



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

Vol. 15, No. 1
September 2007

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Complimentary for studio members.
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Please send requests to address at left.

NEW SCHEDULE

September 15 is the first day of our new schedule. Please note the following changes. **Monday 6:00-7:30 p.m.** is a **Solo Form** class for beginners only. Helpers will be asked to assist in this class. Also **Monday 8:30-9:30 p.m.**, **Pa-Kua Linked Palms** is open to new enrollees.

Tuesday's lineup has changed. We will now have **Solo Form Refinement** (for students having completed the Solo Form and having instructor authorization) **6:00-7:00 p.m.** Up next will be **Pushing-Hands & San-Shou 7:00-8:00 p.m.** this is on-going for people having finished the Solo Form.

The **Wednesday Solo Form** class **6:00-7:30 p.m.** is now open for all levels.

Thursday 6:00-7:30 p.m. class is now **Solo Form** open to all levels. That class will be followed by a new **Hsing-Yi: 5 Elements** class **7:30-8:30 p.m.** which is open to new enrollees.

The rest of the schedule remains the same. As with any aspect of the schedule or classes if you have any questions, please feel free to ask them of Sifu Ray or Sifu Paul.

FREE UPCOMING SEMINAR

November 17th, 6:00-8:00 p.m.

Teaching Techniques for Tutors

This refresher course will feature basic theories, teaching techniques, and improve communication skills. Whether you've taught T'ai-Chi before or are wanting to learn how, this seminar will introduce, refresh and invigorate your T'ai-Chi teaching.

MASTER LIANG'S "QUICK-LISTS"

By Ray Hayward

Many times while studying with Master T.T. Liang, he would make a quick summary or a quick-list of the major points of a particular subject. During his many moves and travels these occurred when he was either leaving or readying himself for one of his many retirements. As Lao-tse in the Tao Te Ching says "more words count less." Master Liang was able to boil down the essential points and catalog and convey instructions theories and principles from many sources. Here are some examples.



Boston-Solo Form

I give you the general idea, and then you practice according to this way. Keep the lowest vertebrae plumb erect. Swim in air. Don't be double-weighted. Whole body as one unit. Don't turn the head and body in opposite directions. Don't lean forward. All the postures do correctly. Step like a cat, step first, and then shift the weight.

St. Cloud-Solo Form

When you practice the form, you should imagine the arms are very heavy. Breathing should be done with the abdomen. Not to be double-weighted. Not use jerks, not energy, whole body go with it. Body turn, hand turn.

Tampa-Solo Form

When you do the form, imagine the air is heavy. Also, imagine you feel something at the top of your head suspended from above.

“Quick-Lists” continued from page 1

Boston-Pushing-Hands

Counter-attack is not so easy. You have to know which hand to push with so as to avoid double-weighting. You have to know the center of gravity. The lines. How to concentrate when you push, everything must be completely relaxed. All the energy is concentrated to one point.

Boston-Pushing-Hands

The art of T'ai-Chi is entirely different. To give up oneself and follow others, to discriminate clearly between the substantial and insubstantial, to relax the entire body and sink the ch'i to the tan-t'ien, to conquer the most unyielding with the most supple and yielding,

to use intrinsic energy and not external muscular brute force, to deflect the momentum of 1000 pounds with a trigger force of 4 ounces-these are the fundamental techniques. This is the orthodox teaching of the art.

Boston-Sword

No use to swing it (the sword) like a sabre. You get near, then issue. Use sudden-energy, not swing energy. Don't use energy, only at the last moment. Don't hold the sword tightly. You have to look at the point, someone is there. Once you know all the postures, the names and applications, you really have something. Use your intent, your imagination, don't use jerks or hand business. These are the principles. So far, anybody can do the sword like that?

UPCOMING FIELD TRIP

January 12th, 2008, 6:00-8:00 p.m.
Arms & Armor Forge
 We will embark on a field trip to the Arms and Armor forge in Minneapolis as a sequel to our in-studio seminar last year. Our tour guide, Craig Johnson will show us around the shop and forge where they make their world famous medieval reproductions. Free will donation for Craig is appreciated, but not compulsory.



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Class Schedule for September 15, 2007 – January 15, 2008

Monday		Tuesday	Wednesday	Thursday	Saturday
12:30-2:30 Solo Form (all levels-join anytime)				12:30-2:30 Solo Form (all levels-join anytime)	10:00-11:30 Eclectis (join anytime)
6:00-7:30 Solo Form (beginners only)		6:00-7:00 Solo Form Refinement (instructor authorization required)	6:00-7:30 Solo Form (all levels-join anytime)	6:00-7:30 Solo Form (all levels-join anytime)	11:30-12:30 T'ai-Chi Review & Practice (prerequisite: Solo Form completion)
7:30-8:30 Weapons Cycle 2: Sabre (enrollment closed)		7:00-8:00 Pushing-Hands & San-Shou (prerequisite: Solo Form completion)	7:30-8:30 Hsing-Yi Ch'uan: Level II (enrollment closed)	7:30-8:30 Hsing-Yi: 5 Elements (join anytime)	12:30-2:00 Solo Form (all levels-join anytime)
8:30-9:30 (join either anytime)		8:00-9:00 Praying Mantis Level I (join anytime)	8:30-9:30 Pa-Kua Basics (enrollment closed)		
Liu Ho Pa Fa Mother & Sons	Pa-Kua Linked Palms				

NOTE: The Studio will be closed Thursday, November 22 and December 24 through January 1, reopening January 2.