

# Wudang

Twin Cities T'ai Chi

09 / 23



TEACHING THE ART, SCIENCE, AND SPIRIT OF T'AI CHI

## From Sifu Paul

Greetings, everyone,

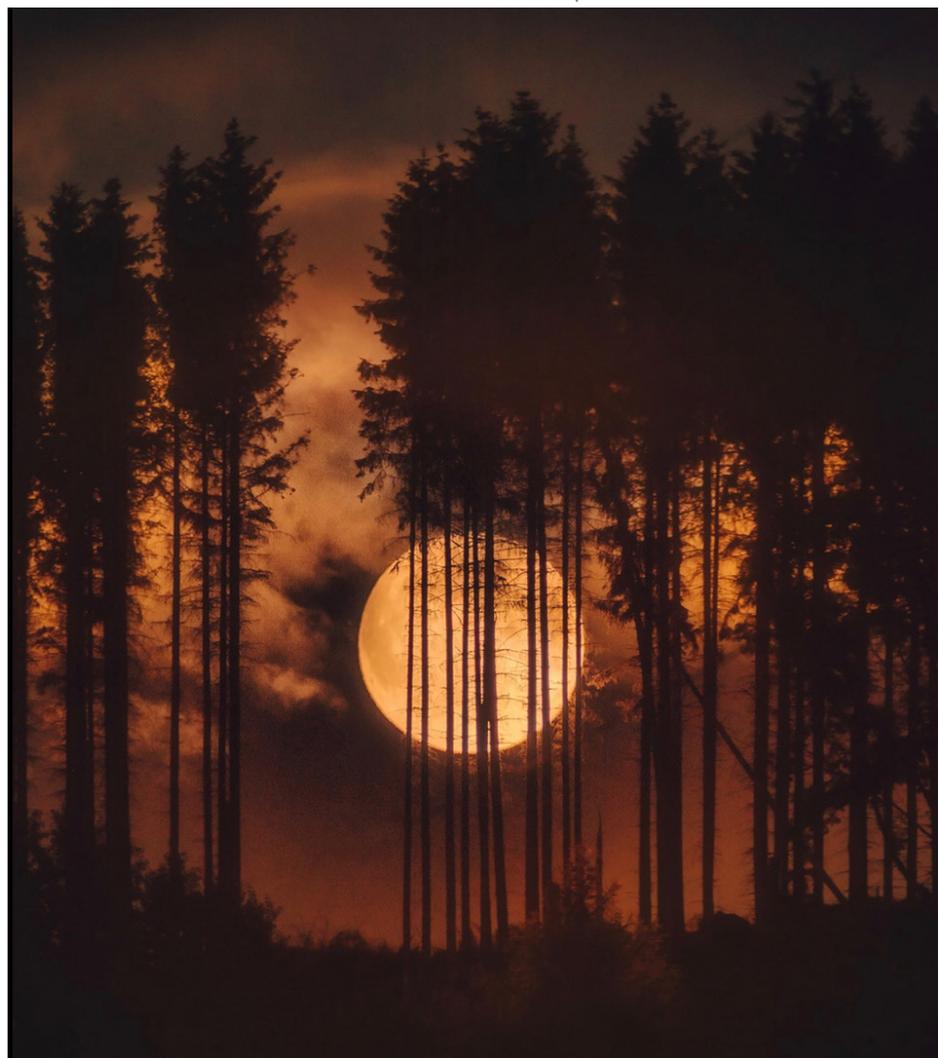
Recently, a blue moon and supermoon occurred on the same August night, and it was quite a show. Summer nights don't get much better. The cool breeze signaled the last days of summer and the beginning of fall. As autumn approaches, there is much to look forward to at the studio.

This issue of the *Wudang* will begin a new format and change the focus of the newsletter to goings-on at the studio, upcoming classes, and events, etc. on a monthly basis. Our new publication, *Wudang Magazine*, will come out once a quarter and will feature in-depth articles on T'ai Chi and related topics.

Coming in October: the start of the fall schedule with a new beginning T'ai Chi class on Wednesday evening, the return of a meditation and Qigong class on Monday evening, new Symmetries cycles beginning, and more. I look forward to seeing you at the studio and online.

