



The Newsletter of the
**Twin Cities T'ai-Chi Ch'uan
Studio**
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Wu-Dang

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Complimentary for studio members.
\$5.00 subscription for others.
Please send requests to address at left.

New Schedule

Our new schedule begins January 15, and all classes remain the same except the following: **Monday night Weapons** class will review **Sabre** and **Man Chiang Hung Sword**, and will begin **Sabre Fencing** and the **Cane**. **Wednesday Hsing-Yi** class will review **Beng-Choi** and will continue with the other four fists. **Thursday night Praying Mantis** class will switch to **Level 3**. There will be a **Hsing-Yi 12 Animals** class from 8:30 to 9:30 p.m. on the second and fourth Thursdays of the month. Practice for the same class will be on the first and third Thursdays. If you have any questions asked one of your instructors. ☺

Saturday Evening Seminars Continue!

This year we have brought back the Saturday night seminars. Three of the five classes are still to come. You need not sign-up (aside from the Red Cross training), just come ready to enjoy. Feel free to bring a friend or family member. The dates are as follows:

Saturday, January 22 (NOTE date change), 7-9 p.m.
Poetry by Morgan Grayce Willow

"The way to do is to be."

-Laotzu, trans. by poet Witter Bynner

When we study T'ai-Chi Ch'uan, we begin with the solo form. First we learn the form, then we learn from the form. The same is true of poetry. Laotzu says, "The way to do is to be." A humble poet says, "The form itself will teach me." Join me as we step into begin as poets. We learn some simple forms. Then, we allow the forms to teach us.

Saturday, March 12, 6-10:00 p.m.
American Red Cross Adult CPR Course

Everyone should know what to do in an emergency. You should know who to call and what care to provide. Learn all

Chinese New Year

On February 19, we are celebrating Chinese New Year, the Year of the Rooster. A demonstration held at the studio beginning at 6:00, followed by a traditional altar ceremony.

We will then go to U Garden for a traditional banquet. Family and friends are invited to the demonstration, there will be a sign-up at the Studio for the banquet including menu and pricing, as there is a maximum number. ☺

the skills of adult CPR needed to save the life of an adult victim of sudden cardiac arrest. In this course you will learn: Rescue Breathing, CPR, First Aid for choking, use of a breathing barrier and disposable gloves, recognizing signals of heart attack. Each participant will receive a certification for Adult CPR from the Red Cross. **We need sign ups to meet the minimum by February 21. Cost is \$50 per participant.**

Saturday, April 16

Legacy & T.T. Liang by Pat Hemmis & Anita Ryan

"Work hard, work well and wait for your allotment." With these words T.T. Liang has given us a somewhat cryptic glimpse into the nature of legacy. Join Pat Hemmis and Anita Ryan as they explore the paradox of the human drive to leave a mark on the world. During this session participants will have an opportunity to grapple with their own legacy in the worlds of tai chi, of work or of personal relationship. Using metaphor strategies, mental model tools and the words of Master Liang, Pat and Anita will present an opportunity for participants to open a door for creating their own conscious legacy. ☺

New Etiquette Guidelines at the Studio

By Julie Cisler, Twin Cities T'ai-Chi Ch'uan Studio Board Member

You may have noticed a newly framed piece of paper hanging on the wall in the Studio. It's a list of Etiquette Guidelines for the students of Twin Cities T'ai-Chi Ch'uan.

Why did the Studio Board post this Etiquette Guideline list? One reason is that the Studio has grown exponentially in the last few years. With as many as 50 students in a single class, it's impossible for our Instructors to monitor every student at all times. Also, the Studio Board felt it was important to have a tangible reminder to the students that the rules of behavior at this T'ai-Chi Ch'uan Studio are sometimes very different from life outside the Studio. This difference is important to maintain respect for the Instructors, the Studio, and most of all, the Martial Art lineage we are a part of.

Many of these guidelines are common sense. But they are important to us as reminders of proper behavior while attending classes. For example: If there are four students in a class, and half of those students begin talking while practicing, it may not disrupt the class. But if you have six times that many students, and half of them are talking, that quiet conversation easily becomes a deafening noise.

Speaking as a student who has inadvertently made many etiquette faux pas over the years I have attended the studio, I'm glad for these reminders.

Other etiquette guidelines on the list may be new to you. The most obvious example I can think of is the first item on the list, "The traditional title of respect for your instructor is *Sifu* (skill-father), or *Simu* (skill-mother). Ray Hayward and Paul Abdella are the current instructors at the studio." Many of the students who have attended this studio for a few years remember a time when Ray and Paul did not require us to address them as Sifu. This policy has changed because of two things Grandmaster Wai-lun Choi said. First, several years ago, Grandmaster Choi asked Ray, "Why don't your students address you as Sifu?" And recently Grandmaster Choi told Ray and Paul, "You are Sifus, but I am THE Sifu!" Now we are making it official by including it in this list.

