



Wudang

II / 18

A MONTHLY E-NEWSLETTER



From Sifu Paul

Greetings, everyone,

November is here, with its longer nights transitioning into winter. Some beautiful sun-filled days finished off the month of October. It was a month full of activity at the studio, including our 25TH anniversary celebration, our matching grant countdown, the payment survey, and the shirt sale, plus new classes and more. All will be recapped in this issue, plus a new monthly column. Enjoy.

Celebrating Our Celebration

Our Celebration 2-25 was a wonderful summary of its namesake: a gala commemoration of the past two years of new membership building, sustained growth, a rich 25-year history of teaching deep lineage-based movement arts with veteran, intermediate, and beginning practitioners, and a growing community of people who like to gather together and...celebrate!

The evening began with a short meet-and-greet period and transitioned into a demonstration of the various styles and practices we teach at the studio. The members who participated really showed their skills and hard work, demonstrating T'ai Chi, Eclectis, and Liu Ho



Pa Fa to an appreciative audience. Everyone recessed to enjoy a bountiful buffet of amazing food provided by our members and some social time that flowed like the Long Form until it was time for the final event of the evening: a presentation of Sifu Paul's 2016 China Dream Trip. The presentation featured photos of some of China's remote sacred places, including a pilgrimage up Hua Mountain, the birthplace of Liu Ho Pa Fa, and a journey up Changbai Mountain, the source of the Healing Tao qigong and meditation practices taught at the studio.

The evening was a joyful assembly that brought together people of diverse backgrounds who share a common interest in practices that promote balance, harmony, and unity of the body, mind, and spirit—an intention that's truly worth celebrating.

Thanks to event coordinator Lynn Scott for her effort in bringing things together and helping to make the event a success.

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Members and guests joined together to kick off Celebration 2-25 with Section 1 of the Solo Form.





Celebration 2-25 Demonstration

Above left: Drew Johnson and Tim Behm demonstrate the boxing techniques of Eclectsis

Above right: T'ai Chi Sword Form

Below left: Sifu Paul's dynamic Double Sword With Tassel form was a highlight of the demonstration

Below right: Liu Ho Pa Fa Main Form

Photos by Fran Myers

Contact Us

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

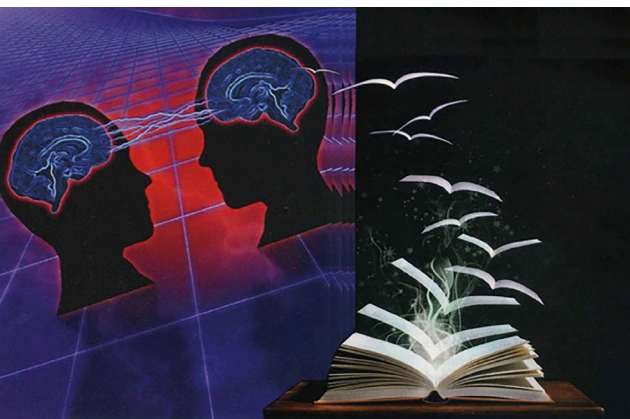
Email: mail@tctaichi.org

Website: tctaichi.org

Phone: 651.767.0267

Question of the Month

With this issue of the Wudang, we will begin a new monthly feature called Question of the Month that will supplement our studio practice with useful information on principles, theory, history, applications, and other ideas on T'ai Chi, Qigong, and the other practices taught at the studio. If you have a question you wish to have considered for this column, write it down and place it in the logo box in the studio.—Paul



Question: What Are the Original 13 Postures of T'ai Chi?

Answer: The original 13 postures of T'ai Chi refer to eight techniques and five movement patterns that form the foundation of the practice of T'ai Chi Ch'uan. The eight techniques are:

1. Ward Off (Peng): to keep away
2. Roll Back (Lu): to allow in then guide away
3. Press (Ji): to control with one hand and issue force with the other through the point of contact;
4. Push (An): to use yin and yang to issue force through the palms and settled wrists;
5. Pull (Cai): to grasp or pluck
6. Split (Lie): to divide energy, a joint, upper from lower, mind from body
7. Elbow (Zhou): to strike with the elbow or other bony surface or use folding technique
8. Shoulder (Kao): to bump with the shoulder.

The five movement patterns are Advance, Retreat, Gaze Left, Look Right, and Central Equilibrium.

The eight techniques are mechanical movements that have martial arts applications. When sufficiently mastered, they have distinct feelings when applied with a partner/opponent and, at the highest level, are sometimes referred to as the eight energies.

The five movements create the proper distance, power, and leverage to make the techniques functional. Advance and Retreat refer to shifting the weight or stepping forward or backward. Gaze Left, Look Right refers to turning the waist right or left. Gaze is when the waist is partially forward and Look when it is completely turned forward. Central Equilibrium is a constant state of balance and centering around the body's vertical axis that also produces upward and downward movements.

