



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

"It's easy to stand with the crowd. It takes courage to stand alone."

~ Mahatma Gandhi

August, 2015

LakeNormanTaiChi.com

Vol 6 Number 8

Message From Sifu

What does Mastery mean? And is Mastery in Tai Chi necessary?

"We fail to realize that mastery is not about perfection. It's about a process, a journey. The master is the one who stays on the path day after day, year after year. The master is the one who is willing to try, and fail, and try again, for as long as he or she lives."

~ George Leonard

"Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person."

~ Albert Einstein

In the Martial Arts, there are multiple levels a student can attain. They are: Student, Disciple, Gao Sho, Lao Shr, Master, and Grandmaster.

A Martial Artist starts as a Student. Then through training and time promotes to Disciple level. Then through more training and more time promotes to Gao Sho or Lao Shr levels. Then through even more training, more time, and passing the Arts on to their own students, promotes to Master level. This process is supervised by an instructor who passes on the finer details of the Arts and guides the student on the path of mastery of the Arts.

And when the Master has trained teachers, who have trained their own teachers, who have their own students, only then he may be called Grandmaster.

Don't confuse Mastery with being a Master. Master is a title bestowed upon you by someone else. Mastery can only be achieved by your efforts. Most students, probably 99.9% of all who take up the Martial Arts, never say they took up the Arts to attain the title of Master. Becoming a Master is the result of Mastery of the Arts.

Mastery is a path, not a destination. Mastery is a process, not the end result. Mastery takes dedication, focus, discipline, and above all, time. You are attaining Mastery of Tai Chi when you practice your Tai Chi. Which is what you are doing anyway when you come to class, train hard, ask questions, and, well, be a student!

Mastery is just a fancy word that describes what you are doing when you dedicate some of your time to learn and practice Tai Chi for the betterment of your life, health, and well-being. Is Mastery in Tai Chi necessary? It's like asking if practicing Tai Chi is

In This Issue

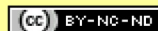
[Message From Sifu](#)

[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

necessary. Not only is it necessary, it's how you achieve better health and other various benefits that Tai Chi has to offer. Mastery is the natural progression of your training.

Will you become a Master in Tai Chi? Only time will tell.



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

Sangeetha Kalyanaraman

Wilma Norris

Wayne Tvedt

Celebrations

August Holidays and Observances

American Artists Appreciation Month
Boomers Making A Difference Month
National Water Quality Month

Simplify Your Life Week: 1-7
Exercise With Your Child Week: 2-8
National Farmers' Market Week: 2-8
Be Kind To Humankind Week: 25-31

India Pale Ale Beer Day: 1
Respect For Parents: 1
Watermelon Day: 3

National Chocolate Chip Day: 4
National Root Beer Float Day: 6
Homemade Pie Day: 7
International Beer Day: 7
Dalek Day: 8
Cupcake Day: 17
Double Seven Festival (China): 20
Ninoy Aquino Day (Philippines): 21
National Waffle Iron Day: 24
Spirit Festival (China): 28
More Herbs, Less Salt Day: 29
National Heroes Day (Philippines): 31





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

Tai Chi in the News

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

Harvard Medical School Studies Tai Chi for Cardiac Rehabilitation and Fall Risk Mitigation

July 20, 2015

The Gentle Cardiac Rehabilitation Study for Patients Not Attending Cardiac Rehabilitation

In this new study, Harvard Medical School is teaming up with the Warren Alpert Medical School of Brown University.

Cardiac rehabilitation (CR) programs reduce overall and cardiovascular mortality in patients with a history of acute coronary events or revascularization procedures, but only 30% of patients enroll in CR and attrition rates reach up to 60%. Tai Chi, a mind-body practice based on light/moderate aerobic exercise accompanied by meditative components could be a possible exercise option for patients who do not attend CR.

Sixty patients will be randomized to a "LITE" condition (one tai chi session twice weekly for 12weeks) or to a "PLUS" condition (one tai chi session 3 times weekly for 12weeks, followed by maintenance classes 1-2 times weekly for an additional 12 weeks). Measurements will be conducted at baseline, 3-, 6-, and 9months after enrollment. The primary outcome is to determine the feasibility, acceptability and safety of each dose.

Findings from this pilot study will provide preliminary indications about the usefulness of Tai Chi as an exercise option for patients not attending traditional CR programs. Results will also shed light on the possible mechanisms by which Tai Chi practice may improve overall physical activity among patients with atherosclerotic coronary heart disease.

Tai Chi May Reduce Dual Task Gait Variability, a Potential Mediator of Fall Risk, in Healthy Older Adults

The June 2015 issue of the journal *Frontiers in human neuroscience* published a research jointly performed by Harvard Medical School, Tel Aviv University and National Central University of Taiwan. It compared differences in usual and dual-task gait between long-term Tai Chi-expert practitioners and Tai Chi-naïve adults, and to determine the effects of short-term TC training on gait in healthy, non-sedentary older adults.

Tai Chi exercise improves balance and reduces falls in older, health-impaired adults. Tai Chi's impact on dual task gait parameters predictive of falls, especially in healthy active older adults, however, is unknown.

The cross-sectional study compared gait in healthy TC-naïve and TC-expert older adults. The experts have 13 to 37 years of experience. TC-naïve adults then completed a 6-month, two-arm, wait-list randomized clinical trial of TC training.

During dual tasks, gait speed decreased and stride time variability increased in all groups. Cross-sectional comparisons indicated that stride time variability was lower in the TC-expert vs. TC-naïve group, significantly so during dual tasks; by contrast, gait speed during both undisturbed and DT conditions did not differ between groups. Longitudinal analyses of TC-naïve adults randomized to 6 months of Tai Chi training or usual care identified improvement in DT gait speed in both groups.

In conclusion: In healthy active older adults, positive effects of short- and long-term Tai Chi were observed only under cognitively challenging dual-task conditions and only for stride time variability. Dual-task stride time variability offers a potentially sensitive metric for monitoring TC's impact on fall risk with healthy older adults.



Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

Training Tip

How to Sneak Tai Chi into your daily life

#4) Close Your Eyes

Try this the next time you have some downtime, sitting quietly by yourself, or even lying down before you fall asleep. Close your eyes and visualize yourself doing your Forms. Visualize each movement precisely. Your mind will perceive that you are actually doing the form. Not only will you be able to perfect your movements mentally and improve your focus, the next time you do your form, it will feel easier and be smoother. You can visualize yourself doing Push the Mountain, Move the Sea, the Tai Chi Solo Form, or any weapons form.

Feng Shui Tip

Watch Out For Rolling Chi

If your back yard slopes off sharply, try and find a way to keep Chi from "rolling away" down the hill from your home. Planting flowers or shrubs, installing a tall pole with a light or bird-house, or creating a meandering path can all help.

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 is the airspeed velocity of an unladen swallow?

An African or European swallow?





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@JHilburnpartner.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.

*"The only real limitation on your abilities
is the level of your desires. If you want it
badly enough, there are no limits on
what you can achieve."*

~ Brian Tracy

