrate and share many dance styles including the great dancing of Hollywood MGM era of Astaire/Kelly, the Night Club Jazz of the great Sammy Davis, Jr, and the Modern Dances of Graham and Limon.

“Dance on both feet, balance the advancing and the yielding, the stepping and the picking up,” advises Al Huang. And he will invite all of us to Tai Ji BOOGIE!

Everybody bring your Valentine, or come meet a new Valentine, or bring your buddies and we’ll all dance together! Chungliang provides danceable music for every taste.

Share the love, celebrating with us the 98th birthday of Chungliang's beloved dance teacher/friend, the famous Jean Erdman Campbell, who will grace us with her attendance. Birthday cake and sparkling cider!

**Jean Erdman Campbell** After immersing herself in hula as a child, Jean Erdman began her professional dance career with one of the most celebrated choreographers of all time, Martha Graham. After starring as the principal dancer in Graham’s illustrious, groundbreaking company, Jean went on to found her own dance companies and became a Tony-Award winning choreographer in her own right. As we’ll likely see on Valentine’s evening, Jean dances her way through life, even as she approaches 100!

## More about Chungliang Al Huang

Al Huang became friends with the famed mythologist Joseph Campbell when the two of them co-taught “Mythbody to Live By” seminars for more than a decade at the renowned Esalen Institute in Big Sur, CA. Throughout many summers of conducting Tai Ji seminars on the Hawaiian Islands, Chungliang began to compare Tai Ji philosophy with the movement motifs of Hula and learned Hula principles from Joseph’s wife Jean Erdman Campbell, a celebrated dancer and choreographer originally from Honolulu. He reciprocated by teaching Jean the Dance of Tai Ji's Five Moving Forces of Nature when she was 80! Chungliang’s talent for dance was discovered early in his life in America by Sammy Davis Jr. He gained recognition as a dancer performing with the original [Rat Pack](#), performing with [Bruce Lee](#) on TV, and as a featured dancer in the film, [Flower Drum Song](#); His own Al Huang Dance Company was featured in international Dance Festivals at Jacob's Pillow, American, NYC Central Park, Taiwan and Singapore through the 1960-70s.. In the early 80s, Huang co-created a concert series, The Tao of Bach: A Tai Chi Musical Offering with Paul Winter Concert which toured all major cathedrals in America, including St. John the Divine in NYC and Grace Cathedral in San Francisco.. Mythologist Joseph Campbell shares, “Chungliang Al Huang’s t'ai chi dancing is ‘mythic images’ incarnate.” Chungliang has forged countless bonds between Tai Ji and performing and dance arts of all kinds.

Huang’s organic style of Tai Ji (T'ai Chi) is immediately accessible to people of all ages and experience levels. His approach allows students to quickly experience the joys of Tai Ji energy flow along with the deeper sensations of stillness in motion. As a child in China, Chungliang soaked up all the traditional martial arts practices of the teachers surrounding him. He was a "Kung Fu kid". His mother left him a legacy of her *Ba Ji Quan* practice, which she learned as a young military cadet, at the sixth class of the renowned Huang-Pu Military Academy. As performance artist on stage, in film and on television, Chungliang used his martial arts, including sparring with Bruce Lee. As his philosophical nature developed, Chungliang went on to express his own style of Tai Ji, becoming the author of the classic, *Embrace Tiger Return to Mountain: The Essence of Taiji*. Other of his books include: *Tao: The Watercourse Way* , co-authored with Alan Watts, *Thinking Body, Dancing Mind*, and other books of Tao Wisdom for Sports & Life with Dr. Jerry Lynch.



He is the founder-president of the [Living Tao Foundation](#) in Oregon, and the [International Lan Ting Institute](#), located in the sacred mountains of China. He steeped himself in world mythology and religion during his 10 years of co-teaching with Joseph Campbell. Historically, as Chinese Taoists embraced the Hindu tradition coming from India, Chinese Ch'an (and eventually Japanese Zen) Buddhism arose. As a Taoist, Confucian and Buddhist — The Three Pillars of Asian Wisdom — philosopher, and the author of many Tao/Zen classics, including *Quantum Soup: A Philosophical Entertainment*, Chungliang feels perfectly at ease in a world of philosophical diversity. Finding cohesion and benefit in comparing and combining the two practices of Tai Ji and Yoga seems perfectly natural to him.