The postures of the solo form are comprised of various combinations of the 13 postures. Understanding the building blocks of the 13 postures will deepen one's comprehension of the movements, mechanics, applications, and energy of T'ai Chi.

"The thirteen postures must never be regarded lightly. The original source of their meaning is in the waist. Pay special attention to your every posture and seek out its hidden meaning, then you can acquire this art without exerting excessive effort."

"To enter the gate and be guided onto the correct path, one requires verbal instruction from a competent master. If one practices constantly and studies carefully, one's skill will take care of itself."—Song of the Substance and Function of the Thirteen Postures classic.

"Originally there were only thirteen postures in T'ai Chi Ch'uan. Through progressive changes the entire series has now evolved to one hundred and fifty postures. The thirteen postures of T'ai Chi possess the potential of prolonging life and the art of resisting insult. The theories and principles are so profound and abstruse that it is very difficult to acquire this art. The words 'must never be regarded lightly' contain a measure of advice and an earnest hope that the Thirteen Postures which are so important to human life must not be regarded as negligible."—T.T. Liang

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Got a question?
Put it in the logo box.

We Did It!

Our matching grant fundraiser has reached our goal of \$5,000. The 5k figure will be matched, bringing the total to \$10,000 to be used for the studio's operations, education fund, studio upgrades, and more. Thank you to all of you who helped us achieve our goal.

This is our major fundraiser for the year and has replaced the studio's annual Autumn Ask Letter. We are a 501(c)(3) nonprofit, so all of your donations are tax deductible. If you would like to support the studio and its mission and are looking for end-of-year tax contributions, please consider making a donation.

To donate, simply leave a donation in the pay box in the office or swipe a card there, mail a donation to the studio, or add it to your upcoming dues. Please write "matching grant" on the memo line of your check made out to Twin Cities T'ai Chi.

Thank you for your generous continued support of our studio.



The Shirt Sale Is Ending

The buy-one-get-two shirt sale is ending on Nov. 15. Stock up for yourself or give the gift that keeps on giving our studio wider exposure. Available in black with white studio name and logo or a stylish white shirt with black studio name and red logo.



Just a Few More, Please

Thank you to those of you who have already filled out our brief two-question survey regarding tuition payment options. We have received surveys from about 30% of our membership. This provides a useful indication of member preferences, but we would like to have at least a 50% to 60% return from our total membership.

The board is exploring payment options that may simplify both your tuition payments and our processing. We have a short two-question survey that will help us to know your payment preferences. *Even if your preference is to continue to pay by cash or check, we would like to know that.* If you haven't filled out a survey, please take a moment to do so in the next week or so. Thanks.

Upcoming Classes and Schedule Changes

Beginning Wed., Dec. 5, at 7:30 to 8:45 p.m.:
Learn the Microcosmic Orbit

The Microcosmic Orbit is the best-known Daoist meditation practice; it was written about more than 2,000 years ago. The orbit meditation activates two primary deep

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Member generosity filled our matching grant coffers and our Celebration 2-25 buffet.

channels in the body, which help control the balance of energy flow in the body. These two deep channels nourish the 12 meridians or pathways of qi flow that are used in acupuncture. This greater circulation of energy has a positive impact on the overall health of the body. The course will teach a standing practice, which opens the orbit pathways, as well as a seated microcosmic practice. Begins Wednesday, Dec. 5, 7:30 to 8:45 p.m. for 12 weeks. Cost \$144 for nonmembers; free to members.

With Gratitude and Thanksgiving

The month of November contains the holiday of Thanksgiving, that single day of remembrance for things we are grateful for. Our studio is open five days a week and operates on the generous donation of time and talent by dedicated members and volunteers. The studio couldn't operate without them. For this we are truly grateful.

The following is a short list of some of our core volunteers and what they bring to the studio:

Our board of directors:

Tom Hautman, treasurer
Nancy Mosier, former board president, at-large member, and office manager
Adam Nelsen, board president
Ed Phillips, secretary

Our talented tutors:

LaVonne Bunt, tutor, studio cleaning, attendance records
Lynn Dennis
Tim Dennis
Dan Frederick
Tom Hautman
Linda Hermanson
Kim Husband, tutor, newsletter editor, Facebook manager, curriculum assistant
Christopher Knutson

Design and branding: Todd Nesser

Sales: Drew Johnson

Practice hall upgrades: Fran Myers

With gratitude to all our volunteers and our members.



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Dan Frederick and
Kim Husband
demonstrated
Symmetries 1 and 2
of the 43 Applica-
tions Form for
Celebration 2-25.