

Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

"More than those who hate you, more than all your enemies, an undisciplined mind does greater harm."

- Buddha

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LakeNormanTaiChi.com

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Message From Sifu

Everyday Jing Shen

What differentiates one Martial Artist from another? Is it skill? Ability? Knowledge? Those traits do help, and any decent Martial Artist can excel in all those areas given time and effort. But, given two identically skilled Martial Artists, how do you tell them apart?

I've talked about Wu De, or Martial Virtue, which governs our actions. It is said that your level of Wu De will determine your success in the Martial Arts, and while I personally believe that is true, there is another trait that is held in even higher regard than Wu De. Wu De is easy to spot, I can see your actions after all. But, what drives our actions? That's Jing Shen.

Jing Shen is translated as Essence-Spirit. Like most words in Chinese Languages, there are multiple layered meanings of what Jing Shen is. Defined within the context of Martial Arts, it is the vitality of our movements, the expression of our intent. Physically manifested, it is the body relaxed yet full of energy, like a tiger ready to pounce. Someone watching may even see a sparkle in the eye.

As you practice your Tai Chi, are you going through the motions? Or are you waging a battle of epic proportions using your Tai Chi skills? A child playing in the backyard slays dragons, protects the innocent, and saves the day. Well, at least that's what my daughter does. A child who does that is said to be spirited, playful, imaginative. Why can't you?

Jing Shen, like anything else, can be learned, and practiced. The next time you practice your Tai Chi, show a little Jing Shen. Use your imagination with each of the postures. Great Grandmaster Chang developed his Tai Chi as a combat Tai Chi Chuan form. Each posture has a Martial application hidden inside. Play, experiment, figure out what those applications could be.

Don't want to learn the Martial application of each posture? Then use those postures for everyday applications such as: closing doors, opening windows, drawing the curtains. Have fun with it.

Most of Jing Shen is what goes on in your mind and heart. But, you can't display proper Jing Shen if you're not focused, off balance, or not paying attention to what you're doing. You must stand tall, not rigid or still, but with your crown lifted and your feet rooted to the ground. Your eyes should be focused on your lead hand. Your mind should be focused on your intent, visualizing your Tai Chi application. A single pointed focus in motion.

Once you understand how to incorporate Jing Shen into your Tai Chi movements, the next step is incorporate it into your everyday movements. It's easy. Just re-read the last paragraph and instead of "visualizing your Tai Chi application", insert whatever action you want, such as "drinking your tea," "driving your car," "eating your sandwich," "editing your spreadsheet."

I think you get the idea.

In This Issue

[Message From Sifu](#)

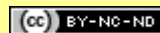
[Special Events](#)

[Celebrations](#)

[Tai Chi in the News](#)

[Training Tip](#)

[Ask Sifu](#)



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Welcome Jackie



You might see a fresh, energetic face around the Kwoon and around town promoting our little Tai Chi School. Although she may be indistinguishable from all the other fresh, energetic faces we have, her spunk and charm are unmistakable.

Jackie Sheridan is a certified Yoga Instructor and an Aqua Fit Yoga and Stand Up Paddle instructor. She has studied Shaolin King Fu and Tai Chi under Master Sbarge at The Peaceful Dragon and now she is our **Grassroots Marketing Coordinator**. Jackie will be assisting my wife and I in our Marketing efforts. She will be concentrating on establishing relationships with businesses in the Lake Norman area. If you know of a business that she should contact, let us know.

When you see her in class, welcome her to our growing family!

Welcome New Students

It's always a pleasure to welcome new students into our family. Please welcome these new students who joined recently. If you haven't already, say hello.

Tai Chi Chuan Program

Bryan Schafer

Linda Schafer

Jacqueline Sheridan

Tai Chi Qigong Program

Lorraine Degree

Student Promotions



Congratulations to **Shane Stull** for successfully completing his **Block B – Intermediate** testing. Awesome!

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Special Events

2013 Charlotte Asian and Dragon Boat Festival

Saturday, May 4, 11am-4pm at Ramsey Creek Park, Cornelius, NC

As in years past, we will have an information tent handing out brochures and explaining to people the benefits and virtues of Tai Chi and Qigong. We're looking for volunteers to help man the tent for 30 - 60 minute shifts. If you're able to volunteer, contact Sifu.

