



stillness is the master of unrest



Twin Cities T'ai-Chi Ch'uan Studio

Wee Wu-Tang—The monthly e-newsletter

November 1, 2010

From Sifu Ray

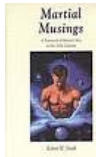


Happy Celtic New Year, Happy Halloween, Happy All Saint's/Soul's Day, Happy Thanksgiving. I love November! The Studio may have a cold day here and there until the heat comes on for the Winter, so dress accordingly.

Lion dance practice is Saturday, November 13th at 2:00pm.

Teaching and Learning-Part 2 is November 13th at 6:00pm.

No Parking for the first week of November behind the building, if you need an escort please do not hesitate to ask. Six more spaces will make up for the projected loss of six spaces in the front when the light rail comes...



Would you be interested in an introductory calligraphy and painting class with Master Mark? Talk to me.

A book suggestion; *Martial Musings* by Robert W. Smith, Via Media Publishing.

"In theory, theory and practice are the same. In practice, they are not." -- Lawrence Peter Berra

TCTCCS Holiday Fund-Raiser: Tea Baskets



There will be a black tea assortment and an herbal caffeine-free assortment. The basket will include a certificate for a free month of classes at the Studio.

You can give these to friends or family members who may have expressed an interest in our classes. Sign up at the Studio.

Price: \$30

Deadline: Dec 4 Delivery: Dec 13



Teacher Training Seminars / Refresher Course

Saturdays, 6:00-8:00pm

November 13; Teaching & Learning Styles: part 2

January 15; Class Structure

March 12; Tutor Training and Update

Seminars are free and open to any current studio members. If you are a regular tutor at the Studio, you need to attend either the October or November session PLUS the March session. There are new policies and teaching strategies being instituted for assimilating new students.

Music Man by Dennis Kelly

Tai Chi Practical Applications

It has been said that music washes away the dust of everyday life from the soul. I would suggest that the same could be said for the practice of T'ai Chi. So is there a synergistic benefit in combining T'ai Chi and music?



Master Liang was a strong proponent of incorporating music into his practice. He said, "I must use music as a means of concentration, as a stepping stone to the highest level of T'ai Chi." He took a personal hand in choreographing traditional Chinese music keyed to the form sequence as a training tool for his students. His practice music, which we still use in the Studio, enlists a

metronomic bass to synchronize count and pace, as well as stringed instrumentation - erhu and guzheng - for relaxation. Master Liang also offered a cautionary note about practicing with music. Foremost is that you must first learn the postures, counts, directions, breath methods and practical uses.



Nontraditional Chinese music also has made its way into serving T'ai Chi and Qi-gong practice. A quick Internet search will reveal hundreds of musical selections. The diverse offering includes marketing

gimmicks as well as a wide range of accomplished musicians, such as The Silk Orchestra's aural compositions and McLemore Avenue's jazz improvisations.



As in all things T'ai Chi, we must look for balance in our practice and be mindful that it is an internal martial art. When listening to music, there is a tendency to allow the form to be externally rhythm driven, as in dance. We need to do the form rather than let the form do us. We should allow the music to flow through us, in and out, remaining alert to it, aware of our body, emotionally detached, and responsive to conditions outside of the music.

I invite you to experiment with music and its many genres; Indian yogic and Tibetan meditation in particular. See if it enriches, informs or distracts from your practice. For me, it can be all of these things. At times, music simply adds to the noise in my head and makes a qualitative practice all but impossible. Yet there are times when the music can have a profound effect on concentration, flow and relaxation. One take-away has been to do the form with music to smooth out the edges, then do a second round without music and notice the influence. Another is that Queen is a nonstarter and Ravi Shankar's a kick.



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