

# Wudang

Twin Cities T'ai Chi  01\24 

TEACHING THE ART, SCIENCE, AND SPIRIT OF T'AI CHI

## From Sifu Paul

Greetings, everyone,

Happy New Year! It's the auspicious year of the Earth Dragon this Chinese (lunar) New Year on February 10, the same day as our upcoming studio potluck. We hope to see you there.

The Chinese dragon symbolizes movement and transformation, power and strength, abundant vitality and good fortune. May it be so for us all.

## Let's Celebrate!

The studio has seen impressive growth in the past year. We love the increase in membership, but members in beginning, advanced, partner, and weapons classes don't get to interact with each other much. One way to remedy that is to bring everyone together with a social event. The studio hosts both a summer picnic and a winter potluck.

We invite you to come and celebrate the new years (both solar and lunar), the season of winter, and the returning light! Mostly, we want to get together and celebrate with each other, share some food, make friends, and build community. Please join us for the New Year's Potluck on Saturday, Feb. 10, from 4 p.m. to 8 p.m.

There is a sign-up sheet on the website, ttaichi.org, and one at the studio to let us know how many are coming and what potluck item you are bringing. Please sign up as soon as you can, because we need to order tables and chairs and other items. The event is right around the corner.

There is also a sign-up for help in setting up and taking down the event if you can.



## Current Class Schedule

### Monday

- T'ai Chi Solo Form 6:00 p.m.–7:15 p.m. (also Zoom)
- Qigong and Meditation 7:30 p.m.–8:30 p.m.

### Tuesday

T'ai Chi Symmetries:

- Level 1 6:00 p.m.–7:15 p.m.: Symmetries 3 and 4
- Level 2 7:15 p.m.–8:30 p.m.: Symmetry 6

### Wednesday

- Beginning Solo Form Fundamentals 12:30 p.m.–1:45 p.m.
- Beginning Solo Form 6:00 p.m.–7:30 p.m.

<<

New Year's Potluck

Sat., Feb. 10  
4 p.m. – 8 p.m.

## Thursday

- Solo Form Refinements  
6:00 p.m.–7:30 p.m. (also Zoom)
- T'ai Chi Weapons: T'ai Chi Cane Form  
7:30 p.m.–8:30 p.m.

## Saturday

- Beginning Solo Form Sections 2 and 3  
10:15 a.m.–11:30 a.m.
- *Common Warm-Up & Qigong*  
11:00 a.m.–11:30 a.m.
- Beginning Solo Form Section 1  
11:00 a.m.–12:15 p.m.
- Solo Form 12:30 p.m.–1:45 p.m.  
(also Zoom)

## Graduation News

Congratulations to Lynn Scott, Emily Goldberg, and Paul Stever, for completing the T'ai Chi Fan course.

## Resolutions, T'ai Chi, and Better Habits

With the start of the New Year comes the time-honored tradition of forming New Year's resolutions to improve some aspect of our lives for the year ahead. Unfortunately, statistically, most end in failure—even a few weeks after making them. Creating and focusing on better daily habits rather than resolutions increases the likelihood of sustaining the behaviors that produce the results we seek. Desire to move more, eat better, sleep better, and become more fit are common goals in a typical new year.

Our environment is a key factor in forming new or better habits. James Clear, a habits and time-management expert, asks, "How can I stay motivated when my habits go against the grain of my social environment? ... The best option is to join a culture where (1) your



desired behavior is the normal behavior and (2) you already have something in common with the group.”

At Twin Cities T'ai Chi, we provide the perfect environment for developing the powerful practices of T'ai Chi, Qigong, and meditation. It's not always possible to get to all the classes you want to attend, but you can reinforce the practices and habits learned at the studio by creating smaller practice habits during the week.

One successful strategy is to take elements from the studio T'ai Chi class and practice them in short, easy-to-do sets throughout the day. Even at work, a 5-minute break of stretching, balancing, formwork, or Qigong has a quick rejuvenating effect that produces lasting results if done consistently over time.

## Contact Us

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

**Email:** [mail@tctaichi.org](mailto:mail@tctaichi.org)

**Website:** [tctaichi.org](http://tctaichi.org)

**Phone:** 651.767.0267.

*All articles and other content created by Paul Abdella unless otherwise noted.*

^

T'ai Chi Fan Class (left to right): Instructor Stephen May, Emily Goldberg, Paul Stever, Lynn Scott



The following are some short practices taken from the three parts of the studio T'ai Chi class: (1) stretching, (2) Qigong, and (3) Solo Form. You can use them as is or as part of a longer practice.

For those members who have just started learning T'ai Chi, using the practice sheets and videos available on our website's Members section is a simple way to get started. Printing out the sequences below and having them handy at home or work will make them easy to do and help you develop the small habits that become practices for life.

**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 with breathing
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 No. 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 Breathing, Energy Spheres: rise/sink; side to side; expand/contract; White Crane Spreads Its Wings

**T'ai Chi Solo Form:**

1. Grasp the Sparrow's Tail in Four Directions (right side only, or right and left)
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 T'ai Chi Long Form—not long when we consider daily screen time on our phones, binge-watching a television series, or other distractions. The above list features short practices that take about 3, 5, 10, or 20 minutes to do. Taking these short movement and energy breaks throughout the day will perfect the practices and make them easy to do, and it 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 practices, and you'll be inspired and motivated to elevate your mood and season your day with energizing movement.

<<

A 5-minute break of stretching, balancing, formwork, or Qigong has a quick reviving effect that produces lasting results if done consistently over time.