

Wudang

A MONTHLY E-NEWSLETTER

Twin Cities T'ai Chi

3/17



from Sifu Paul

Greetings, everyone.

Welcome to March. The pulse of springtime is beating stronger as we move rapidly toward the equinox, that perfect balance between darkness and light in the marriage of Mother Earth and Father Sun. If the return of the sun makes you feel like celebrating, please join us for our spring T'ai Chi get-together.

Golden Rooster Greets the Spring:

A Studio dedication and celebration

Saturday, March 25

5:00 – 7:00 p.m.

At Twin Cities T'ai Chi studio

Any good story contains chapters, especially if it's a long story. Our studio was founded in 1984, and we have begun a new chapter in our long history.

Please join us in celebrating our unique and wonderful T'ai Chi studio and its new mission. Come for some social time, a short demonstration, a dedication, and light refreshments.

Greet old friends, make new ones, and socialize with fellow students. Bring friends and family members.

To let us know you're coming and how many people you're bringing:

- ☉ Reply to this email
- ☉ Indicate "attending" on our Facebook event page
- ☉ Sign up at the studio

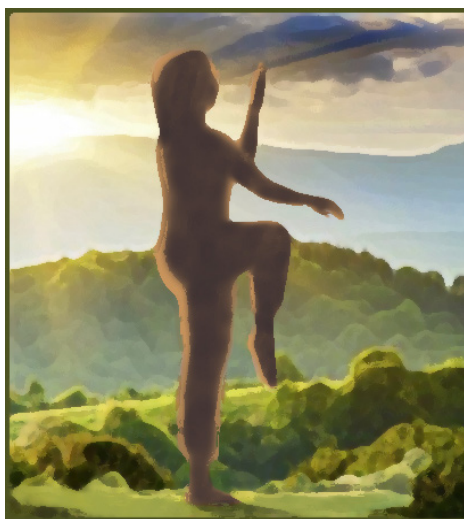
Twin Cities T'ai Chi Collaborates with the Aliveness Project

The Aliveness Project is a nonprofit member-based community center in South Minneapolis that provides supportive services to people living with HIV. We are looking for volunteers to help bring T'ai Chi and qigong into their integrative therapies program.

This is an opportunity to deepen your practice while giving back to the community. I will work closely with the volunteer (s) in developing a simple curriculum. This is an opportunity with a small investment of time (once a week) that can have a very positive impact for people. The Aliveness Project staff will provide the space, scheduling support, and class promotion/ recruitment. To volunteer or for more information, see me at the studio or contact me via the studio website.

Graduation News

Congratulations to **Gabe Boyle** for completing the entire Solo Form. Now the fun begins!



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A chance to volunteer:
the Aliveness Project

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Save the Date!

Studio Celebration
and Dedication

Saturday,
March 25th

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Congratulations on
completing the
Solo Form!

Class Schedule News

The **BOXING FUNDAMENTALS** class is open to new students. This is a fast-paced class that safely teaches the basics of boxing with an emphasis on principles and technique.

Prerequisite: none

9:30 a.m. Saturdays

The **12 ANIMALS** class is open to new students. We will continue working on the Snake form and begin learning the Ape form in March. The emphasis in this class is on body harmony and sensitivity training with a partner.

Prerequisite: none

10:30 a.m. Saturdays

The **T'AI CHI 43 POSTURES** form is a two-person form that teaches applications of the T'ai Chi postures in the solo form. We will begin

learning Symmetry 4 on March 4. This is the Symmetry that begins section two of the Tai Chi Solo Form.

Prerequisite: Solo Form

11:30 a.m. Saturdays

We will begin learning Symmetry 3 in the Tuesday night class beginning March 7.

Prerequisite: Solo Form

6:00 1st, 3rd, 5th Tuesdays

The **T'AI CHI 8 ENERGIES** class is open to members who have completed the Solo Form. Ward Off, Roll Back, Press, and Push are the first four energies and are the building blocks of T'ai Chi. This class develops a deep understanding of these four through a variety of partner practices.

Prerequisite: Solo Form

7:30 p.m. Mondays

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In March:
new Animal,
new Symmetries

In Honor of Spring

When life begins we are tender and weak

When life ends we are stiff and rigid

All things, including the grass and trees,

Are soft and pliable in life

dry and brittle in death

So the soft and supple are the companions of life

While the stiff and unyielding are the companions of death

An army that cannot yield will be defeated

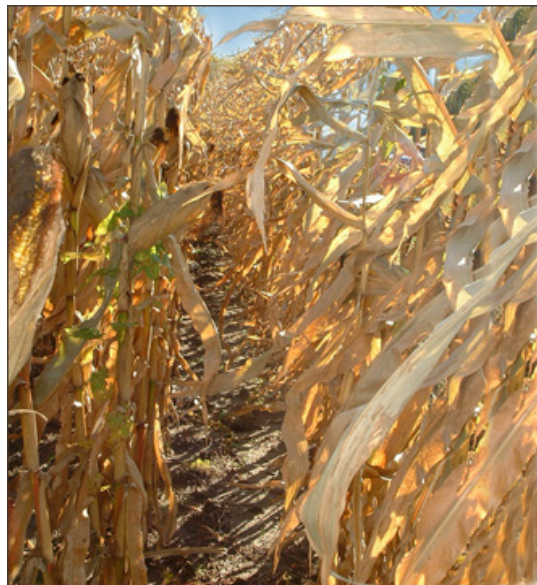
A tree that cannot bend will crack in the wind

Thus by nature's own decree

The hard and strong are defeated

While the soft and gentle are triumphant.

~ Tao Te Ching



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"...The soft and
gentle are
triumphant."

Contact Us

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

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