



# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

"Life is growth. If we stop growing, technically and spiritually, we are as good as dead."

- Morihei Ueshiba

January, 2015

LakeNormanTaiChi.com

Vol 6 Number 1

## Message From Sifu

### Be Bold in 2015

In a recent issue of the Journal of Clinical Psychology from University of Scranton. It was reported that 45% of the people polled usually make New Year's Resolutions. Only 8% of the people polled were successful in achieving their resolution!

Now, on the surface, a New Years Resolution seems harmless enough. Eat a little less, exercise a little more, be more gooder, be less badder. What's the harm in that? Therein lies the problem. You're just moving the needle a little bit. Where's the incentive? Where's the motivation? Where's the emotion? Where's the change that will make your life awesome! And, if you don't achieve your resolution, what's the harm?

The harm is, you'll be like 92% of the people in the above poll. Do me and yourself a favor and resolve to never again make a New Year's Resolution!

Instead, give yourself a gift. Now, who doesn't like gifts!!

I'm not talking any old gift. I'm talking about the gift of a BLOG. No, not that kind of a BLOG. I'm talking about a **B**old, **L**ofty, **O**utrageous, **G**oal! One that makes your heart sing, your spirit soar, and your boots quake. You should be terrified to achieve it, and scared if you don't. It should be bigger than yourself, but doable in small steps. It needs to be something you want, and benefits those around you. It needs to be something you can do by yourself, and inspires others around you to help.

I'm talking about running the Boston Marathon and being in the fittest shape of your life, when you haven't even jogged around your block. I'm talking about being a volunteer fireman saving lives and being a hero, when you can't even carry a sack of potatoes. I'm talking about taking your family on vacation to Italy to experience history and culture, when you haven't even traveled outside your State. I'm talking about creating the biggest, baddest (in a good way), Tai Chi Center in the Piedmont that motivates and inspires its students, instructors, and community to achieve more, be more, and do more, when you're starting with almost nothing.

Don't have a BLOG? Create one. Everyone needs a BLOG. Young, old, in between, it doesn't matter. There is purpose beyond the everyday minutiae when you are working towards a BLOG. It gives you something to do after you eat breakfast, and something to look forward to when you go to sleep.

Go find your BLOG. And if you want to blog about it, that's OK with me.

### In This Issue

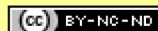
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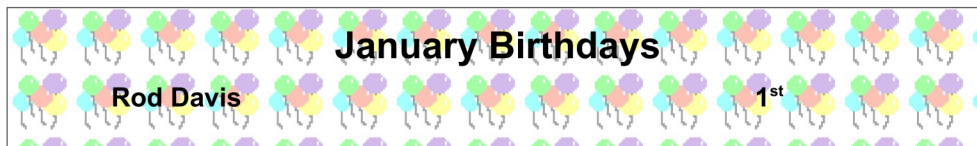




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## Celebrations



## January Holidays and Observances

Be Kind to Food Servers Month  
Book Blitz Month  
Get A Balanced Life Month  
International Creativity Month  
International Quality of Life Month  
National Hot Tea Month  
National Personal Self-Defense Awareness Month  
Oatmeal Month

Someday We'll Laugh About This Week: 2-8  
No Name Calling Week: 19-23  
Sugar Awareness Week: 19-25

National Science Fiction Day: 2  
J.R.R. Tolkien Day: 3

National Chocolate Covered Cherry Day: 3  
International Programmers' Day: 7  
National Tempura Day: 7  
National English Toffee Day: 8  
Bean Day: 13  
Appreciate A Dragon Day: 16  
Nothing Day: 16  
National Hugging Day: 21  
National Pie Day: 23  
National Compliment Day: 24  
National Irish Coffee Day: 25  
Thank A Plugin Developer Day: 28  
Freethinkers Day: 29  
National Puzzle Day: 29  
Fun at Work Day: 30

## Special Events

### ***The Peaceful Dragon Team Tournament***

**Saturday January 24, 9:00 AM – 5:00 PM**

This tournament offers our students and visiting CACMA (Carolinas Association of Chinese Martial Arts) students a fun, low-pressure environment at which to compete, enjoy friendship and fellowship, and tune up for the main CACMA tournament in March as well as other major upcoming tournaments.

