



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

“The Three Armies can be deprived of their commanding officer, but even a common man cannot be deprived of his purpose.”

~ Confucius

April, 2014

LakeNormanTaiChi.com

Vol 5 Number 4

Message From Sifu

Whole Body Movement

Tai Chi movement has a unique quality about it. The movements are smooth, graceful, and free flowing. Tai Chi is beautiful and mesmerizing to look at and belies the hidden destructive power behind the movements. As Tai Chi practitioners, we are constantly improving our movements to make them more relaxed, smooth, and effortless. Then we can apply the Tai Chi applications within the movements to full effect.

Regardless of the style of Tai Chi Chuan, all movements must adhere to the principles of Tai Chi as described in the Tai Chi Classics, a series of texts and treatises that explain the inner meaning and techniques of Tai Chi movement. There is one principle in particular that not only applies to basic Tai Chi movements, but to our Qigong practice as well.

In the Tai Chi Treatise written by Master Wu Yu-hsiang, he states:

“Bear in mind that once you move, everything should be in motion; when you are still, everything should be in stillness.”

The next time you watch an experienced Tai Chi practitioner, look at them closely and see this principle in action. Once you see it and experience it for yourself, you will understand. Like most Tai Chi principles, there are many elements at play. It's one thing to mentally comprehend what's going on, it's quite another to put it in physical practice.

To achieve whole body movement, play close attention to the following in your own practice:

Relax

The cornerstone of all Tai Chi movement. If you are not relaxed, the first thing you need to do before you move, is to relax. So cut out the middle man and stay relaxed.

Breathe

Breathe. Plain and simple. Don't hold the breath, don't pause the breath, don't forcefully match your breath with your movements. Just breath naturally.

Intent

The mind is not only a terrible thing to waste, but is the source of our movements. The muscles won't move unless there is a nerve impulse from the brain initiated by the mind.

The 3 External Harmonies

A discussion in and of itself. Simply, when moving, the shoulders and hips are harmonized, the elbows and knees are harmonized, and the hands and feet are harmonized. Harmonizing, or coordinating, refers to those body parts moving at the same time, in the same direction, or the angles of the joints being the same.

In This Issue

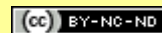
[Message From Sifu](#)

[Celebrations](#)

[Tai Chi in the News](#)

[Training Tip](#)

[Ask Sifu](#)



Lake Norman Tai Chi Times is a publication of Lake Norman Tai Chi Center, LLC and is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](#).

Mailing Address

P.O. Box 2582
Huntersville, NC 28070

Phone: (704) 900-3005

Web: LakeNormanTaiChi.com

Email: contact@lakenormantaichi.com





Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

Lead With the Lower Tan Tien

Since our eyes are in our head, we naturally lead with our head. This results in a slight lean forward when we move. It literally looks like the head is leading the body. Put your focus on the lower tan tien, and lead from there. This supports another posture principle: The upper body should have a plum line from the crown of the head to the tailbone, perpendicular to the ground.

Each of these can, and should, be practiced individually. It is when we combine these together we realize that the internal power of Tai Chi comes from the whole body united in movement. When we apply our Tai Chi principles to something as simple as a punch, we are not punching with just the fist, we are punching with the fist attached to the arm attached to the elbow attached to the shoulder attached to the upper body attached to the hip attached to the leg attached to the knee attached to the foot. We are physically punching with the whole body. And that is the devastating force behind the tranquil movements of Tai Chi.



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

Kazumi Day

Special Events

Day-long Meditation Retreat at The Peaceful Dragon

Saturday, April 5, 9am-4pm

Master Eric Sbarge, head instructor at The Peaceful Dragon, will lead this extended session of Chan (Zen) meditation, interspersed with relaxing and invigorating yoga and qigong as well as discussions on meditation principles, methods, and Chan philosophy. The retreat is open to and suitable for everyone regardless of experience levels.

Public - \$94; Peaceful Dragon and affiliate-school students just \$54. Please register at our front service counter.

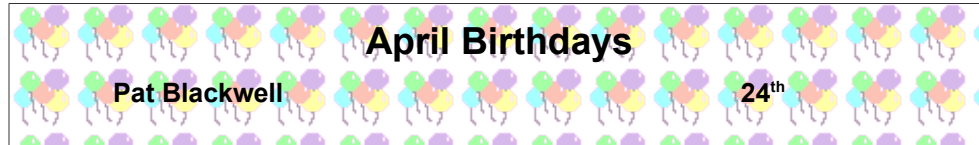




Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

Celebrations



April Holidays and Observances

Amateur Radio Month
Brussels Sprouts and Cabbage Month
Car Care Month
Celebrate Diversity Month
Couple Appreciation Month
Cranberries and Gooseberries Month
Fresh Florida Tomatoes Month
Home Improvement Time
International Guitar Month
International Twit Award Month
Jazz Appreciation Month
Library Snapshot Month
Math Awareness Month
National Grilled Cheese Sandwich Month
National Garden Month
National Humor Month
National Pecan Month
Physical Wellness Month
School Library Media Month
Stress Awareness Month
Tomatillo and Asian Pear Month
Workplace Conflict Awareness Month

