



# 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

February, 2015

LakeNormanTaiChi.com

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## Message From Sifu

### Do what's important.

Last month, I talked about having a **BLOG**. A **B**old **L**oft **O**utrageous **G**oal. This is a goal that defines your life and how you live. The trick to having a BLOG is defining the important steps that need to be taken to get you closer to achieving your BLOG.

Notice I said "important steps." If you're starting a business, it's not important, or critical, to spend time at the beginning designing business cards, stationary, or art work for the wall. If you have the money, get someone else to do that. You should be focused on one thing: Cash Flow. If your BLOG is to travel the world, is it important to buy new clothes and luggage? Or should you choose a destination first? Figure out where you're going first, then go shopping!

You will find that when you have a BLOG, and choose to do the important things first, other things may not get done right away, or not at all. That's what happened to me this month. The February newsletter is late because I did not write this message yet. To get closer to my BLOG, I needed to work on the website and new ads that will be running in the Lake Norman Natural Awakenings magazine. All in an effort to massively grow the school this year.

If you are doing important things, but are not getting closer to your BLOG, one of three things is happening.

**You're procrastinating.** I am a master procrastinator, so I know of what I speak! Delegate the tasks. Ditch the tasks. Or do them later. If they truly are important and you're the only one who can do them, then ...

**You've chosen the wrong BLOG.** Do some soul searching and deeply listen to your inner thoughts and determine if this is really what you want. If it isn't, choose a new BLOG. No one said you can't change your mind. If your BLOG still resonates, then we have #3.

**You're not ready yet.** You probably have a few things you need to clear away before you can focus on your BLOG. That's OK. Get them out of the way so they don't become distractions to what you really want.

Find the most important things that will get you closer to your **BLOG**, and do them. Plain and simple.

### In This Issue

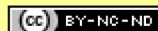
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## Welcome New Students

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***

Kathy Eldridge

## Special Events

### ***Chinese New Year Festival***

**Saturday February 14, 11am-2pm**

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.



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## Join us for The Peaceful Dragon's **China/Taiwan Tour!**



**October 15-27, 2015 - Reserve Your Spot Now!**

Experience many of the greatest cultural and natural wonders of China and Taiwan – including the world-famous Shaolin Temple, Taroko Gorge, Guilin River cruise, Panda Research Center and more – plus learn tai chi, Zen meditation and kung fu both at local temples and schools, and with our own instructors.

This all-inclusive tour includes all transportation, 4-and-5-star hotels, English-speaking tour guides, local cuisine at a variety of top restaurants, and numerous cultural excursions to monasteries, historic sites, scenic spots, modern technological wonders, and more. Students, family and friends of The Peaceful Dragon and affiliate schools are encouraged to join us for this once-in-a-lifetime trip!

**For the complete itinerary, pricing and reservations visit our  
[China/Taiwan Tour Page at ThePeacefulDragon.com](http://ThePeacefulDragon.com)**





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## Celebrations

### February Holidays and Observances

Bake for Family Fun Month  
Barley Month  
Grapefruit Month  
International Boost Self-Esteem Month  
International Expect Success Month  
Library Lovers Month  
National Cherry Month  
National Hot Breakfast Month  
National Parent Leadership Month  
National Time Management Month  
Plant the Seeds of Greatness Month  
Sweet Potato Month  
Youth Leadership Month

Love Makes the World Go Round; But, Laughter  
Keeps Us From Getting Dizzy Week: 8-14  
Random Acts of Kindness Week: 9-15  
National Green Week: 9-15  
National Date (fruit) Week: 15-22

Spring Festival Golden Week (China): 20-24  
National Entrepreneurship Week: 21-28

Popcorn Day: 1  
Crepe Day: 2  
Medjool Date Day: 4  
World Nutella Day: 5  
Canadian Maple Syrup Day: 6  
Take Your Child To The Library Day: 7  
National Almond Day: 16  
International Pancake Day: 17  
National Drink Wine Day: 18  
Spring Festival Eve (China): 18  
Chocolate Mint Day: 19  
Chinese New Year: 19  
Single Tasking Day: 24  
People Power Anniversary (Philippines): 25  
National Chili Day: 26  
World Pistachio Day: 26

## Tai Chi in the News

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

### A Combined Tai Chi and Strength Training Program Helps Patients with Hip Osteoarthritis

**January 16, 2015** - The journal Archives of gerontology and geriatrics recently published a study that investigates the effect of a 12-week balance training program, the combined Tai Chi and Strength Training, on balance activity and aerobic capacity in patients with hip osteoarthritis.

Single-blind randomized grouping cohort study was conducted at a Chinese hospital from December 2008 to December 2011. A total of 81 patients aged from 60 to 69 years old diagnosed with end-stage hip osteoarthritis were recruited. They were randomly divided into two groups: training group and control group. Participants in the training group should do the Tai Chi and Strength Training program under family's supervision for 12 weeks. Parameters including WOMAC score, 6min walk test, stand up, walk test, situation of the hip mobility were compared between the training group and the control group by one-way ANOVA.

At the beginning of the experiment, there was no significant difference of baseline characteristics between these two groups. Participants in the training group could complete 87.1% of movements of the Tai Chi and Strength Training. After training, the distance of 6-min walk was obviously increased, and the time for up and go was significantly shorten, and self-reported functional status scores evaluated by WOMAC was improved. However, there were no significant changes in pain WOMAC and side hip motion.

The 12-week the Tai Chi and Strength Training program have good adherence, and can effectively improve balance and aerobic capacity status in patients with end-stage osteoarthritis, while this training cannot effectively alleviate the pain and improve hip motion of patients. Hence, further total hip surgery is necessary to solve the problems. This combined training program helps the patients prepare for the surgery.



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## Training Tip

### Conserve Your Energy Through The Winter Months

Like the hibernating bear that sleeps throughout the winter months to conserve it's energy. We too must take caution to not expend too much energy. Do more qigong and meditation and less conditioning. Eat less. Sleep more. Expending too much energy can leave us tired. Save your energy for the coming Spring.

## Ask Sifu

### What are the best Qigong Exercises to do in the morning?

Do as I do. Start with Beating the Heavenly Drum. Move on to Push the Mountain, Move the Sea. And end with Sitting or Standing Meditation.

## 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.

*"Progress comes  
To those who  
Train and train;  
Reliance on secret techniques  
Will get you nowhere."*

*- Morihei Ueshiba*

