

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

March, 2015

LakeNormanTaiChi.com

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Message From Sifu

Rejuvenate Yourself Through Your Training

Spring is about to be sprung and nature is getting ready to unleash it's renewal glory on us. It's around this time of year that we should be thinking of our own renewal of sorts.

In the long, dark, cold winter days we have a tendency to hibernate. Maybe not like the bears do, but we naturally slow down physically. We even sleep a little longer, or at least we have the desire to. Our metabolism slows down, which requires us to eat less food, or at least we should. Since we need to conserve our energy during the Winter months, our training needs change as well. We turn to more internal training like breathing exercises, more Meditation, and an emphasis on Qigong and Tai Chi forms.

When Spring rolls around, we need to get out and be more physically active. When the temperature rises and the sun is shining, you can't help but get outside and move. Whether it's a brisk walk, bike ride, or a pick up basketball game. It's what we're wired to do.

During this time, our training needs change as well. The emphasis should be placed on your fundamentals and conditioning. This is a time of renewal and growth and whether you're 17 or 77,

Here are a few ideas to consider when training during the Spring:

Get Outside!

As long as it isn't raining hard or thundering, and you don't suffer from allergies, doing your Tai Chi and Qigong outside brings you closer to nature. Breathing fresh air, especially after a rain, can be more energizing than you think.

Build Your Foundation!

Build up your strength with Stance training and Conditioning exercises (ie., your Warm-Ups). Your focus should be on holding lower stances for a longer period of time and perfecting the movements in each warm-up exercise. This will stress (the good kind) the muscles and encourage them to grow making you stronger.

Improve Your Stamina!

Stamina is built by doing your exercises for an extended period of time with little or no rest. Think of walking, running, or riding a bike. Doing one of your Forms continuously for 30 minutes is another excellent way to build up your stamina. The key to success is doing your movements with the same precision, intent, and speed in the 30th minute as you did in the first minute.

Take the opportunity to enjoy the Spring weather. Your Body, Mind, and Spirit need this time to rejuvenate, to renew, and to grow.

In This Issue

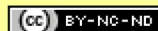
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Welcome New Students

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

Leann Wheeler

Lucinda Guthrie

Special Events

Saturday March 14, 1-3:30pm

Fundraiser Workshop: Women's Self-Defense

This workshop is one of a series of fundraising workshops to help provide funds for qualified Peaceful Dragon students in need of scholarship assistance.

There's a 50% chance you're a female, but even if you're not then your sister, daughter, mother, wife, neighbor or friend surely is and you don't want any of them to risk missing this potentially life-saving training.

Led by Master Eric Sbarge and Sifu Carrie Chun, in this workshop you'll learn essential tactics and strategies to develop the awareness to avoid most assaults and confrontations before they occur, and to fight back against assaults or rape attempts should they be unavoidable.

Open to all teens and adults. The suggested donation for this fundraiser event is just \$29, but you can pay more or less as you wish based on your personal budget. Please register at the front desk by Tuesday, March 10th.

Saturday March 28, all day

CACMA Tournament

For more information, please see the official CACMA website.

Saturday April 4, 9am-4pm

Day-Long Meditation Retreat

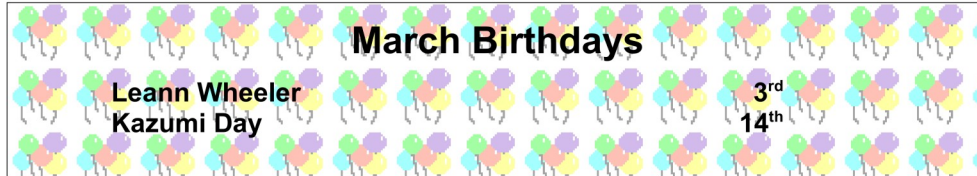
Master Eric Sbarge, head instructor at The Peaceful Dragon, will lead this extended session of Chan (Zen) meditation, interspersed with relaxing and invigorating yoga and qigong as well as discussions on meditation principles, methods, and Chan philosophy. The retreat is open to and suitable for everyone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

Early-bird fee through March 21: Public – \$69; Peaceful Dragon and affiliated-school students and family members just \$39. After March 20 add \$15. Please register at our front service counter or call (704) 504-8866. Bring a yoga mat and your meditation cushion or stool of choice; we have them for sale or a few available to borrow if you don't have your own.

