

# Wudang

Twin Cities T'ai Chi

10 / 23



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

## From Sifu Paul

Greetings, everyone,

Autumn is here with its changing light, color, and energy. It reminds us that time and the cycle of seasons are always in flux. This is our official Back to School issue of the Wudang. We have a roster of new classes starting this month, and we feature them in this issue.

October also kicks off our annual fundraiser—details are listed on page 3. I look forward to seeing you at the studio and in one of our new classes.

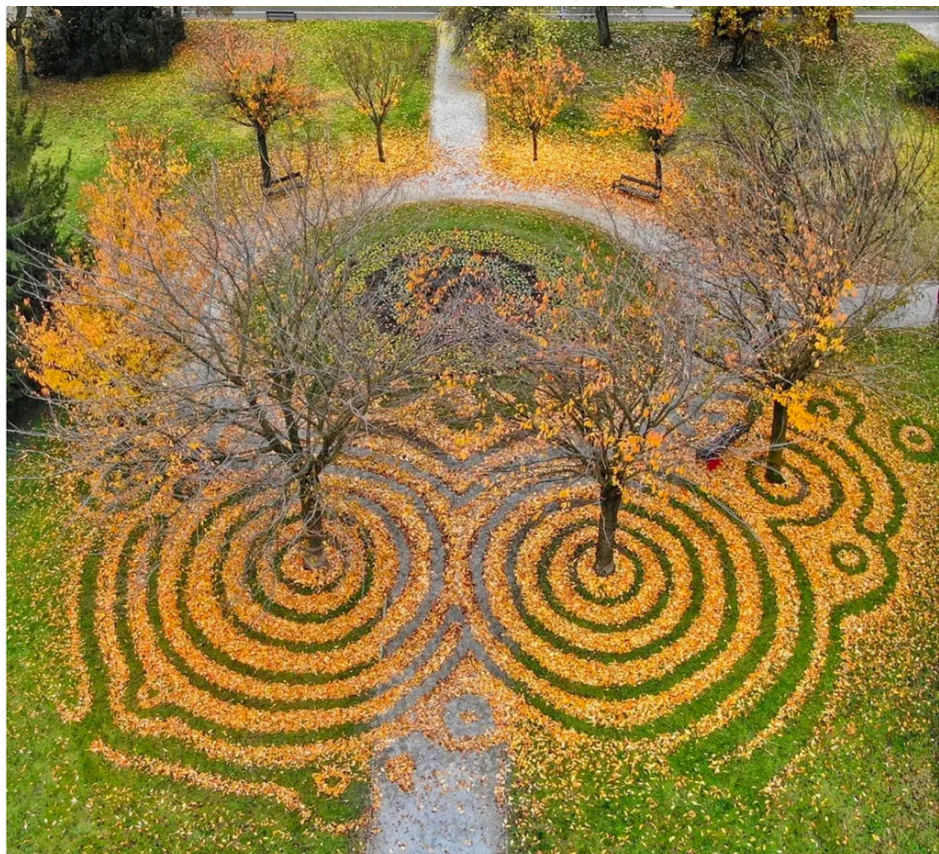
## New Classes This Fall

**Qigong & Meditation begins Monday, Oct. 2, at 7:30 p.m., with the Six Healing Sounds.**

The Six Healing Sounds practice emerged from the 5,000-year-old Chinese philosophy of Daoism, which is the foundation of Chinese medicine, acupuncture, herbology, Qigong, and T'ai Chi. "Dao" means "the Way," referring to the natural order of things in the universe, on the earth, and within us. It seeks to keep three aspects of the body—the physical, the vital energy or Qi, and the psychospiritual, called Shen—in harmony and balance and aligned with circadian and seasonal rhythms. It is essential to living well in good health and with inner peace.

The Six Healing Sounds use simple movements that open energy pathways associated with the vital organs and uses breathwork and visualization to balance emotions and transform stress into vitality. They are simple to learn and practice.

No previous experience is necessary. Join us Mondays 7:30–8:30 p.m.



**The T'ai Chi Symmetries begin Tuesday, Oct. 3.**

The T'ai Chi Symmetries are short two-person forms that teach the martial applications of each of the postures in the T'ai Chi Solo Form in the order in which they appear in the form. Each Symmetry features a limited sequence of postures and repeats it, moving around the compass points of a circle. Three Symmetries cover the first section of the form, three more cover the second section of the form, and two complete the third section of the form.