Do you have specific questions about any of these guidelines? The most important thing the Studio Board wants you to remember is that our Instructors are always willing to answer your questions. So please ask them! I know I will. ☺

Etiquette Guidelines

1. The traditional title of respect for your instructor is *Sifu* (skill-father), or *Simu* (skill-mother). Ray Hayward and Paul Abdella are the current instructors at the studio.
2. The desk and its chair in the office are for the exclusive use of the Chief Instructor. Please refrain from using or placing anything on it. Permission to take something from it once does not give a person future privileges. This applies to the cabinet in the office as well.
3. Do not use or handle weapons or equipment that you have not been trained to use. If you wish to practice weapons or other forms, please be considerate of your classmates. Your practice should be consistent with the subject and mood of the upcoming class.
4. You should be at the studio and prepared for class at the time stated on the schedule. If you must be late for an unavoidable reason, please join the class quietly and respectfully at an appropriate time.
5. Please observe good personal hygiene and maintain a clean uniform at all times.
6. While at the studio, practice of "styles" or forms from outside the studio is disrespectful to your teacher and school. The studio is not a gym, and your tuition does not allow you access to it or the instructors at your convenience.
7. Please take everything with you when you leave the studio that you bring in when you come. Students should do their best to help maintain a clean studio.
8. Treat your senior students with respect.
9. If you are asked to help teach during a class, you should only teach specifically what you have been asked to teach, at the time you have been asked. Teaching inside or outside the studio without permission is disrespectful.
10. If you have a question about a form, a movement, an application, or anything else taught at the studio, ask one of the instructors. They are here to help.
11. If you are going to be away from the studio for an extended period or will be leaving the school, please let your instructor know. It is also common courtesy to notify your instructor if you are planning to drop out of or join a specific class in the middle of a session.
12. Please help welcome new and prospective students. Introduce yourself to them, and if possible, introduce them to the instructor.
13. Class time is not the time to catch up with friends or air personal grievances. Please refrain from talking during class unless you are discussing the subject at hand. It should not be your partner's responsibility to ask you to keep quiet.
14. The small room and the hallway are for the use of the class that is being taught in the main room. If you show up early for class and are in either of these areas, please make room for students from the current class when the space is needed.
15. Please do not bring items of value into the studio. The Twin Cities T'ai-Chi Ch'uan Studio is not responsible for any items that may be lost or stolen.
16. The altar is a place of respect for our lineage and teachers. Lighting of incense at the altar should only be done by the instructors.
17. Please do not ask your teachers to make exceptions to any of these guidelines for you. These rules apply to ALL students.

The Four Ends

By Grand Master Wai-Lun Choi

This method has to do with how the body connects to form a single piece. The spirit is involved also, an attitude of ferocity and courage, along with what is occurring physically. The four ends of the body are: the tongue, the teeth, the nails, the hair. To employ this method the body must move. Think of a tree: when the wind blows, the whole tree sways, not the separate leaves or branches.

Tongue

The tongue in the meat (muscle) of the body at its tip. The body is relaxed internally, tongue resting lightly on the roof of the mouth, the ch'i flow maintained and an attitude of calm. When the four ends connect, the tongue pushes the gums and teeth, the lower palate, up and out. The tongue is also the end of the ch'i power, which connects when the tongue touches the palate.

Teeth

The teeth are the tips of the body's bone. Before you apply this method the mouth is loosely closed, the teeth touch lightly and everything is relaxed. Then, when the

four ends connect, the teeth grip and clench together. This helps induce a martial state of mind, the alertness, the intensity and fearlessness, like a hungry tiger about to spring. Bite the teeth together to tighten and firm up the neck for a punch defense.

Nails

The nails are the end of the tendons and connect the muscles to the bone. The fingers and toes must grip tightly; you should feel yourself connecting to the bone. Picture a tiger pouncing, an eagle swooping and snatching up its prey. Notice how your fingernails change color when you tense or relax.

Hair

The hair is the end, the farthest reach, of the blood; when the blood pump rapidly, the hair stands straight up, the way an animal's will when it is angry. The feeling is one of fierceness and confidence so the circulation is complete. ☺

In Memoriam

We wish to take this space to remember

Peggy Ward

who was a member here for over five years. She passed away December 1, 2004 and will be missed. Rest in peace.

