



Wudang

A MONTHLY E-NEWSLETTER

3/19



From Sifu Paul

Greetings, everyone.

From the snowiest February on record in Minnesota, we step into March, the month of spring. There are certain to be a few more snowfalls this month, but in the end, the sun will prevail and bring forth the rising, radiant energy of springtime. If the rhythm of your practice has been interrupted by the weather, there's no better time to return to the studio and tune up your form in the warmth of our wonderful practice space and in the company of fellow studio members.

In this issue: simple strategies to improve your home practice, a special birthday, spring cleaning from the inside out, new studio sweatshirts, and more.



Shhhh, It's Springtime

This year, March came in like a lion, but as we move toward the spring equinox, that auspicious time of equal light and dark, internally we know that winter will loosen its grip and the season of renewed sunlight will prevail.

The practice of spring cleaning our homes is a common ritual throughout the world. In Chinese medicine, the cycle of seasons has a strong governing effect on our bodies' internal environment. Understanding and applying a few basic principles of this medical model can help us cleanse our bodies and transition into the season with renewed vitality.

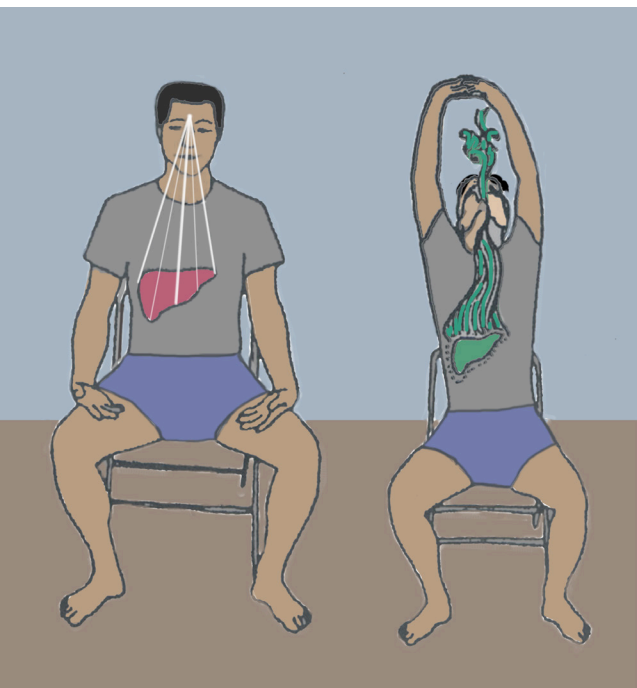
According to Chinese medicine, spring is governed by the wood element—a symbol for new growth and a shift away from the gathering force of winter to an energy that moves upward and outward. The prevailing direction of this energy is east, the direction of the

rising sun. The color green is predominant and especially healing; the sour taste should be added and enjoyed in our food, and the liver is particularly active in springtime in filtering and cleansing the body. Greens and green juices, lemons, and vinegars should be added to the diet, and short cleansing fasts are beneficial in aiding the liver in its spring-cleaning process.

The healing-sound Qigong for the liver is a simple practice that stimulates and aids the liver. Qigong uses movement, breath, visualization, and sound to mobilize the qi in the body for health and healing. To do the liver-sound Qigong, sit or stand comfortably and draw in a deep, full breath, beginning with the hands near the abdomen in a palm-up position. Lift the hands upward toward the head and visualize the liver in the lower right side of the abdomen being bathed and cleansed in a healing green qi steam as you

inhale. The palms are facing upward as you begin your exhalation, letting the hands circle downward to the left, stretching and expanding the liver on the right as you breathe out the healing sound *Shhhhh*. Use your mind intent to target the liver with the vibration of the *Shhhhh* sound.

Repeat this breath-movement-sound cycle 3, 6, or 9 times. Massage the liver area with the palms after the breath/sound cycle and nurture and evoke feelings of kindness and compassion. Increasing physical activities like T'ai Chi and other martial arts in the spring will increase the cleansing power of the liver and bring us into harmony with the season.



Question of the Month

Q: I love the 90-minute T'ai Chi Solo Form class at the studio. I get a timeless feeling from the progression of practices and always leave feeling relaxed and energized. I can't seem to do this at home, though. What's the best way to develop a home practice that gives me similar results in less time?

A: Being in the familiar environment of home offers many tempting distractions, and with no instructor to guide you, producing the discipline and focus to sustain a home prac-

tice can be difficult. A successful strategy is to take elements from the 90-minute class and practice them in short, easy-to-do sets throughout the day. Even at work, a 5-minute break of stretching, balancing, form work, or Qigong has a quick rejuvenating effect that gives lasting results. The following are some short practices taken from the three parts of the 90-minute class—stretching, Qigong, and Solo Form—that can be used as is or as part of a longer practice.

