



# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

"To attain knowledge, add things everyday. To attain wisdom, remove things every day."

- Lao Tzu

December, 2014

LakeNormanTaiChi.com

Vol 5 Number 12

## Message From Sifu

### Gratitude and Giving: Wu De in Action

As we transition from the season of gratitude to the season of giving, I am reminded of our Martial Virtue, or Wu De, and what it means to us as Martial Artists, Tai Chi or Qigong Practitioners, and Human Beings.

Wu De is an important aspect of our training. It is a set of ethics and etiquette that guide our social interactions. Wu De can be broken down into the morality of deed and the morality of mind. The morality of deed includes Humility, Respect, Righteousness, Trust, and Loyalty. The morality of mind consists of Will, Endurance, Perseverance, Patience, and Courage.

What better social interactions do we have than the holidays! The people, the food, the feisty crowds at the Mall all test our Wu De capabilities.

Thanksgiving and the December holidays have their own set of actions, activities, or deeds.

During the Thanksgiving Holiday, our thoughts and actions tend towards being thankful for what we have and showing gratitude to those around us. This shows respect. Respect not only to whom or what we are grateful for, but to ourselves as well. Giving thanks and being grateful also shows humility, because it recognizes that we can't go it alone. We are interdependent on our family, friends, co-workers, and our Martial Arts family to get through the day and to succeed in life.

The December Holidays, whether you celebrate Hanukkah, Kwanzaa, Christmas, or Festivus, are a time of giving. A heart-felt practice where we gift our time, food, and/or presents to those close to us, those less fortunate than us, or to a complete stranger. Regardless of the commercial aspect of the season, when we gift to someone, we are showing our respect for that individual. And when it's done without pretense or expectation of a response, it's being done with humility.

All of these holidays do have one thing in common. Food! Whenever we have a celebration, food will be involved. Of course we can't forget the drinks. With nog, mead, and wassail, Christmas does have a lock on the variety of beverages one may consume. How does Wu De factor in?

Morality of mind! With all the food and drink that will undoubtedly be available, it is our Will, our Endurance, our Perseverance, our Patience, and our Courage that will keep us from indulging ourselves and giving in to the temptations that will most certainly surround us.

Wu De is not just for the Kwoon. It is more than our titles, uniforms, and traditions of Tai Chi and the Martial Arts. It is through our Wu De that we practice our Tai Chi in every action that we take and every thought that we create.

On a personal note, I am truly grateful for the opportunity that each of you has granted me to teach you these wonderful arts and the opportunity to guide your training. I am nothing special, yet we have been given this opportunity to enrich each others lives, and for that I am grateful.

### In This Issue

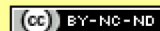
[Message From Sifu](#)

[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](mailto:contact@lakenormantaichi.com)





# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

## Holiday Schedule

To celebrate the holidays, Lake Norman Tai Chi Center will be closed on the following dates:

Wednesday December 24

Wednesday December 31

Happy Holidays to you and your family from all of us at Lake Norman Tai Chi Center.

## 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 Qigong Program*

Thomas Pizzo

## Celebrations

### December Birthdays

Jeff Blackwell

3<sup>rd</sup>

### *December Holidays and Observances*

Buckwheat Month

Tomato and Winter Squash Month

Cookie Cutter Week: 1-7

Computer Science Education Week: 7-11

National Cookie Day: 4

Pretend To Be A Time Traveler Day: 8

International Mountain Day: 11

National Ugly Christmas Sweater Day: 11

Gingerbread House Day: 12

Monkey Day: 14

National Chocolate-covered Anything Day: 16

International Dalek Remembrance Day: 21

Egg Nog Day: 24

National Chocolate Day: 28 & 29

Rizal Day (Philippines): 30

World Peace Meditation Day: 31

## Tai Chi in the News

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

### **Tai Chi Improves the Task-switching Function in Older Adults**

**November 15, 2014** - A study published in the October 2014 issue of *Frontiers in aging neuroscience* was designed to determine the relationship between physical activity and the task-switching aspect of executive function by investigating the





# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

modulating roles of age, modality of physical activity, and type of cognitive function using behavioral and event-related potential assessments.