The registration fee is purposely kept very low – for unlimited events it is just \$15 for Peaceful Dragon students or \$20 for CACMA students if preregistered– so that everyone can have a chance to participate. All proceeds will go to The Peaceful Dragon Scholarship Fund.

All competitors, from kids through seniors, will be assigned one of four teams. Each individual event you participate in (forms, weapons, sparring, etc.) will earn points for your team so the more events you enter the better for your team, plus there will be three special “surprise” team events that you’ll compete in as a team group for extra points. Awards will be presented both to all individual winners and to the winning team members.

Go to <http://www.thepeacefuldragon.com/specialevents/#team-tournament> for the latest information and required forms.

**NOTE: There will be no class as Dale and I will be judging the Tournament.**





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## ***The Peaceful Dragon's Chinese New Year Festival***

**Saturday February 14, 11:00 AM – 2:00 PM**

The Peaceful Dragon is hosting its 18th annual Chinese New Year's Festival on Saturday, February 14th, from 11am to 2pm. Admission is just \$3 per family, or FREE with a donation of a non-perishable food item for Loaves and Fishes charity.

Fun for the entire family, come celebrate the arrival of the Year of the Goat! The festival will begin with the colorful ceremonial Lion Dance and Dragon Dance, said to bring good luck to everyone for the coming year. Then throughout the festival you can enjoy exciting demonstrations of Chinese martial arts and health arts including Kung Fu, Tai Chi and Yoga, and performing arts such as traditional Chinese dance and music.

Local experts will be on hand to exhibit various Asian arts and cultural practices including feng shui, calligraphy, acupuncture and Chinese medicine. There will be a fun game room for kids, including an obstacle course, plus face painting, arts & crafts and more.

Free introductory mini-classes in tai chi, yoga and kung fu will be offered for both children and adults, and there will be special festival-day-only discounts if you're interested in enrolling in The Peaceful Dragon's ongoing classes. Catered Chinese food will be available to purchase for lunch.

Here in Charlotte, the Asian population has grown rapidly in recent years and the holiday and its traditions remains an important part of immigrants' lives. The Peaceful Dragon's celebration is open to everyone, and is particularly of interest to Americans looking for the chance to discover some of the wonders of authentic and traditional Asian culture.

Additional festival highlights include ongoing raffle drawings and door prizes, and FREE shuttle parking. The festivities are all held indoors so the festival takes place rain or shine.

## **Tai Chi in the News**

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

## **Tai Chi as an Alternative and Complimentary Therapy for Anxiety**

**December 15, 2014** - Anxiety has become a global public health problem. Tai Chi offers one possible way of reducing anxiety.

A joint study by Jackson State University in Missouri and the Legal Aid Society in New York City examined studies from 1989 to March 2014 to assess whether Tai Chi can be an efficacious approach for managing anxiety.

A systematic search of Medline, CINAHL, and Alt HealthWatch databases was conducted for quantitative articles involving applications of Tai Chi for anxiety. A total of 17 articles met the inclusion criteria. Of these, 8 were from the United States, 2 from Australia, 2 from Japan, 2 from Taiwan, and 1 each from Canada, Spain, and China.

Statistically significant results of anxiety reduction were reported in 12 of the studies reviewed. Despite the limitations of not all studies using randomized controlled designs, having smaller sample sizes, having different outcomes, having non-standardized tai chi interventions, and having varying lengths, the study found Tai Chi appearing to be a promising modality for anxiety management.



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## Training Tip

### Shake It Up

We all get stuck in a rut from time to time. Same goes with our training. Now that we're in a new season and a new year, it's time to shake up your training. Is your training focus on Tai Chi forms? Shake it up by focusing on Qigong. Focusing on Qigong? Shake it up by focusing on your fundamentals.

You get the idea. Now, just shake it up.

## Ask Sifu

### What's your New Years Resolution?

Haven't you heard? I don't do resolutions. Go read my message above. I mention my BLOG in there.

## 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.

*"There are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction."*

*- John F. Kennedy*

