

# Wudang

Twin Cities T'ai Chi

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



## From Sifu Paul

Greetings, everyone,

The beautiful autumn colors, changing light and temperatures, and great new classes at the studio signal that fall is in full swing. And yes, it has snowed.

In this issue, we clarify our full schedule of classes so that you can choose and attend all the classes that are right for you.

The studio will be closed November 23 for the Thanksgiving holiday. See you in class.

## T'ai Chi Solo Form Classes

*"Don't overlook the basics. Don't ignore the foundation. How long can a tree remain standing without the roots?"*  
~ James Clear

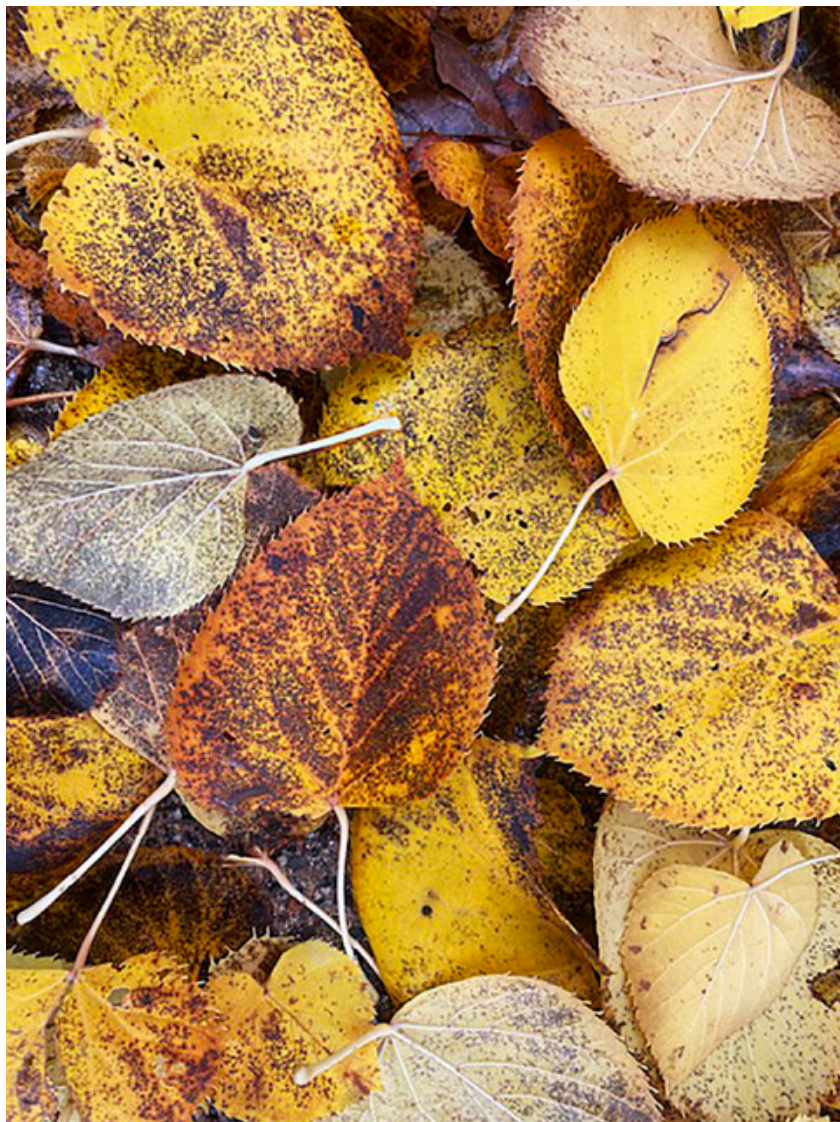
### Beginning Solo Form Class: Wednesday, 6:00–7:30 p.m.

A new format begins Nov. 1.

We are pleased to announce a new format to the Wednesday Beginning T'ai Chi Class, which will begin Nov. 1. This class will be unique and will accommodate all levels in the same class period. Beginners who are learning the first, second, or third sections of the Solo Form will all start together at 6:00 p.m.

Those who know the Solo Form already are encouraged to come as well.

The class will begin with a stretching warm-up and Qigong. Then we will break out into small groups, where students will work with an instructor to learn more of the form. Those who already know the form will work with Sifu Paul on refinements, advanced practice methods, and individual questions.



We will close the class by doing the first two sections of the form together.

This class will not be simulcast on Zoom.

### Solo Form Fundamentals: Wednesday, 12:30–1:45 p.m.

This is a beginning T'ai Chi class for those who have completed at least one 6-week T'ai Chi session in the Saturday or Wednesday-evening class. Come and continue learning

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New format for the  
Wednesday-evening  
class

the Solo Form with Tim and Lynn Dennis and benefit from their more than 50 years of T'ai Chi experience. Other senior instructors are there as well.

This class will not be simulcast on Zoom.

### Beginning T'ai Chi Solo Form: Saturday, 10:15–11:30 a.m. and 11:00 a.m.–12:15 p.m.

Due to the popularity of this class, it has been divided into two different time slots.

- **Solo Form: sections 2 and 3, 10:15–11:30 a.m.:** If you have finished learning the first section of the Solo Form and have started to learn the second or third section, this class is for you.
- **Solo Form: section 1, 11:00 a.m.–12:15 p.m.:** If you are just starting to learn the Solo Form, this class is where you begin.

