



Wudang^{12/19}

A MONTHLY E-NEWSLETTER



From Sifu Paul

The snow is on the ground, and the chill is in the air and in the bones as we rush to compress an extra helping of activity into shorter days. The winter solstice (sun standing still) is near: at dawn for two or three days, the sun seems to linger for several minutes in its passage across the sky before beginning to double back, giving us a taste of time standing still. I always try and add in an extra helping of T'ai Chi or meditation this time of year to kindle the light within before welcoming more light without.

Thanks to all of you for your presence and participation in our wonderful studio. May you enjoy the quiet stillness of the season.



Snow Days

It's winter in Minnesota. If this winter runs true to form, we can expect some heavy snow days that make travel unsafe and inadvisable. When such weather occurs, we will cancel classes for the safety of our members. There are three sources for you to check if classes are cancelled due to bad weather:

1. The home page of the studio web site (tctaichi.org); at the top of the page, a red banner will have class cancellation notices posted.
2. We will send an email to members on our mailing list.
3. The studio Facebook page will have class cancellation notices posted.

Let's hope Mother Nature keeps the snow days to a minimum this season, but always check in if travel conditions seem unsafe.

Closed for the Holidays

The studio will be closed the week of Dec. 24 through Jan. 1 for the winter/holiday break.

It Was a Very Good Year: The Year in Review

2019 was a productive and busy year at the studio. It began and ended with some improvements to our beautiful space with a refinishing of our wood floor last winter and the creation of our community room this fall.

We continue to share T'ai Chi with the larger community. Kim Husband led the charge, conducting workshops at several conventions, including CONsole, MarsCon, Paganicon, and Minicon, and seminars at a JW Marriot Hotel Employee Wellness event and a retreat for Girl Scout leaders.

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Check email, website,
and Facebook for
snow-day closings.

We mourned the loss of Grandmaster Gin Foon Mark in February; his presence and teaching live on at the studio.

We held a successful fundraiser and matching-grant campaign that raised more than \$10,000 for studio operations, continuing education, studio upgrades, and more. Thank you to our anonymous donors and to all who contributed to the fundraiser.

The Wai-lun Choi Video Library continues to be preserved as we convert 10 years of his teaching on VHS tape to a digital format.

Todd Nesser and Sifu Paul have started shooting preliminary tests for educational videos of the Solo Form, Qigong, and Push Hands.

Most of all, our wonderful staff of tutors continued to share the art of T'ai Chi to our growing membership, our curriculum continues to deepen and expand, and our board of directors works to keep us a viable organization. We are looking forward to continuing our commitment to our mission and expanding our membership in the coming year.

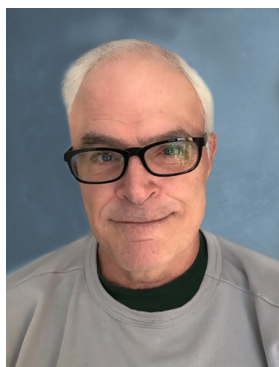
Meet the New Board

Twin Cities T'ai Chi is a 501(c)(3) nonprofit studio school. The board of directors is the heart of our organization and is instrumental in realizing our mission to bring the art, science, and spirit of T'ai Chi to the broadest number of people in our community. We are pleased to introduce three new board members to our studio membership and broader community. —Paul

John Grey, Board President

John has been a member of the studio since 2015.

John worked as a nurse manager at HCMC for 43 years, including some time as director. He managed the inpatient psychiatry



department and managed a large staff and personnel budget as well as staffing, scheduling, and programming. As director, John oversaw outpatient psychiatry services as well as rehab services, which included the physical therapy department, occupational therapy department, speech pathology, inpatient rehab, and the Hennepin County jail services.

John currently serves on the Stillwater Library Foundation Board.

“The senior students make such a difference, contributing to the well-being of the studio by teaching and mentoring new students. I look forward to being able to contribute to our vibrant community looking toward future financial stability and viability.”

Dave Sagisser, At-Large Member

Dave has been attending classes at Twin Cities T'ai Chi since the mid-1990s.

Dave has been on the elder board of his church several times, with two terms as chairman of the board. Dave also was chairman of the



board for a national Christian ministry. He is currently on a board of advisors for cybersecurity at Century College in White Bear Lake. Dave brings leadership experience from both his corporate career and nonprofit experience, with skills including delegation, prioritization, teaching, and mentoring.

“I desire to be on the board for Twin Cities T'ai Chi because I have for so many years learned so much here, and this would be a

Contact Us

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

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Meet our new board
of directors

good opportunity to ‘give back’ so that many others can benefit from the learning opportunities at TCTC.”

Morgan Willow, At-Large Member

Morgan has been a member of the studio since 1997.

She served a three-year term as secretary on the TCTC board 10 years ago and brings that experience to bear. “My service as a board member did provide me with a close-up experience with the operations and processes of the studio as it functioned at that time. I learned a lot about the challenges the studio faced in terms of membership, budget, and organizational concerns. From this experience, I can bring a long view to board discussions as we move on into the life of the new/renewed TCTC studio.”



Morgan also brings the skills and insights of her work as a poet and writer to her service on the board.

“I’ve been coming to the studio since October of 1997, so 22 years. Not only has the study and practice of T’ai Chi become a major part of my life and health, but the studio community has come to mean a great deal to me. I have practiced the form with some studio members from very early on; that is a special kind of gift. At the same time, I am always excited to embrace new members into our community and to observe their fresh encounter with T’ai Chi. I see my service on the board as a way of giving back to this community, which has given so much to me.”

Outgoing Member Nancy Mosier

Nancy came to the board in 2016 as an advisor and was instrumental in guiding not only the board but the studio itself during its restructuring that year. She joined the board shortly thereafter as an at-large member and eventually became board president.

