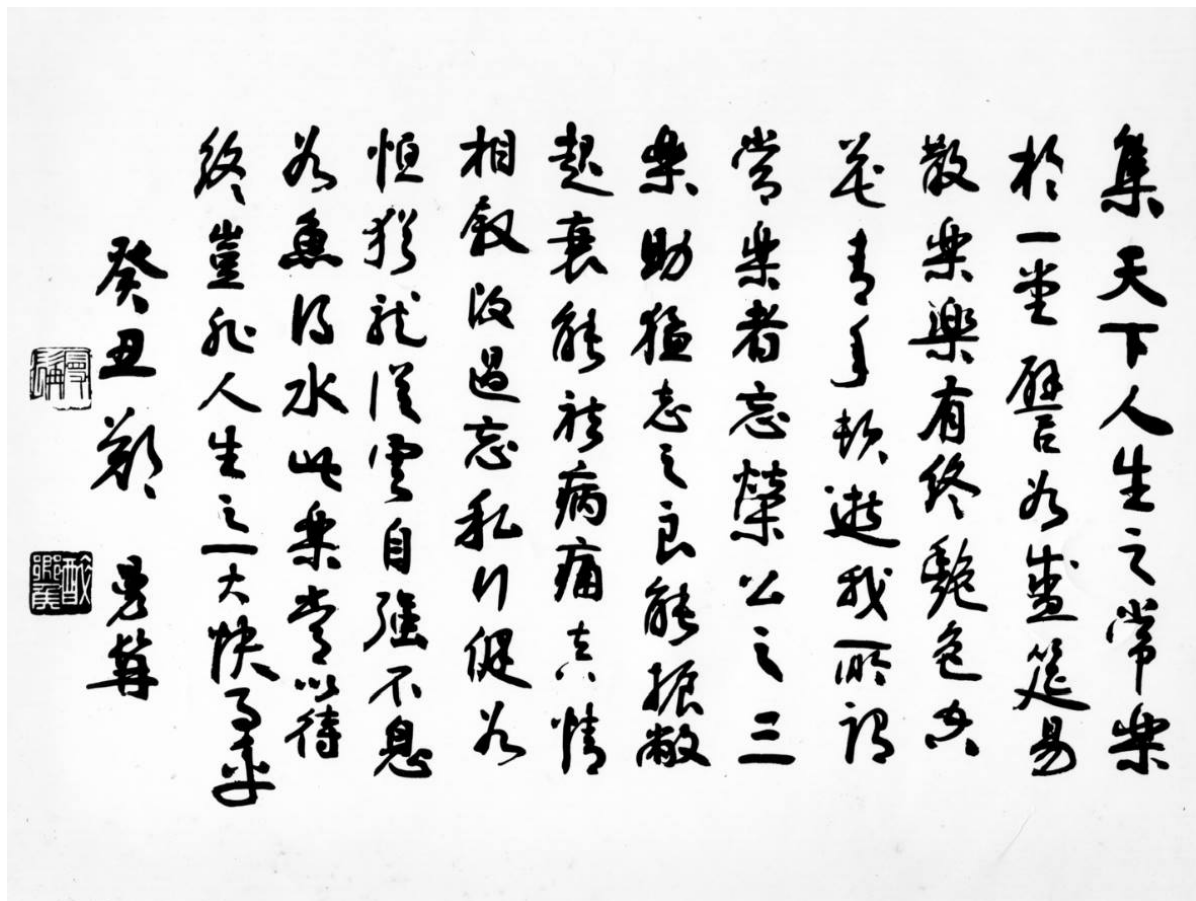


De Vrolijke Zaal

Hall of Happiness (de Vrolijke Zaal) is de traditionele naam voor het samenkomen van Tai Chi studenten van allerlei niveaus om met elkaar Push Hands te doen. Iedereen “speelt” met iedereen. Het testen van elkaars gevoeligheid en zachtheid. Sta je stevig op je voeten en in lijn met de zwaartekracht? Gebruik je spierkracht of geef je alleen maar terug wat je binnenkreeg. Het doel is om elkaar met behoud van de ware Tai Chi principes van afbuigen, afweer en absorptie de ander uit evenwicht te brengen, misschien wel te ontwortelen.

Uiteraard lukt dat vaak niet. Maar het leereffect is groot, zowel fysiek als emotioneel. En het is een vrolijke boel daar in de *Vrolijke Zaal*

Professor Cheng Man-Ching was er een groot fan van. Op de muur van zijn school in New York hing een gedicht van zijn hand ter ere van de Hall of Happiness. Eronder een ingekorte (Engelse) vertaling.



“May the joy that is everlasting gather in this hall. (....)

It is the joy of continuous growth, of helping to develop in ourselves and others the talents and abilities with which we were born the gifts of heaven to

mortal men. It is to revive the exhausted and to rejuvenate that which is in decline, so that we are enabled to dispel sickness and suffering.

(... ..)

Let us fortify ourselves against weakness and learn to be self-reliant, without ever a moment's lapse. Then our resolution will become the very air we breathe, the world we live in; then we will be as happy as a fish in crystal waters.

This is the joy which lasts, that we can carry with us to the end of our days. And tell me, if you can; what greater happiness can life bestow?"

Prof. Cheng Man-Ching
New York City, 1973

Hall of Happiness

The Hall of Happiness is the traditional name for the coming together of Tai Chi students of all levels to play Pushing Hands with each other. Everybody plays with everybody. To test each other sensitivity and softness. Are you rooted enough to remain standing? Do you use muscle power or are you able to simply return incoming force? Are you alert and sensitive enough to anticipate what is going to happen before it happens? The goal is to unbalance or even uproot your opponent without the use of force by deflecting, neutralising and returning.

Many times you fail, but your learning-curve peaks when working with all levels. So does the decibels of laughter in the hall.

Professor was a great fan of the Hall of Happiness. On wall of his New York school hung a poem written and calligraphed by himself. Beneath is a shortened English translated.