

Wudang

A MONTHLY E-NEWSLETTER

Twin Cities T'ai Chi

2/17



from Sifu Paul

Greetings everyone,

Happy Chinese New Year. This is the year of the fire Rooster, an animal that wakes us up at the dawn of a new day. There is much in the way of studio news to report. First and foremost I am happy to share our new mission statement with you.

MISSION STATEMENT

"TWIN CITIES T'AI CHI is dedicated to teaching the art, science, and spirit of T'ai Chi and related practices to improve the quality of life for its members and community.

To fulfill this mission, we teach traditional practices through methods that are clear, practical, and accessible to people of all ages and backgrounds. We provide an environment that is safe and conducive for members to learn the arts at their own pace, develop tranquility and focus, foster healthful habits and self-confidence, nurture friendships and community, and experience more deeply the presence of what the Chinese call *Chi* or the life force in their daily lives."

Thanks to members of the board and all of you from the community who shared your thoughts and ideas that laid the ground that produced our clear and inspired mission statement.



Twin Cities T'ai Chi

The Studio has a New Logo!

This is a more ancient version of the yin yang symbol. The familiar yin yang symbol recognizes two polar forces of yin energy (receptive, contracting), and yang energy (creative, expanding). The new logo shows yin and yang energy flowing in and out of a third force, an un-polarized neutral energy called yuan, meaning original force. Yin and Yang continuously revert back into their original (yuan) form before being re-polarized anew.

To understand this idea we can examine our own breath cycle. After an inhalation or exhalation, there is a moment of turnaround that is neutral, neither inhaling or exhaling that allows the breath to transform to the opposite phase in the cycle. This moment is brief and largely unconscious but nonetheless present with every breath we take. Another example is to look at our own bodies. We are a physical expression of polarity. We have a front and a back, a left and right side, and even our central core running vertically through the center of our bodies has a top and a bottom. At the midpoint of this central column, we are neutral and un-polarized. This is the area of the heart.

Our new logo is a visual representation of the three streams of living energy that manifest in the practices we teach. They express themselves as movement (yang), stillness (yin), and the unity and ground that merge and connect them (yuan). If we hold clear intention to enter this center pearl and create from our original neutral core we may more easily hold and engage with life's many polarities.

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Chinese New Year and a visit with Master Gin Foon Mark.

Class Schedule News

THE SATURDAY 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.
SATURDAYS 9:30

THE 12 ANIMALS class is open to new students. We are currently learning the snake form. The emphasis in this class is on body harmony and sensitivity training with a partner.
SATURDAYS 10:30

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 4th.
SATURDAYS 11:30
prerequisite: solo form

We will begin learning Symmetry 3 in the Tuesday night class beginning March 7th.
1ST, 3RD, 5TH TUESDAYS 6:00
prerequisite: solo form

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.
MONDAYS 7:30



Studio Celebration and Dedication

Saturday, March 25th at 5:00-7:00 pm.
Please join us in celebrating spring and the success of our studio. There will be T'ai Chi demonstrations, a dedication and altar ceremony to commemorate our new studio, a short studio tour, and, of course, food.

Invite your family and bring a friend who may be interested in T'ai Chi. More details to come. Look for sign ups at the Studio.



Newsletter Help

We are looking for someone with skills using Microsoft Publisher, or Macintosh Libre Office, or Adobe InDesign with an eye for page layout that can put our monthly newsletter together. The content will be provided; you would format it and turn it into a newsletter. Estimated time investment: 2-3 hours a month. If you are interested and able, please contact Paul at paulabdella.com or Rondi at rondi@visi.com.

With Gratitude

Thanks to Todd Nesser for bringing into form our new logo and for his beautiful re-design of our newsletter.

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Save the Date!

Studio Celebration
and Dedication

Saturday,
March 25th

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The Dream of Cheng
San-feng: to transform
conflict with softness
and circularity.

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"The lotus flower
blooms most
beautifully from
the deepest
and thickest mud."
– Buddhist Proverb