Stretching warm-ups: perform each for 1 minute for a total of 5 minutes.

1. 2 arms coiling forward, with breathing
2. Spinal cord breathing
3. Spinal wave
4. Spinal twist
5. Willow tree bends in the wind (both directions)

Balance warm-ups: perform each for 1 minute for a total of 4 minutes.

1. Golden Rooster Stands on One Leg
2. Sweep With the Knee
3. Bend the Bow, Shoot the Tiger
4. Separate the Foot

Qigong practice: practice numbers 1, 2, or 3 as a single practice for 5 minutes, or 1, 2, and 3 together as a set for 1 minute each, or 4 as its own set for 5 minutes.

1. Ocean Breathing
2. Gathering Heaven and Earth
3. Deep Earth Pulsing
4. The T'ai Chi Qigong sequence: Crane

Contact Us

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

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Spring-clean your body
with this liver-healing
Qigong method.

Breathing, Energy Spheres (rise/sink, side to side, expand/contract), White Crane Spreads Its Wings

T'ai Chi:

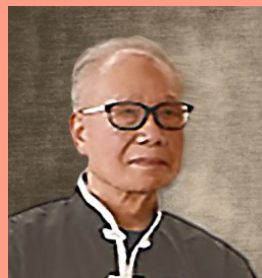
1. Grasp the Sparrow's Tail in four directions (right side only, or right and left sides)
2. T'ai Chi 5 Elements Form:
 1. Beginning
 2. Cloud Hands
 3. Diagonal Flying
 4. Golden Rooster
 5. Push (with qi ball)Repeat Beginning Posture to close the form.
3. First Section only, Second Section only, Third Section only
4. The whole form

It takes 15 to 20 minutes to perform the long form. We often take more time deciding where to go out and eat. The above list features short practices that take 3, 5, 10, or 20 minutes to do. Taking these short movement and energy breaks throughout the day perfects the practices and makes them easy to do and just might get you in the mood for a longer practice at home. These are just a few possibilities. Be creative and flexible and design your own practice, and you'll be inspired and motivated to season your day with energizing movement.



Happy Birthday, Master Choi

On March 29, our teacher Grandmaster Wai-lun Choi will turn 80 years old. Master Choi



has visited our studio many times and imparted his considerable knowledge in the following areas: Liu Ho Pa Fa, T'ai Chi, Hsing-I, Pa Kua, Tibetan Llama, weapons, Qigong, meditation, and how to use science, nature, principles, and common sense in training and in life.

Master Choi still moves with the power and flow of a waterfall and is an inspiring and joyful person. Happy birthday, Master Choi. May you enjoy many more.

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Design your own
at-home practice.

Upcoming Classes

The **Healing Tao Meditation** class **Wednesday 7:30–8:45** began learning the Wuji Gong Primordial Tai Chi Meditation on March 6. Learn the original 800-year-old lineage form of Chang San Feng, the 13th-century founder of Tai Chi. This 15-minute form is easy to learn yet uniquely powerful. It's totally different from Tai Chi Ch'uan. Its ancient name was "wuji gong," which literally means "develops skill for entering the Supreme Mystery." It is often translated as "Primordial Qigong" or "Primordial Tai Chi." Qigong is the historical Mother of Tai Chi. It was done for health and spiritual development and is older than Tai Chi Ch'uan done for martial self-defense. Usher in the new year with a powerful qigong form that really manifests

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Meditation class is
starting the Wuji Gong
form.

and embodies the changes you wish to create in your life. \$144 for 12 weeks; free to members. All are welcome.

Sweatshirt Sale Ends March 9

The studio is offering a crew-neck sweatshirt, a medium-weight hooded sweatshirt, and a heavyweight sweatshirt with a ¼ zippered front, each with an embroidered studio logo, available in black or grey. The sale ends Saturday, March 9. There is a sign-up sheet in the studio practice hall. Please prepay on or before Saturday. Make checks payable to Twin Cities T'ai Chi with "sweatshirt" in the memo, and remit your payment to Drew, Linda, or

Sifu Paul. Cash and credit cards are also accepted. These shirts are perfect to warm up in before a workout or for late-winter and spring wear.



Anniversary News

Congratulations to Kim Husband, Lynn Dennis, and Tim Dennis on celebrating 21 years of learning, practicing, and teaching T'ai Chi Ch'uan at our studio. You are the embodiment of a long-term T'ai Chi practice.

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Happy studio
anniversary to some
long-time members!.