

Wudang

Twin Cities T'ai Chi

A MONTHLY E-NEWSLETTER

4/18



From Sifu Paul

Greetings, everyone!

The spring equinox has come and gone, and the days are getting longer. There's no better evidence of that than our 6:00 T'ai Chi classes on a sunny day. The long patterns of sunlight hitting our floor illuminate the room for the better part of the class now. Could open windows be far behind? In this issue, we profile our growing studio and the need to expand our board and form committees, World T'ai Chi Day, spring cleanup, upcoming classes, and more.

Help Us Grow Our Studio

This year, the major goal for the board of directors is to grow our membership and expand our community. They have also set an informal goal of making the day-to-day operations more efficient. To do this, we need to expand our board of directors and form a few key volunteer committees that work with the board on specific projects.

We would like to add one or two members to the board of directors and two or three committee chairs. We are looking for people who are passionate about T'ai Chi, our studio, and our mission: Twin Cities T'ai Chi is dedicated to teaching the art, science, and spirit of T'ai Chi and related practices to improve the quality of life for its members and community. We are especially in need of people who have skills and experience in:

- Helping organizations grow membership
- Communications, marketing, and social media
- Nonprofit management
- Event planning



- Fundraising
- Volunteer coordination

Anyone with a strong interest is welcome to apply whether or not you have the skills listed above. Board and committee members may be but do not have to be members of the studio. Board member serve a three-year term and attend board meetings, which are held 8 to 10 times a year on Saturday afternoons. Committee chairs and members may determine their own schedules and will be accountable to the board for their specific projects.

If you are interested in serving on the board, on a committee, or in an advisory capacity or just want more information, please contact Sifu Paul at the studio or send us an email. If you know anyone who might be interested, please let them know and have them contact Sifu Paul or email the studio. Any of the Board members would be happy to explain more about what we hope to accomplish and what the work might entail.

<<

Seeking volunteers:
board members and
committee chairs

Celebrate World T'ai Chi Day

World T'ai Chi and Qigong Day is an annual event that is held on the last Saturday of April. It began as a local event in Kansas City, Missouri, in 1999 and has since become a global phenomenon, with participation in hundreds of cities in 80 countries on six continents.

World T'ai Chi Day promotes the healthful properties of T'ai Chi and Qigong practice, connects prospective students to teachers and schools, and is a resource for the latest medical research on T'ai Chi and Qigong. The simple concept of the event is to unite the planet through the peaceful practice of T'ai Chi.

We invite you to bring a friend to the studio to experience T'ai Chi and Qigong firsthand on Saturday, April 28. It may just be the experience of a lifetime for them.



"Nobody can be perfect. Take what is good and discard what is bad."

*~ Master Liang's
10 Guiding Principles*

Studio Spring Cleaning

It's that time of year when the studio needs a little tidying up. Please take home clothing, shoes, cups, anything not being used for classes. We are trying to do the same—to get rid of items no longer needed by the studio. Some items will be put out for donation. Take any of these you wish to have.



T.T. Liang Documentary for Sale

A vintage film of T. T. Liang that features him performing the Solo Form, his Two-Person Dance (San Shao), two sword forms, a short interview, and more has been reissued on DVD. The film was shot in 1971 when Master Liang was 71 years old.

Fran Myers donated eight copies to sell as a fundraiser for the studio. The DVDs are for sale for \$20 (or any additional amount you'd like to donate) on a first-come, first-served basis. The film is a valuable study in seeing the roots of our T'ai Chi practice.

<<
DVD of Master Liang
available: form
demonstrations and
interview

Contact Us

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

Email: mail@tctaichi.org

Website: tctaichi.org

Phone: 651.767.0267

Demonstrate T'ai Chi at White Tiger Studio

We have been invited to participate in a martial arts show-and-tell exchange with the White Tiger Martial Arts school in Fridley. Our studio will send a group of students to demonstrate the T'ai Chi Solo Form and some weapons forms, teach a mini lesson, and then receive a lesson in Korean Haidong Gumdo sword techniques in return.

The visit will take place on a Saturday in May (date to come) from 10 a.m. to noon. Please contact Sifu Paul or Kim Husband if you're interested in being part of the demo team.

Class and Schedule Changes

Weapons

Monday weapons class 7:30–8:30—We will begin to learn the T'ai Chi Fan form on Monday, April 2. Practice of T'ai Chi fan develops grace and beauty in your Solo Form. The class is open to anyone who has finished the Solo Form. This is a great form for those who are not particularly interested in the weapons training aspect of T'ai Chi. Principles of movement as extensions of the Solo Form will be emphasized.

43 Postures Form

The T'ai Chi 43 Postures Form class will now be open to new members at the beginning of a new quarter. April marks the start of the second quarter. The class is now open to members who have finished the Solo Form and are comfortable with the sequence. Saturday 11:30–12:30, Tuesday 6:00–7:30.

Meditation

The Healing Tao Qigong/Meditation class on Wednesday, April 4, 7:30–8:30, will begin a 12-week course in Internal Qi breathing, Rooting, Bone Breathing and Bone Marrow Cleansing. This class is the final one in the Healing Tao Fundamentals series of courses, which will begin again in the third quarter.

In this course, we will learn the Taoist methods for bone breathing and compression and marrow cleansing to help create optimal bone health. We will learn four Internal Qi breathing methods that assist the process. We will learn to get grounded and stay grounded through specific rooting practices. Free to members, \$144 for nonmembers.

Boxing

Eclectis Boxing Fundamentals is open to new members. Saturday 9:30–10:30.

12 Animals

The Liu Ho Ba Fa 12 Animals class will begin learning the Goose starting Saturday, April 7, 10:30–11:30. Open to new students.

Open Practice

There is now an open practice time on Wednesday mornings from 11:00 to 12:30. Come and practice solo or partner forms.



<
Welcome, Isabelle!

In Like a Lamb

Sifu Paul would like to welcome his new granddaughter Isabelle, born on March 11, to the world.