Even if you can't volunteer some time, come on out anyway! There's great food and great entertainment. Show your school spirit and wear your class t-shirt!

Baoding Sanshou Kuai Chiao and Ch'ang Style Tai Chi Combat Training with Grandmaster Roger Soo

Friday, July 5 – Sunday, July 7

Friday July 12 – Sunday, July 14



The undefeated late Great Grandmaster Ch'ang Dung Sheng was considered the King of Shuai Chiao (Chinese grappling) as well as a top master of Tai Chi, Hsing-I and other famous Chinese martial arts. One of his most senior disciples and the world's most recognized ambassador for spreading Shuai Chiao —Grandmaster Roger Soo—is coming this summer to lead rare workshops and training at The Peaceful Dragon right here in Charlotte, NC.

Coming directly from Taiwan and accompanied by his son "Tiger" Soo, Grandmaster Soo will be leading public workshops in Shuai Chiao grappling and Baoding Sanshou Kuai Jiao (fast throwing in fighting), as well as in Ch'ang Style Tai Chi's Combat Uses.

At 71 years old Grandmaster Soo is regarded as one of the most experienced and expert proponents of Shuai Chiao alive today, having started training under Great Grandmaster Ch'ang in the 1950s as a junior high school student. Grandmaster Soo quickly became a national champion and he went on to train, and continues to train, numerous champions. He has helped spread Shuai Chiao throughout the world, as detailed in his biography. He is one of the few top old-school Chinese grandmasters who speaks English fluently, so he is a tremendous asset for Western students.

Tuition for Lake Norman Tai Chi Students

Either Weekend Workshop: Early-bird by June 15th: \$150. After June 15th add \$25.

Both Weekend Workshops: Early-bird by June 15th: \$200. After June 15th add \$35.

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Celebrations

May Holidays and Observances

Asian American & Pacific Islander Heritage Month
Carrots and Cauliflower
Clean Air Month
Family Wellness Month
Get Caught Reading Month
Gifts From The Garden Month
Grapefruit and Kiwi Month
International Business Image Improvement Month
National Egg Month
National Meditation Month
National Physical Fitness & Sports Month
National Salad Month
National Salsa Month (the food)
National Sweet Vidalia Onions Month
National Vinegar Month
Potatoes and Limes Month
Revise Your Work Schedule Month
Young Achievers of Tomorrow Month
National Family Month

Choose Privacy Week: 1-7
Children's Mental Health Week: 5-11
Drinking Water Week: 5-11
Flexible Work Arrangement Week: 5-11
National Family Week: 5-11
National Raisin Week: 5-11
Food Allergy Awareness Week: 12-18
Salute to Moms 35+ Week: 12-18

Work At Home Moms Week: 12-18
American Craft Beer Week: 13-19
Children's Book Week: 13-19

New Homeowner's Day: 1
International Worker's Day (China): 1
Garden Meditation Day: 3
National Two Different Colored Shoes Day: 3
No Pants Day: 3
Paranormal Day: 3
Youth Day (China): 4
Free Comic Book Day: 4
Intergalactic Star Wars Day: 4
International Respect for Chickens Day: 4
National Homebrew Day: 4
Totally Chipotle Day: 5
Buddah Day: 6
No Diet Day: 6
No Homework Day: 6
Eat What You Want Day: 11
International Day of Families: 15
National Chocolate Chip Day: 15
National Employee Health & Fitness Day: 15
National Pizza Party Day: 17
Nerd Pride Day or Geek Pride Day: 25
Link Towel Day: 25
National Senior Health & Fitness Day: 29
What You Think Upon Grows Day: 31

Refer-A-Friend Program



There is no better complement you can give to any business then to tell your friends about it.

If you have received any value from taking classes here, tell a friend (or a neighbor, co-worker, family member, arch-nemesis - I don't judge!) and invite them to take a free class. For every "friend" that takes a free class and attends the conference, you will be entered in a raffle. There is no limit to the number of entries you can have. We will have drawings monthly. We will also have prizes when your "friends" enroll. Visit our Refer-A-Friend website at LakeNormanTaiChi.com/raf.php for a complete set of rules and prizes.

