



# Wudang

A MONTHLY E-NEWSLETTER

7/18



## From Sifu Paul

The well-known expression “hotter than July” seems to sum up the month of June nicely.

What will July bring? More of the same, perhaps, but there’s certainly ample opportunity to enjoy T’ai Chi and Qigong out in nature in our beautiful state in the warm weather. This issue of Wudang has been kept small in honor of the season of the sun. Be sure to check out the schedule of new classes beginning this month. Enjoy.

## Be Part of the Demonstration Team

The demo team is looking for experienced students able to discuss and demonstrate T’ai Chi at off-site events, such as meetings, conventions, and educational exchanges with other schools. Must know the Solo Form, some Qigong, and perhaps a weapon form.

Upcoming demos include:

- July 6: demo/mini class at CONvergence sci-fi convention
- August 4: demo/mini class at 2D Con gaming convention
- Sept. 28–30: mini class at DeCONgestant sci-fi convention
- Jan. 4–6, 2019: mini class at CONsole Room Dr. Who convention

Contact Kim Husband if you are interested.

## The Quotable T.T. Liang

*Often in life, what you overcome is more important than what you accomplish. For Master Liang, T’ai Chi was the tool that enabled him to overcome great obstacles in his*



*life. Here are a few of my favorite Liang quotes.*

—Paul

“Learn something about everything and everything about one thing,” Master Liang would often say. But he would caution, “Knowledge is unlimited and life is limited, so be careful how you spend your valuable time.” For him, T’ai Chi was the most worthwhile investment of time.

“Of all the exercises, I should say that T’ai Chi is the best. It can ward off disease, banish worry and tension, bring improved physical health and prolong life. Life begins at seventy. Everything is beautiful! Health is a matter of the utmost importance and all the rest is secondary.” —T.T. Liang

## Friday Afternoon Open Practice

There will be an open practice on Fridays from 1:00 to 2:00 p.m. Come and practice your solo or partner forms at the studio. Open to members only.

## Q3 and Me

July is the height of summer, with outdoor plans, picnics, and vacations in our schedules. It's also the start of the third quarter. Please remember to pay your dues this month and help us keep things flowing at the studio.



## Upcoming Classes and Schedule Changes

### Weapons Monday 7:30–8:30

Beginning in July, the Monday-night weapons class will begin learning the T'ai Chi saber. The saber has a single-edged blade and is taught to help develop active footwork, pushing power, and whole-body movement. A solo saber form and a short two-person set will be taught. The class is open to anyone who has completed the Solo Form.

### Pushing Hands Tuesday 7:00–8:15

Beginning in July, the Pushing Hands class will offer a study in the T'ai Chi posture of Press. Learn the form, feeling, and applications of this important posture. Open to members who have completed the Solo Form.

### 43 Postures Form Tuesday 6:00–7:15 and Saturday 11:30–12:30

The 43 Postures Form will be open to members who have completed the Solo Form beginning in July.

### Meditation Wednesday 7:30–8:30

#### The Six Healing Sounds and Five Animals Qigong

The Six Healing Sounds is one of the oldest Qigong practices in China. It is a calming energy practice that uses movement, sound, and visualization to balance the emotions, working with the energy of the body's five major organs.

This class integrates seated, standing, and moving sequences. The movement practice combines the healing sounds with five animal movements to create a short, easy-to-learn practice that's perfect for summer.

This is a one-hour class at 7:30 on Wednesday evenings that runs 8 weeks. It starts July 18, 2018. Cost: \$96 for nonmembers. Free to members.

### Liu Ho Pa Fa Main Form Thursday 7:30–8:30

The second section of the Main Form will begin in July for those who have completed the first section.

### 12 Animals Saturday 10:30–11:30

Beginning in July, the Saturday-morning 12 Animals class will begin learning the Eagle. Come and join the class if you are interested in giving Liu Ho Pa Fa a try. It's recommended that you practice T'ai Chi for 6 months to a year before studying Liu Ho Pa Fa.

## Contact Us

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

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New open practice  
on Fridays