## Our Fall Fundraiser Begins in October

October is the month we officially begin our annual fundraiser, which will run through December 31. Since 2017, the studio has been offered a \$5,000 gift by a generous studio member to be used as an incentive for a matching-grant fundraiser that has been held in the fall. This year, we are grateful and pleased to announce that we have been offered the same opportunity and gift: If we raise \$5,000, we'll get a \$5,000 bonus. We have made our match six years in a row—and even exceeded it. We hope to do the same this year.



If you feel inspired to donate—in any amount—please know that your tax-deductible contribution will be immediately doubled; \$10 becomes \$20, \$100 becomes \$200, etc. Even with our recent modest rate adjustment, we rely on our annual fundraiser to improve the studio space, offset unexpected expenses, and fund continuing education and media and legacy projects.

We celebrate having served our members and community for the past 30 years in our current location. We look forward to many more years to come.

<

Fall fundraiser starts next month. A matching grant doubles your donation!

## Celebrating Summer at Wabun Park

The Summer Social has come and gone, with even more success than last year. Nearly 70 people assembled in the Wabun picnic area to enjoy a catered meal, pleasant company, and a relaxing demo of what we offer at the studio.

Naturally, none of this happens on its own. The greatest credit is due to Libby Frost, who, for months, worked with Sifu Paul to secure the venue and caterer and work out details for the day. She, in turn, had help from other studio members:

- Todd Nesser, who, in addition to work on the distinctive posters and website, was persuaded by his wife, Amy, to bring cut watermelon;
- Tom Hautman and his wife, Georgia, who generously supplied water;



- Tim and Lynn Dennis, who sent an abundance of grapes;
- Lucia Pierson, LaVonne Bunt, and Elinor Hsu, who saw to recycling and composting.

Those anonymous members who sorted the meal boxes when delivered and helped clean up afterward may be unsung but are certainly not unappreciated.

We hope to have other gatherings during the year to bring the old and new members together, probably on a smaller scale, and probably in the studio. Wherever we are, we look forward to seeing all of you.

Thanks for joining us!



^

Demonstration photo  
by Libby Frost

<

Party photos by Todd  
Nesser

## Contact Us

For timely updates, follow Twin Cities T'ai Chi Ch'uan on Facebook.

Email: [mail@tctaichi.org](mailto:mail@tctaichi.org)

Website: [tctaichi.org](http://tctaichi.org)

Phone: 651.767.0267.

## Fall Cleanup Reminder

Our fall housecleaning is coming up on Saturday, September 23. We will gather after the 12:30 class to get to some dusting and cleaning that are beyond regular attention (such as the changing rooms or the dust on the pipework near the ceiling). The more volunteers we have, the less time it will take.

In preparation for the day, we are asking everyone to clear out personal belongings for the weekend. This includes clothing, shoes, and mugs so that we can clean those areas without having to take everything out and put it back. It will just be simpler for everyone.

We thank you, and we hope to see you there.

---

## New Classes at the Studio This Fall

*All classes begin the first week in October except where noted.\**

**Qigong and Meditation** is a new class that will begin **Monday, October 2, at 7:30 p.m.** (see the class description below). This class will replace the advanced weapons class and will be in-studio only, not online.

The **T'ai Chi Symmetries** classes advance to the next Symmetry on **Tuesday, October 3.**

**Level I, 6:00–7:15:** Those who have been working on Symmetry 2 will begin working on Symmetry 3. Those who have been working on Symmetry 3 will begin Symmetry 4.

**Level II, 7:15–8:30:** This class will finish up Symmetry 5 and begin working on Symmetry 6.

**New Beginning Solo Form Class! Wednesday evenings; begins October 18, after the T'ai Chi in the Park Class ends.**

The class format will be as follows:

- Solo Form Section 1: 6:00–7:15 p.m.
- Solo Form Sections 2 & 3 and members

who know the whole form: 6:45–8:00.

- There will be a common warmup and Qigong for both classes: 6:45–7:15 p.m.