Ray and Paul's Private Fee Increase

Members: \$50/hour, 2 people \$30 each,
3 people \$25 each, 4 people \$20 each

Non-Members: \$70/hour, 2 people \$50
each, 3 people \$45 each, 4 people
\$40ea

Now on sale—*NEW* T'ai-Chi Fan Form DVD, \$18 By Diane Cannon

Founded nearly 1,000 years ago by the Taoist Chang San-Feng, T'ai-Chi Ch'uan (Pronounced Tie-Gee-Chwan) is an ancient Chinese slow-motion exercise for health, self-defense, mental development, and meditation. The name T'ai-Chi signifies the harmonious balance and ultimate unity of opposing forces in the universe. This DVD shows the T'ai-Chi Fan Form and its applications as they are taught at the Ming Tao T'ai-Chi Ch'uan Studio. The form is shown from both the front and back. Using the subtitles feature of your DVD player will allow you to see the names of the postures as they are performed.



Sifu Diane Cannon (Ming-Mei) began her meditation and martial arts training in 1986 with Alan Tullotson. In 1987 she met Sifu Ray Hayward and was accepted as a student of his in 1989.

She is a personal disciple of Sifu Ray Hayward of the Twin Cities T'ai-Chi Ch'uan Studio making her the 7th generation in the Yang Style lineage. Diane learned the complete Yang-style T'ai Chi Ch'uan system as well as Pa-Kua, Hsing-Yi, and Praying Mantis from Sifu Hayward. She has also studied Liu Ho Pa Fa with Grand Master Wai-Lun Choi.

Diane began teaching in 1990 under the direction of Sifu Ray Hayward, and currently teaches at Ming Tao T'ai Chi Ch'uan Studio in Newark, DE. She has reached many students in New Castle County, Dover and surrounding states.



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Graduation News

Congratulations from the instructors to those members who have finished the 150 movement Solo Form. With group classes getting larger you are encouraged to schedule private classes for personal correction and instruction upon completing the Solo Form sequence. Congratulations also to those members who have completed other forms.

Solo Form

Carl Adamec
Neva Banaei
Andy Bezella
Mary Blackburn
Naomi Cohn
James Hoskins
Emily Mecklenburg
Dan Miller
Sarah Quimby
Theresa Strike

T'ai-Chi Sabre

Neva Banaei
Bill Carone
Jeff Christianson
Dwayne Collis
Bob Ford
Brian Hoskins
David Innes
Patrick Jarvis
John Keske
Chris Knudtson
Tim Kurth
Matt Lauters
Michael Linden
Micah Lopez
Kimiko Molasky
Michael Pilla
Karin San Juan
Ryan Simafranca
John Stitely
Ryan Taylor

Pa-Kua

64 Original Palms
Steve Bialon
Julie Cisler
Matt Cisler
Tony Digatono
Ryan Gallmeier
Patrick Jarvis
Tim Kurth
Mark Lazar
J Craig Lewis
Chris Schleicher
John Stitely
Loc Truong
Jeremy Ulstad
Robert Wozniak

Hsing-Yi

2-Handed Sabre
Bill Carone
Andrea Deese
Nazim Hayward
Ralph Jerndal
Matt Lauters
Mark Lazar
Micah Lopez
Douglas Rohde
John Stitley
Matt Thompson
Jeremy Ulstad
Robert Wozniak

Man Chiang Hung

Sword

Tim Behm
LaVonne Bunt
Dan Frederick
Tom Hautman
Todd Nesser
Morgan Willow

Class Schedule for January 15—June 15, 2005

Monday	Tuesday	Wednesday	Thursday	Saturday
12:30-2:30 Solo Form			12:30-2:30 Solo Form	10:00-11:30 Eclectsis
6:00-7:30 Solo Form	6:00-7:30 Pushing-Hands: Drills/Methods	6:00-7:30 Solo Form	6:00-7:30 Solo Form	11:30-12:30 Liu Ho Pa Fa Level II
7:30-8:30 Weapons-Knife Fencing/ T'ai-Chi Cane	7:30-8:30 2 Person San-Shou	7:30-8:30 Hsing-Yi 5 Fists	7:30-8:30 Praying Mantis Level III	12:30-2:00 Solo Form
8:30-9:30 Pa-Kua Swimming Dragon/ Liu Ho Pa Fa 12 Animals	8:30-9:30 Praying Mantis Level I	8:30-9:30 Pa-Kua Mother Palms	8:30-9:30 Hsing-Yi 12 Animals	2:00-3:00 Pushing-Hands Practice and Review

NOTE: The Studio will be closed Monday, 5/30/05 in observance of Memorial Day.