Nancy brought her background in business to the board and helped create efficiency in meetings and well-defined roles in board positions. She served during the rebranding of the studio and guided the creation of our mission, vision, and values statements and the revision of our bylaws to name just a few of her accomplishments.

We say good-bye with deep gratitude for her service. Nancy remains in her position as the studio’s business manager.

Graduation News

Congratulations to Libby Frost and Marianne Kollar for completing the T’ai Chi Solo Form. Now the fun begins!

Upcoming Classes and Schedule Changes December/January

There are exciting classes on the horizon this winter.

Monday Night Weapons, Jan. 6, 7:30–8:30: We will begin to learn the T’ai Chi Fan Form. The practice of T’ai Chi Fan develops grace and beauty in your empty-hand forms. In their utilitarian form, besides being used to cool oneself and provide shade, fans were made of fine paper and silks and were decorated as works of art.

Chinese fans also have a history as martial weapons. Fighting fans had ribs made of sharpened steel and were used for blocking, joint locking, point striking, and stabbing in the closed position and slicing, slapping, and distracting in the open position. Because of its disguised nature as a weapon, the fan was favored by women and gentleman-scholar/martial artists in China and was adopted by internal schools because it utilized “softness to overcome hardness” principles.

The class is open to anyone who has finished the Solo Form. This is a great form for those

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Congratulations,
Libby and Marianne!

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.

T'ai Chi 43 Postures Form, Tuesday, Jan. 7, 6:00–7:25 p.m. and Saturday, Jan. 11, at 11:30 a.m.–12:25 p.m.: We will learn Symmetry 5, which covers the postures Turn and Chop, Parry and Punch, Step Forward to Ward Off Right, Cloud Hands, High Pat on Horse, Separate Foot, Kick With Heel, Punch Downward. Come and learn Symmetry 1 if you've finished the Solo Form.

The Healing Tao Wednesday at 7:30–8:30: The Healing Tao Sampler Series (\$20; free to members):

Dec. 11: Microcosmic Orbit—Expanding Orbits Qigong: The Microcosmic Orbit is the best known of all the Taoist alchemy practices. This meditation moves Qi in two deep energy channels within the body, bringing increased circulation and healing throughout. There is both a standing and a seated practice. We will focus primarily on the Standing Orbit Qigong during this 60-minute sampler class.

Dec. 18: The 8 Extraordinary Vessels Qigong: The 8 Extraordinary Vessels are the deepest energy pathways in the body in the Chinese medical system. They store, distribute, and regulate vital energy in the body. This Qigong is not part of the fundamentals course and is not usually taught at the studio. Come

T'ai Chi Fans for Sale

The studio has a limited number of T'ai Chi fans for sale before the upcoming Fan Class. Bamboo fans in a variety of colors are \$18, and there is one remaining metal fan on sale for \$29.



experience a Qigong designed to open the Central (Chong), Front (Ren), Back (Du), Middle (Dai), Leg (Qiao), and Arm (Wei) Vessels in the body. This is a more advanced Neigong practice, but all are welcome to come and try it.

The Healing Tao Inner Smile, Jan. 8–March 11, 7:30–8:45 p.m., \$144 (free to members):

The Inner Smile is a seated meditation practice that is the foundation practice of the Healing Tao system. We will learn to move neutral energy (called yuan Qi) through five natural pathways in the body with a focus on developing a deep sense of unconditional self-acceptance.

We will learn one pathway per week, adding a new path to the one from the previous week, until we can meditate through all pathways in one meditation session. Inner Smiling is a simple and practical way to connect to what the Chinese call “ling,” or our inner heart essence, helping us to be more accepting and spontaneous in expressing our unique and natural soul pattern. This is a beginner-friendly

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Double spiral





class, so if you haven't meditated before, there will be plenty of helpful guidelines and assistance in helping you build your practice in a natural and gradual manner.

Eclectis: Boxing Fundamentals, Saturday 9:30–10:25 a.m.: Learn the fundamentals of boxing and acquire the five elements of martial arts—speed, timing, accuracy, power, and foundation—thru carefully selected drills and practices. Great for reflexes, conditioning, and understanding the core principles of martial arts. This class teaches how to strike and throw combinations of punches with proper body mechanics, flow, and rhythm to maximize leverage and conserve energy and also how to train with a partner using safety-training gear: focus mitts, punch balls, and foam sticks. It's also a lot of fun. This class develops an understanding of the striking aspects of T'ai Chi. Beginners are welcome.

12 Animals Class Saturday 10:30–11:25 a.m.: The 12 Animals is the foundation practice for

the Liu Ho Pa Fa system. Beginning Saturday, Dec. 14, we will teach the Mandarin, a mythological animal that develops coiling energy and lateral striking movement. Beginners are welcome.

The Liu Ho Pa Fa Main Form will be taught Thursday evenings beginning Jan. 9 at 7:30–8:30 for those who have completed one or more cycles of the 12 Animals Forms. This is what the Animals Forms have prepared you for. This is the original form of the Liu Ho Pa Fa System as created by Li Dong Feng. It is a deep and intricate journey through the six harmonies and eight methods, with many techniques, fighting strategies, and beautiful movement sequences.

The form is in two sections; each section is subdivided into three smaller sections. We will begin learning Section 1A, which contains the first 10 postures. Talk to Sifu Paul if you are interested in joining the class.

Question of the Month

The question of the month will resume in next month's *Wudang*.

*The Hall of Happiness
Let true affection and happy
concourse abide in this hall. With the
constancy of the planets in their
courses, or the dragon in his cloud-
wrapped path, let us enter the land of
health and ever after walk
within its bounds.
—Professor Cheng Man-ching*

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Prof. Cheng Man-Ching
performs The Chief
Star of the Dipper