

Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

“It is good to have an end to journey toward;
but it is the journey that matters, in the end.”

- Ursala K. Guin

July, 2015

LakeNormanTaiChi.com

Vol 6 Number 7

Message From Sifu

Are We Truly Independent?

On this 4th of July holiday, our Nation's Independence Day, my thoughts lead to independence and what it means to our Nation and it's people. I invariably think of the Declaration of Independence and this line:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

As a school boy, I had to memorize the Preamble and the first paragraph of the Declaration of Independence. Over the years, only the line above has stuck with me. It has gently shaped my life, as I value my own independence to a high degree.

The document, penned by Thomas Jefferson and signed by the 56 members of the Second Continental Congress, set in motion our country's independence from British rule. It describes what it means for a Country to be Independent. Specifically what it meant for the Colonies to be independent from the rule of King George III.

But, what about it's people? As citizens of an Independent Nation, we are independent as well. We have Free Will to pursue a career of our choosing, Pursue happiness in whatever way we choose. We have the ultimate freedom to do and say whatever we want. All within the limits of our laws, of course.

But, are we truly Independent?

In our modern age, we have become a very dependent society. We have dependencies on food, alcohol, nicotine, drugs (both legal and illegal), sex, TV, internet, bad relationships, destructive friends, and on and on and on. These dependencies cloud our mind, impact our judgment, and lead us astray from our pursuit of happiness.

Now is the time for you to write your own personal Declaration of Independence. Start by listing 3-5 things you are dependent on. Whether it's that Cup of Joe you can't wake up without, or the bedtime snack, or the dessert you have to have after every meal. List them out to be "submitted to a candid world." Add to that a few things that will make your Pursuit of Happiness more attainable. That could be going back to school for that degree. A hobby you've been meaning to learn. Or a way to earn extra money for regular biannual vacations or for retirement.

Be creative in your Declaration. Use the original (http://www.archives.gov/exhibits/charters/declaration_transcript.html) as a template. And take action. Be revolutionary in your approach to absolve yourself from the allegiances of your dependencies and take up arms for your right to pursue happiness. Our forefathers wouldn't have it any other way.

In This Issue

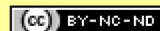
[Message From Sifu](#)

[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

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)**



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

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

Bethany Hamm-Whitfield

Celebrations

July Holidays and Observances

Air-Conditioning Appreciation Days

National Blueberries Month

National Ice Cream Month

National Horseradish Month

National Make A Difference to Children Month

National Share A Sunset With Your Lover Month

National Moth Week: 18-26

National Parenting Gifted Children Week: 19-26

Chocolate Day: 7

Father-Daughter Take A Walk Together Day: 7

SCUD Day (Savor the Comic, Unplug the Drama): 8

National Rainier Cherries Day: 11

Maritime Day (China): 11

Embrace Your Geekness Day: 13

Master Eric Sbarge's Birthday: 14

National Ice Cream Day: 19

International Cake Day: 20

Casual Pi Day: 22

National Milk Chocolate Day: 28

Lasagna Day: 29

Cheesecake Day: 30

System Administrator Appreciation Day: 31

Tai Chi in the News

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

Tai Chi May Slow Down Age-related Decline in Muscle Strength

June 22, 2015 - Aging is associated with a progressive decline in muscle strength, muscle mass and impaired physical function, which reduces mobility and impairs quality of life in the elderly population. The 6-2 months of exercise can enhance the muscle strength, but these improvements can only be maintained for a short period. In a new study recently published by Chinese journal of integrative medicine, a group of researchers investigated the effects of long-term Tai Chi exercise on muscle strength of lower extremities.

A cross-sectional study was conducted in 205 long-term Tai Chi practitioners (age: 60-9 years) and 205 age and gentle matched controls who did not practice Tai Chi. Each of the activity group was further divided into three distinct age groups: G1, 60-9 years; G2, 70-9 years; and G3, 80-9 years. Hand-held dynamometer was used to measure the maximum isometric strength and hamstrings on both sides of the participants. Unpaired tests were performed to compare the difference of strength between the Tai Chi and non-Tai Chi groups. Multivariate analysis of variance (MANOVA) was used to compare the lower muscle strengths among the different age groups in the two groups. Pearson's correlations were used to quantify the linear relationship between the months of TC practice and lower limbs muscle strength.

The research results showed that the strength of the muscles in the Tai Chi group did not differ among different age groups. The strength of iliopsoas, quadriceps femoris, tibialis anterior and hamstrings in Tai Chi group was higher than that in the



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

NTC group. A correlation between muscle strength and extension of the exercise period was positive.

Results shed light on the orientation and magnitude of long-term Tai Chi in preventing muscle strength loss with aging. Tai Chi may be a good form to slow down the trend of age-related decline in muscle strength in community-dwelling population.

Training Tip

How to Sneak Tai Chi into your daily life

#3) Stand In Line

We spend a lot of time standing in line. Standing in the checkout line at the grocery store. Standing in line at the bank, or ATM. Standing in line at the Theatre Concession Stand. Put that Standing time to good use and practice your Ready Stance: Feet shoulder width, toes pointing straight ahead. Knees slightly bent. Tailbone tucked under the spine. Chest empty. Shoulders relaxed. Crown of the head lifted as if by a string. Tip of the tongue touching the roof of the mouth behind the front teeth. And breathing in and out through the nose, deep to the Dan Tien.

Feng Shui Tip

Your Happy Place

Your home should be neat and clean, but here is a fine balance between the "lived-in look" and an Architectural Digest Magazine photo shoot. If you are relaxed and happy in your space, others should be too. Make sure family and guests are comfortable and do not feel as if they are living in a furniture show-room.

Feng Shui is the Art of Placement. A Chinese philosophical system of harmonizing everyone with the surrounding environment. The term feng shui literally translates as "wind-water." Each month Dale Saufley will share a Feng Shui tip that you can implement to harmonize yourself with your surroundings. If you have questions about Feng Shui, contact Dale at dales@lakenormantaichi.com.

Ask Sifu

What are the best movements for low back pain?

Low back pain has many causes. It can be acute or chronic. Either way, it's best to get recommendations from your physician, chiropractor, or physical therapist for a long term solution. For the short term, I find Qigong movements like Stepping over the Fence, Polish the Moon, and Monkey Hears a Noise helpful along with Glute and Quadricep stretches and ice.



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

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@Hilburnpartner.com

For Sale or Trade: 2 timeshare weeks (odd & even years) in Florida. Even year timeshare is in Pompano Beach right on the water & is a points system (126,000 points, no true set week). Royal Vista Resort 1110 S Ocean Blvd Pompano Beach Florida. The even year is Palm Country Club & Resort in Kissimmee Bldg 25, unit 209 week 37 (late Sept). It is a 2 bedroom lock-out so can be traded for 2 separate weeks if you choose. I would like to get \$4500 for the Pompano Beach & \$6200 for the Kissimmee OR would trade both for older motor home. Call 704-965-4105 or email lbwheeler.hiker@gmail.com -- Leann Wheeler

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.

"Nothing is exciting if you know what the outcome is going to be."

~ Joseph Campbell

