



The only path to serenity is to do your work, then step back - don't worry about peoples' approval.

The Tao

Tai Chi Lee

Spring 2013 issue

REMINDERS: I have t-shirts and DVDs available for purchase for \$20. Ask me about them!

My other Tai Chi websites, Tennis Tai Chi and Tai Chi Fusion have migrated over to my main site at [Tai Chi Lee](#). Also find great resources, links, news and other tai chi happenings!

News and Announcements

Coming Soon:

- **Tai Chi at the Grounds for Sculpture** will start on Saturday, May 4th at 10:15. This class will run for three



Tai Chi Blog

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

- [Tai Chi is not just an Exercise - It's a Way of Life](#)
- [If your Body doesn't mind you should try Mind/body](#)
- [Health Benefits from practicing Tai Chi](#)

[Lee Atwater on examiner.com](#)

Fu Zhongwen on Mastering Yang Style Tai Chi

A Discussion on Taijiquan Practice

3. *The joints in the two arms must be loosened (song) and open. The shoulders must hang down, the elbows must bend down, and the palms must slightly extend with the fingertips slightly bent. Use consciousness to move the arms, use the cqi to thread the fingers. With the accumulation of days and months, the internal energy will be penetrating and refined; its subtlety will arise on its own.*

consecutive Saturdays for an hour and a half class outdoors or indoors weather permitting.



Please see the [Grounds for Sculpture calendar](#) for more information or call 586-0616.

- ***Tai Chi in the Park*** will resume when we get warmer weather provided there is an interest.
- ***Guy DeRosa Tai Chi workshop*** will become sometime this year. I will try to take a poll to see who may be interested in attending before arranging for Guy to come to RWJ for a Sunday afternoon workshop. These workshops are open to members and non-members.
- ***Tai Chi Inspiration*** talk radio program has been suspended until further notice but you can still access the archives at [*Tai Chi Inspiration*](#).

Separate and Combine in Tai Chi

Defining the Component Pieces of Tai Chi

Separate and combine is an ancient Chinese principle for deep learning that has been used for millennium. The principle states that once a basic movement, set or form has been absorbed or established the practitioner seeks to tease out the individual components before moving on to study

[Read about this book](#)

But How Shall I Practice Master?

No matter what athletic pursuit, hobby or skill we enjoy, there always comes a time when we wonder if we are practicing correctly, spending enough time honing our skills or even over-practicing. It's our natural human instinct to desire improvement regardless of whether we compete with others, because we are still competing with ourselves.

To improve at anything requires diligence and dedication. We don't necessarily have to become the absolute best at our chosen skill, but in order to satisfy our thirst for self-gratification we must put in a certain amount of time so that we continue to make small steps forward. And importantly that is exactly how we should practice; one small step at a time, focusing on a particular goal.

In tai chi you may have a particular aspect of the form that you are working on. That could be a core principle aspect, a style aspect, a movement aspect or a sequence aspect. Try focusing on one thing at a time, taking it slow while trying to repeat your lesson over and over. Most of all, try to stay loose and relaxed and let go of any tension you feel, both body and mind.

[Read more](#)



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that movement, set or form as it is practiced with all its other components. The ancient Chinese found that this was the most effective and efficient method for learning any new skill and stabilizing it in the body.

When practicing tai chi, the majority of people rarely, if ever, break down the material into component pieces and rebuild it. This creates a glass ceiling and prevents practitioners from reaching their full potential.

Your internal practice and, your body for that matter, run in much the same way as a high-quality car with attention to detail being paid to each one of the component pieces to create a cohesive, smooth running car.

Even if you are not interested in creating a high-performance body, most people would like a pain- and disease-free existence with physical flexibility, properly functioning immune system, balanced emotions and a mind that can relax and let go. These beneficial side effects of internal arts training are achieved through a systematic and progressive process of overhauling each component—and each body part—upgrading and integrating their function.

[Read more from Paul Cavel's article in Into Mountains, Over Streams](#)



top photo L. Atwater



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.

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