Golden Rule Week: 1-7
Money Smart Week: 5-12
National Robotics Week: 13-19
National Pie Championships: 26-28
Air Quality Awareness Week: 28-5/2

National Fun Day: 1

National Fun at Work Day: 1
Don't Go To Work Unless It's Fun Day: 3
Vitamin C Day: 4
National Deep Dish Pizza Day: 5
Qing Ming Jie (China): 5
New Beers Eve: 6
Qing Ming Jie (China): 6
National Beer Day: 7
Qing Ming Jie (China): 7
Buddha Day: 8
Trading Cards For Grown-ups Day: 8
The Day of Valor (Philippines): 9
D.E.A.R. Day (aka Drop Everything And Read): 12
Grilled Cheese Sandwich Day: 12
International Day of Human Space Flight: 12
Licorice Day: 12
National Pecan Day: 14
National Library Day: 15
National Stress Awareness Day: 16
National Wear Your Pajamas To Work Day: 18
National Garlic Day: 19
Husband Appreciation Day: 19
National Chocolate-covered Cashews Day: 21
National Jelly Bean Day: 22
Impossible Astronaut Day: 23
Take Our Daughters & Sons to Work Day: 24
National Herb Day: 26
National Pretzel Day: 26
World Tai Chi & Qigong Day: 26
National Honesty Day: 30

Refer-A-Friend Program



Help Me Give Away A Month of Free Classes!

Introduce your friends, family, and co-workers to the benefits of Tai Chi and Qigong! Give them a Tai Chi Guest Pass good for unlimited classes for 30 days! These guest passes will be available until April 30, 2014. For every "friend" that attends one class and their consultation, you will be entered in a raffle. There is no limit to the number of entries you can have. 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. All

you have to do is ask Sifu for a Tai Chi Guest Pass and give it to them. That's all there is.



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

Spread The Word



Does Your Doctor Know About Tai Chi?

The next time you visit your Doctor, whether it's a specialist, general practitioner, chiropractor, or any MD, chat them up about Tai Chi. Ask them what they know and if they'd like to know more? If they seem receptive, see if they'd be willing to put fliers in their reception area, or

even host an information seminar. Let Sifu know if your Doctor is interested. The more that we can get the word out about us and what we can do, the more good we can do for people in our community.

Tai Chi in the News

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

Tai Chi Effective in Reducing Blood Pressure in Hypertension Patients

February 12, 2014 - The February 2014 issue of Clinical and Experimental Hypertension published a study that investigates the effects of Tai Chi exercise on nitric oxide, carbon monoxide and hydrogen sulfide levels, and blood pressure in patients with essential hypertension.

Twenty-four of the patients were assigned to the Tai Chi exercise group and 16 to the hypertension group by patients' willingness. Sixteen healthy volunteers matched for age and gender were recruited as control. The Tai Chi exercise group performed Tai Chi, 60 minutes per day and 6 days per week, for 12 weeks.

Measurements (blood glucose, cholesterol, nitric oxide, carbon monoxide and hydrogen sulfide levels, and blood pressure) were obtained at week 0, 6, and 12. Blood pressure and low-density lipoprotein cholesterol levels decreased, and high-density lipoprotein cholesterol levels increased by week 12 in the HTC group. Plasma nitric oxide, carbon monoxide and hydrogen sulfide levels in the Tai Chi exercise group were increased after 12 weeks. The blood pressure levels were significantly lower in the Tai Chi exercise group than in the hypertension group. However, no changes were observed in the hypertension group and the control group.

In conclusion, Tai Chi exercise seems to have beneficial effects on blood pressure and gaseous signaling molecules in essential hypertension patients. However, further investigation is required to understand the exact mechanisms underlying these observations, and to confirm these results in a larger cohort.

Training Tip

Drop Your Sacrum

As part of our Ready Stance litany, you are told to "tuck the tailbone under your spine." You tuck the tailbone by rotating your hips and relaxing the lower back. As a beginner, this is adequate and allows you to focus on relaxing the lower back muscles which are usually tense. For the more advanced Tai Chi practitioner you will also drop the sacrum, by actually pulling down the tailbone. This, along with raising the crown of the head, lengthens the spine supporting the natural curve. Try dropping your sacrum as you stand, sit, walk, and practice Tai Chi. This alone can be helpful for those that suffer lower back pain.

Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

Ask Sifu

Did you see any good Tai Chi at the tournament last month?

Not only did I see good Tai Chi, I probably judged the best Tai Chi Push Hands competition ... ever! I was very impressed with both the quality and quantity of the competitors. The CACMA tournament is a regional event and has attracted practitioners from pretty much every style of Tai Chi: Chang, Yang, Chen, Wu, Hau, Guang Ping, and Sun. Not to mention Hsing-I and Pa Kua practitioners.

As a Tai Chi teacher and practitioner, I'm excited for our Art and I'm hopeful of the future of Tai Chi. One day, I hope to see students from Lake Norman Tai Chi Center compete. Not for the competition, but for the camaraderie and kinship that the Martial Arts fosters.

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@JHilburnpartner.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.

"As you transcend your own limitations and tendencies, you will naturally show loving-kindness to others. As your own light shines more brightly, you illuminate the world."

~ Dan Millman