This class will not be simulcast on Zoom.

### Solo Form Fundamentals: Thursday, October 5, 6:00–7:30

If you have recently finished learning the T'ai Chi Solo Form, this class will offer a review of form fundamentals before the warmup, Qigong, and Solo Form practice. Members who know the form well are welcome and encouraged to come and tune up their fundamentals. The class will be simulcast on Zoom.

### Beginning Weapons: T'ai Chi Fan, Thursday, October 5, 7:30–8:30

This fall, the beginning weapons class will feature the T'ai Chi fan, taught by Stephen May. The fan is known for its grace, color, and beauty. The quick snapping movements that open the fan develop the timing and release of energy for short power and also develop dexterity in the hands. Fan practice is also a lot of fun.

A limited number of fans will be available to use, and the studio has fans for sale.

---

## Qigong and Meditation

Qi is the life force that flows within us; “gong” means skill derived from practice. Qigong is life force practice or energy work. The word “meditation” comes from the Latin *meditari*, meaning “focused conscious attention.” Both practices aim to guide awareness into a union with life-force energy.

This class will examine in depth various Qigong and meditation practices, both seated and standing, guided by the axiom “energy follows attention.” The emphasis will be on health, body–mind unity, stress release, and mental clarity.

**Zoom link now online!**

Go to [tctaichi.org](https://tctaichi.org).

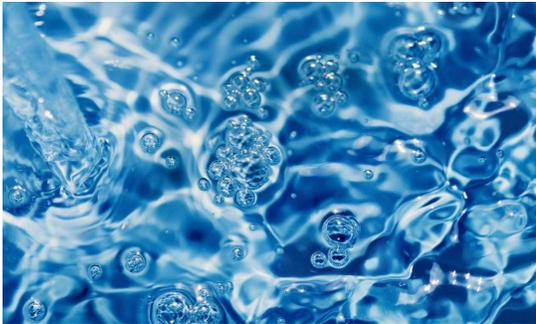
Go to the Members menu and click the drop-down arrow.

Click the Zoom Link option and enter the password.

You're in!

## The Six Healing Sounds

The first session will be the Six Healing Sounds, one of the oldest Qigong forms in China. The practice uses simple breathing and toning, visualization, and movement directed to the release of negative emotions and their effects on the vital organs. There will be a combination of seated and standing practice. This Qigong sequence is easy to learn and practice. No previous experience is necessary.



## 9 Amazing Facts About Water

1. Water covers 70.9% of the Earth's surface.
2. The average human body is made of 55% to 65% water.
3. Water carries nutrients and oxygen to your cells.
4. Water aids in digestion.
5. Water normalizes blood pressure.
6. Water protects organs and tissues.
7. Water regulates body temperature.
8. Water lubricates and cushions the joints.
9. The studio has a new water cooler full of Chippewa Springs H<sub>2</sub>O. So have a glass or two. Cheers to your health!

## Cooler Heads Prevail

This summer was beautiful as summers go, with plenty of sunshine, warm, blustery breezes, and enough hot weather to see us through into December. Thanks to Fran Myers for getting us cooled down with two freestanding AC units this summer. It was a relief to beat the heat and practice in the studio.

## Graduation News

"I must keep on practicing for my whole life—

It is the only way to preserve health.

The more I practice, the more I want to learn from teachers and books."

~T.T. Liang

Congratulations to the following students for completing a course of study in the following forms:

### T'ai Chi Solo Form

Jon Carlson  
Robert Skafta  
Kathleen Winters

### The Double Knife (Dao) Form

Theresa Cira	Rosemary Kapsch
Lisa DeNicola	Fran Myers
Libby Frost	Dave Sagisser
Emily Goldberg	Mark Spolidoro
Elinor Hsu	Paul Stever
Keith Johnsen	

### Symmetry 2

Tom Dahlberg	Tim Johnson
Larry Elder	Steve Silver

### Symmetry 3

Libby Frost	Lucia Pierson
Elinor Hsu	Dan Polsfuss
Keith Johnsen	Sally Powers
Rosemary Kapsch	Mark Spolidoro
Fran Myers	