



# TAI CHI LEE

Promoting Harmony of Mind, Inner Awareness and Mental Focus.



"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"

*Sitting Bull*

## Tai Chi Lee

### Spring 2014 issue

**From the Tao:** *"Nothing in the world is as soft and yielding as water. Yet for dissolving the hard and inflexible, nothing can surpass it"*



### Tai Chi Blog

In addition to my [examiner.com](#) articles, I have a [Tai Chi Blog on Wordpress](#). Please take the time to read them as I truly believe you'll enjoy and relate to these short pieces on various subjects relating to Tai Chi, such as :

- [Tai Chi; better back, better balance](#)
- [Flow with the use of circles in your life](#)
- [Tai Chi teaches us to open like an arch](#)

[Lee Atwater on examiner.com](#)

### Tai Chi principles offer a path to follow, not necessarily a road to take

Bruce Lee once said 'obey the principles without being bound by them.' He was referring to his martial art method which he refused to call a 'style.' He believed that a martial art should

**REMINDERS:** Please check my site for News, Resources and Products! I do keep it up-to date.

Please check these other Tai Chi websites, **[Tennis Tai Chi](#)** and **[Tai Chi Fusion](#)** which are part of my main site at **[Tai Chi Lee](#)** (**[www.taichilee.com](http://www.taichilee.com)**). Also be sure to take a peak at this site about **[Professor Cheng Man-Ching](#)** with a documentary to be released later this year.

### News and Announcements

- As many of you know, our good friend and gifted teacher Donna had a calling and has decided to follow her heart and leave the martial arts. What a wonderful ride it's been for her and all of her friends and students! We will miss her but I'm sure we'll still be seeing her at our annual picnic and our luncheons. [Good luck Sifu Donna!](#)
- ***The Grounds for Sculpture*** in Hamilton will feature ***Tai Chi Lee*** in the July 10th "Walk & Talk." Please watch for other featured events at these beautiful, estate-like grounds - see the [G for S calendar](#).
- The [Hamilton Township Adult Continuing Education](#) class started March 13th and will run through May 8th. This is a beginner class held every spring and fall that meets at Reynolds Middle School.

## *Characteristics of Traditional Yang Tai Chi*

***From "Mastering Yang Style Taijiquan" by Fu Zhongwen***

The distinctive characteristics of Yang Chengfu

conform based on the circumstances, should be spontaneous and that one's actions are direct expressions of feelings, thus movements are simple and direct. In essence one learns the principles and follows the road, but also practices outside of those rules, on the path or 'off-road.'

Think back to when you learned how to play baseball or tennis or learned how to play an instrument, like violin or trumpet. You were taught the fundamentals, followed the road ahead, and then developed your own style of play based on those underlying principles. Acquiring your own style is the way in which you personally express yourself. While you can learn much from watching and reading about sports legends or musical geniuses, you should not seek to copy their style but rather emulate their ability to exercise and display the fundamentals.

When you practice tai chi you should always be attentive to the principles, but not restricted by them. Allow yourself to experiment and even 'break the law' to see what it feels like. Be flexible, imaginative and most importantly, be you because that is how you create your 'style.' Fundamentals merely offer a road to follow but the road may have many twists and turns. You should follow the road but be willing to stray over to the path occasionally.

[Read more and other articles here](#)

*Lee Atwater*



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style Taijiquan are:

- the postures are relaxed and expansive, simple and clean, precise in composition
- the body method is centered and aligned, not inclining or leaning
- the movements are harmonious and agreeable, containing hard and soft, uniting lightness of spirit and heaviness of application

**In training**, one attains softness from loosening/relaxing (song). In accumulating softness, one develops hardness; hardness and softness benefit one another (mutually interact). The postures may be high, middle or low, so that one is able to make appropriate adjustments in the measure of the movements according to the factors of age differences, sex, bodily strength, or differing demands of the student. Because of this, it is suitable for treating illness or protecting health as it is for increasing strength and fitness or increasing artistic skill.

**The postures** of Yang style Taijiquan are expansive and open, light yet heavy, natural, centered and upright, rounded and even, simple, vigorous and dignified; because of this, one is able to quite naturally express an individual style that is grand and beautiful.

**Yang Chengfu** (pictured below) once said "Taijiquan is the art of softness containing hardness, of a needle concealed in cotton.



## Twitter

Please follow me on Twitter. I have found some very interesting Tai Chi information from like-minded Tweeters.

Check out my [Tweets](#) and [Photos](#)

## Resources

Please check my [website for resources](#) and other valuable Tai Chi information. There are [DVDs](#) and [t-shirts](#) available for purchase as well.

## Tai Chi Lee





photo at top by L. Atwater

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