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Celebrations



March Holidays and Observances

International Expect Success Month Link
International Listening Awareness Month
National Caffeine Awareness Month
National Craft Month
Spiritual Wellness Month

National Sleep Awareness Week: 1-7
Qing Ming Jie Holiday (China): 4-6
American Chocolate Week: 15-21
Meat Free Week: 23-29

National Pancake Day: 3
Cereal Day: 7
Iditarod Begins: 7-15
The Day of Valor (Philippines): 9
World Sleep Day: 13
Pi Day: 14
Pecan Day: 25
Tolkien Reading Day: 25
Vaffeldagen (Waffle Day): 25
Spinach Day: 26

Tai Chi in the News

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

Baduanjin Qigong Helps People with Chronic Fatigue

February 19, 2015 - Chronic fatigue syndrome (CFS)-like illness is a complex, medically unexplained, and debilitating condition, which is characterized by persistent fatigue of at least 6 months. To date, no curative treatment is available for CFS and the treatment is often symptom based.

Researchers from Harvard School of Public Health and the University of Hong Kong collaborate on a project to evaluate the effectiveness of Baduanjin Qigong exercise on sleep, fatigue, anxiety, and depressive symptoms in CFS)-like illness. Baduanjin (also called Eight-Section Brocades) is one of the most common forms of Chinese health Qigong exercise, characterized by its simple, slow, and relaxing movements. The exercise involves 8 simple movements, according to the traditional Chinese medicine theory, each of which can enhance the function of certain organs or parts of the body. As Baduanjin Qigong is very easy to learn and less physically or cognitively demanding, it is popular in the Chinese population as a safe Qigong exercise to promote health. The secondary objective was to investigate the dose-response relationship between Qigong exercise and symptom improvement.

One hundred fifty participants, with CFS-like illness, aged between 31 and 47, were randomly assigned to Qigong and waitlist. Sixteen 1.5-hour Qigong lessons were arranged over 9 consecutive weeks. Pittsburgh Sleep Quality Index, Chalder Fatigue Scale, and Hospital Anxiety and Depression Scale were assessed at baseline, immediate post-treatment, and 3-month post-treatment. The amount of Qigong self-practice was assessed by self-report.

Repeated measures analyses of covariance showed significant differences for the "subjective sleep quality" and "sleep latency" items, favoring Qigong exercise. Improvement in "subjective sleep quality" was maintained at 3-month post-treatment. Significant group by time interaction was also detected for the Chalder Fatigue Scale and Depression Scale anxiety and depression scores. The number of Qigong lessons attended and the amount of Qigong self-practice were significantly associated with sleep, fatigue, anxiety, and depressive symptom improvement.



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The researchers concluded that Baduanjin Qigong was an efficacious and acceptable treatment for sleep disturbance in CFS-like illness.

This study was published in the December 2014 issue of Evidence-based complementary and alternative medicine.

Training Tip

Change Up Your Routine

It's a new season. You need a new workout routine. As I explained in my monthly message above, you should do more deep stances and continuous Form practice. Craft a routine that includes stances and forms on different days mixed with Meditation and Qigong.

Ask Sifu

How often should I practice outside of class?

You should be doing something in relation to your training seven days week. Actual Form practice, stance training, Qigong, and meditation should be the bulk of your practice. Most experts advise that we should be working out most days of the week. In my book, that's four days a week at a minimum. Of course, your schedule and recuperation time need to be considered when scheduling your workouts.

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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

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.

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking."

- Albert Einstein