The objective is to cultivate sensitivity, structure and alignment, an understanding of the applications, and how to work with a partner while staying relaxed. The Symmetries

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Several new classes start in October!



are performed smoothly and softly, like the Solo Form.

If you have completed learning the Solo Form, can perform the sequence easily from beginning to end, and have had a daily practice a minimum of 6 months and want to learn the Symmetries, contact Sifu Paul, Kim Husband, or Stephen May to get on a waiting list. You will be notified when the next cycle of Symmetries begins.

- Level I 6:00–7:15 p.m.: Symmetries 3 and 4
- Level II 7:15–8:30 p.m.: Symmetry 6

### New Beginning Solo Form Class on Wednesday evenings begins Oct. 18.

We are opening a weeknight Beginning T'ai Chi class for those who want a second class during the week or who cannot make it to the Saturday class.

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 p.m.
- 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 Refinement begins Thursday, Oct. 5, 6:00–7:30.

This class follows the format of the standard Solo Form class but is geared for those who have recently completed the Solo Form and want to refine the posture movements and more deeply integrate the principles of T'ai Chi into the body. Experienced members are welcome and encouraged to come and review.

*This class will be simulcast on Zoom.*

### Beginning Weapons: T'ai Chi Fan, begins Thursday, Oct. 5, 7:30–8:30 p.m.

We will begin to learn the T'ai Chi Fan Form, taught by Stephen May. The practice of T'ai Chi Fan develops grace and beauty in your empty-hand forms. 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.

Historically, fans were made of fine paper and silks and were decorated as works of art. Chinese fans also have a history as martial weapons. Fighting fans had ribs made of sharpened steel and were used for blocking, joint locking, point striking, and stabbing in the closed position and for slicing, slapping, and distracting in the open position.



Because of its disguised nature as a weapon, the fan was favored by women and gentleman-scholars/martial artists in China and was adopted by internal schools because it utilized "softness to overcome hardness" principles.

The class is open to anyone who has finished the Solo Form. This is a great form for those not interested in the bladed weapons training of T'ai Chi but wish to learn T'ai Chi

## 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.

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The T'ai Chi Fan uses "softness to overcome hardness" principles.

movements that extend mind-intent and energy beyond the hands into the fan. Principles of the Solo Form will be emphasized.

## Our Fall Fundraiser Begins in October

October is the month we officially begin our annual fundraiser, which will run through Dec. 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.

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.

## Donation Premiums

Over the years, people have donated T'ai Chi weapons they no longer use. They range from basic starter weapons to high-quality spring steel weapons. If you're looking for a practice weapon, see if something from the collection in the community room catches your eye and make the minimum (or more!) donation marked on it. Items available include:

- T'ai Chi Jian straight swords: ranging from lightweight Lung Chuan swords to spring steel Kris Cutlery swords
- Double Jian swords: demonstration-length and full-length blades
- T'ai Chi Dao (knife) and Double Dao of various quality
- Spears; ratan and oak staffs; high-quality weapons bags

## Many Hands Make Light Work

Many thanks to those who joined us on a Saturday afternoon in late September to help spruce up the studio. We were able to get to many things that a weekly cleaning simply cannot manage:

- overhead pipes and light fixtures
- storage racks for mugs and shoes
- behind the altars and weapons racks;
- those puzzling air vents that seem to be there only for the purpose of collecting dust;
- even the boxing bag came in for a good cleaning.

The studio actually looks a little brighter and a little bigger, and someone even dared to suggest the next project should be to paint.

We did not quite get everything, but we admittedly accomplished more than we had hoped, and all in only about an hour's time. Thanks to those generous studio members who made the work light and easy: LaVonne Bunt, Craig Cox, Lynn and Tim Dennis, Linda Hermanson, Leonidas and Michael Morley, Todd Nesser, Sally Power, Dave Sagisser, Lynn Scott, and Robert Skafte.

Sifu Paul also made great strides in thinning out the accumulations in the community room in preparation for still more changes there.

Thanks to Stephen May for planning, organizing, and overseeing the event with such efficiency.

Join us soon for a class in our freshened studio.

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Fundraiser fact:

Thanks to a matching grant, all donations up to \$5,000 will be doubled!