Sixty-four participants were assigned to one of four groups based on age and history of physical activity: older adults performing endurance exercise, older adults practicing Tai Chi, older adults with a sedentary lifestyle, and young adults.

Study participants completed a task-switching task under homogeneous and heterogeneous conditions while event-related potentials were recorded. The results revealed that the young adults group had shortest reaction times compared with the three older adults groups, with the sedentary group exhibiting the longest reaction time. The young adults group also exhibited shorter P3 latency than the sedentary group. No differences were observed in P3 amplitude between the young adults group, older adults performing endurance exercise, and older adults practicing Tai Chi; however, all three groups had significantly larger P3 amplitude in both task conditions compared with older adults with a sedentary lifestyle.

In conclusion, age and participation in physical activity influence the relationship between physical activity and task-switching, and a positive relationship was observed regardless of the modality of physical activity and type of cognitive function. The Event-related Potential findings suggest that regular participation in endurance exercise and Tai Chi may have equivalent beneficial effects on cognition at the behavioral and neuroelectric levels.

## Training Tip

### Relax: Head to Toe

Relaxing just before you go to sleep promotes a deeper restful slumber and can actually help you fall asleep faster.

Try this exercise tonight:

Lay flat on your back in your bed. Starting from your toes, relax the muscles in each toe by focusing your mind on each toe. Work your way up to your feet, ankles, calves, thighs and hips focusing your mind on each muscle.

Now, move your focus to your fingers, relaxing each finger. Then move up to the hand, wrist, forearm, elbows, and shoulders.

Move your focus to your stomach and move up to your chest and neck. Focusing your mind on relaxing each area.

Finally, focus on relaxing your head from the top of your head, down to the forehead, ears, eyes, cheeks, nose, mouth, lips, chin, and jaw.

If you haven't fallen asleep yet, note how your body is feeling. If you feel any tightness or tension, go through the whole exercise again.

## Ask Sifu

**Q: How do you display Jin Shen in your forms?**

**A:** Showing Jin Shen, or spirit, in Martial Arts forms means showing speed, precision, and force in the movements of the form. If you've seen a Shaolin Kung Fu competition, you've seen a lot of quick, precise strikes, punches, and kicks with a lot of kiya's! Since our Tai Chi style is practiced in a slow and relaxed manner, speeding it up and screaming is out of the question.



# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

Displaying Jin Shen in Tai Chi forms may seem an impossible task. It can be done with practice, patience, and your own jin shen. Here are a few tips to help you on your way:

First and foremost, know your form. If you hesitate and think what the next move is, how can you show the spirit of that move?

Don't cut moves short. Chang Shih Tai Chi Chuan is a large frame form. Use the full extension of your arms and legs in each movement. Don't begin the next movement until the current one has been fully realized.

Make sure your stepping is precise. Know, and show, the difference in your Tai Chi Stepping, Back Stance stepping, Horse Stance, and all the other stances that we practice. With solid stepping and stances, your upper body can relax and properly execute the posture.

Learn the applications behind the movements. You do not need to be a Tai Chi fighter. Just knowing what one application of Slant Flight is, will bring that movement to life.

Practice, practice, practice. The more you practice the form, the more it becomes a part of you and the more you become a part of the form.

In other words, just keep doing what you are doing. If you practice consistently, your Jin Shen will naturally infuse with your movements.

## 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](mailto:contact@lakenormantaichi.com) and put **Newsletter Ad** in the subject.

*"Each today, well-lived, makes yesterday  
a dream of happiness and each  
tomorrow a vision of hope. Look,  
therefore, to this one day, for it and it  
alone is life."*

**- Sanskrit Poem**