Both classes share a common warm-up and Qigong practice from 11:00–11:30 a.m.

These classes are not simulcast on Zoom.



### Solo Form Refinement: Thursday, 6:00–7:30 p.m.

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 postures and sequence of the form. Experienced members are welcome and encouraged to come, as we can all benefit from review and refinement.

## Fundraiser Update

Thanks to all of you who have donated to our annual Matching Grant Fundraiser. If you feel inspired to donate—in any amount—please know that your tax-deductible contribution will be immediately doubled. Studio upgrades, equipment, members' gatherings, and instructor compensation and benefits are a few of the areas toward which your donations will be directed.

To begin each class, we will have a short lesson that features methods to solve common problems and drills and practices to help integrate the principles of T'ai Chi in the body more deeply. A complete joint-release warm-up and Qigong follow the lesson. The class finishes with a full round of the T'ai Chi Solo Form.

The class will be simulcast on Zoom.

### Solo Form: Standard Classes

Monday, 6:00–7:15 p.m. and  
Saturday, 12:30–1:45 p.m.

The standard Solo Form class is geared for those who have completed the Solo Form and have been practicing T'ai Chi for a while. A short lesson begins each class that may feature lessons from the T'ai Chi Classics, movement mechanics, energy work, rooting and balance work, principles of moving meditation, right- and left-side sequences, and more.

### 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.

A complete joint release warm-up and Qigong follow the lesson. The class finishes with a full round of the T'ai Chi Solo Form. If you know the form, come and enjoy the class.

Both classes will be simulcast on Zoom.

## The T'ai Chi Symmetries: Tuesday, beginning 6:00–7:15 p.m.; advanced 7:15–8:30 p.m.

Two-person partner work is an integral part of the T'ai Chi experience. The Solo Form prepares you for partner work, and partner work helps refine and advance your Solo Form.

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 them with a partner, 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 are performed softly like the Solo Form.

If you have completed learning the Solo Form, can perform the sequence easily from

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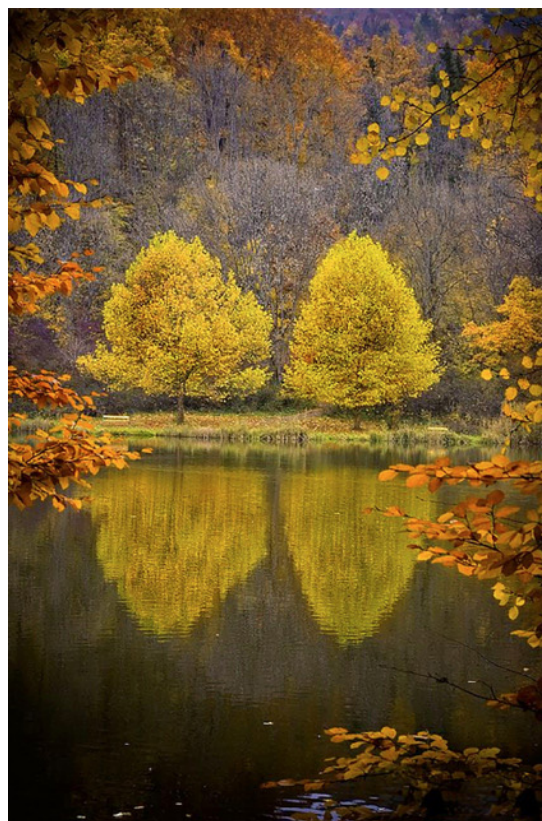
There are no prerequisites for the Qigong and Meditation class.

## Qigong and Meditation: Monday, 7:30–8:30 p.m., with the Six Healing Sounds

T'ai Chi has often been described as moving meditation, yet this aspect of the practice is often difficult to acquire without added work in Qigong and meditation. Qigong translates as breathwork, Neigong as inner work.

Seated meditation practice integrates concentration, full rhythmic breathing, and attention and intention to the breath or other body sensations to produce a quiet and tranquil body-mind. A balanced and centered body-mind leads to a balanced and centered life. In this class, we explore different Qigong, Neigong, and meditation practices in 8- to 12-week sessions.

Our current practice is the Six Healing Sounds. The Six Healing Sounds use simple movements that open energy pathways associated with the vital organs and use breathwork and visualization to balance emotions and transform stress into vitality. They are simple to learn and practice. No prerequisites; open to all members.



beginning to end, and have had a daily practice a minimum of six 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.

### Beginning Weapons: Thursday, 7:30–8:30 p.m.

T'ai Chi weapons are practiced as extensions of the Solo Form. We use and refine T'ai Chi principles, as well as some additional skills, in the practice of weapons forms. They're also a lot of fun. The traditional weapons taught at the studio are:

- The Double-Edged Sword, called the Jian

- The Single-Edged Saber/Broadsword, called the Dao
- The Double Dao: one in each hand
- The T'ai Chi Cane
- The T'ai Chi Fan

The class is currently studying the T'ai Chi Fan Form, taught by Stephen May.

Weapons classes are open to anyone who has finished the Solo Form and has six months of consistent practice. New classes will be announced in the Wudang, at the studio, and on the website.

Any questions about the schedule or classes? Send us an email at [studio@tctaichi.org](mailto:studio@tctaichi.org).

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The T'ai Chi Fan is a great introduction to weapons practice.