Spread The Word

Lake Norman Tai Chi Center strives to partner with area businesses, especially in the health and wellness realm. There is no specialty that cannot benefit from knowledge in Tai Chi, Chiropractic, Dentistry, Massage Therapy, Physical Therapy, Energy Healing Arts, Acupuncture, and more. On your next visit to your medical practitioners, ask the person at the front desk if they'd be interested in partnering with us for there patients or staff. If they say yes, get their business card, give it to Sifu, and we'll handle the rest!





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Tai Chi in the News

From *Supreme Chi Living* the newsletter of the American Tai Chi and Qigong Association

Dietary Weight Loss Program with the Addition of Tai Chi More Beneficial to Obese Older Women

March 27, 2013 - This ancillary study of a randomized clinical trial, carried out at University of Rhode Island, was to examine the additive effect of Tai Chi to diet education on the traditional coronary heart disease (CHD) risk factor low-density lipoprotein cholesterol (LDL-C) and on emerging CHD risk factors in older obese women.

Participants: 26 obese women (with ages ranging from 55 to 67; mean body mass index, $34.3 > 4.0 \text{ kg/m}^2$) were enrolled and randomly assigned to the diet education group or the diet education plus Tai Chi group.

Intervention: notes of diet education per week. The diet education plus Tai Chi group also received 45 minutes of Tai Chi three times per week for 16 weeks.

Outcome Measures: Anthropometrics (height, weight, BMI, waist circumference, and hip circumference), clinical variables (blood pressure), and biochemical variables (standard lipid profile, apolipoprotein B, LDL particle size) were measured. The primary outcome was LDL-C, and the secondary outcomes were apolipoprotein B and LDL particle size.

Results: Neither LDL-C nor apolipoprotein B improved in either group. Percentage of large LDL particles after the intervention was increased in the diet education plus Tai Chi group compared with the diet education group. Weight, waist circumference, and high-density lipoprotein cholesterol decreased in both groups from baseline to post-intervention. Triacylglycerol and dietary screening tool scores increased in both groups. Additional improvements were seen in the diet education plus Tai Chi group, including a significant increase in Dietary Approaches to Stop Hypertension score from baseline to post-intervention.

Conclusion: The addition of Tai Chi to diet education is more effective than diet education alone at improving diet quality and emerging CHD risk factors, such as LDL particle size, in obese older women.

This study is published in the March 2013 issue of Journal of Alternative and Complementary Medicine.

Training Tip

Stand Up, Take A Stretch

If you work in a cube farm, or as a desk jockey, you probably spend hours and hours sitting in a chair. Most likely hunched over your desk. Doing that day in and day out can lead to back pain and muscle stiffness. Tai Chi and Qigong can offer some relief and aid in healing, but the best thing that you can do is for every hour in your chair, stand up, stretch out the spine, walk around the office, and drink some water. Then, when you get to class, you'll be a little more flexible.

Ask Sifu

What is the Hall of the White Snake? I see it on our t-shirts and certificates, but I'm unsure of what it means.

Hall of the White Snake is simply the name of our Kwoon or training studio. Lake Norman Tai Chi Center is the name of our business.

It is Chinese tradition to name your Kwoon with Hall or Temple in the name with the use of animals and some sort of descriptive word, either an adjective, or in my case, a color. As a traditional Chinese Martial Arts school, any student who is in the Tai Chi Chuan program is a student of the Hall of the White Snake.

Lake Norman Tai Chi Center allows us the opportunity to offer other programs like our Silver Energy Fitness and Corporate Wellness along side our traditional Martial Arts program. It also makes it easier to market our programs to businesses and associations.

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Classifieds



Need an extra class t-shirt?

How about a pair of Tai Chi pants?

No problem! Shirts, pants and sashes are always available.

T-Shirt \$15

Pants \$35

Sash \$10

20% discount for Tai Chi Chuan students - 10% discount for Tai Chi Qigong students

custom luxury menswear without breaking the bank

J. HILBURN

704.400.8179

B. Dale Saufley

Independent Style Consultant
Dale.Saufley@Hilburnpartner.com

Have something to sell or trade? Have a service you'd like everyone to know about? Advertise it here! Lake Norman Tai Chi Center members get an incredible discount. Send your ad to contact@lakenormantaichi.com and put **Newsletter Ad** in the subject.

"I studied the lives of great men and famous women, and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm."

~ Harry Truman

