



“hark, now hear the sailors cry, smell the sea, and feel the sky, let your soul and spirit fly, into the mystic” — Van Morrison

# Tai Chi Lee

*Summer 2013 issue*

**IN OUR THOUGHTS:** Let's keep Bob and Bob and Marilyn in our thoughts and prayers.

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

**My other Tai Chi websites, *Tennis Tai Chi* and *Tai Chi Fusion*, are now part of my main site at [Tai Chi Lee](http://www.taichilee.com) ([www.taichilee.com](http://www.taichilee.com)).**

## News and Announcements

- **Tai Chi demonstration at Mercer County Park** will be on **Saturday, June 8th** at about 2 PM. Please watch for e-mail reminders



## Tai Chi Blog

In addition to my [examiner.com](http://examiner.com) articles, I have a [Tai Chi Blog on Wordpress](#). Most of the blogs are shortened versions of the articles I write. 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 Teaches Us to Open Like an Arch](#)
- [But How Shall I Practice Master?](#)
- [Tai Chi "Cat Walking" for Better Balance](#)

[Lee Atwater on examiner.com](#)

## Yang Style Tai Chi Chuan Judging Points

- Show Yin and Yang in the legs
- Defined changes from upright to straight and back again in body posture
- Body is loose and soft throughout
- Co-ordinate hands and feet, elbows and knees, shoulders and hips
- Keep the hands alive

with further information. This demo is part of the annual Dragon Boat Festival and will be held rain or shine near the boathouse marina. This event is hosted by the Machestic Dragons to benefit rehabilitation of Women with Breast Cancer in our Community. Please see [Paddle for Pink](#) for more

information. *Side note - as other demo opportunities arise, the group may want to consider a name as well as the potential for creating an empty hand demo form.*

- ***The Annual Tai Chi Picnic*** at Judy's is scheduled for Saturday, June 22nd. Please see Judy for more information.
- ***The Grounds for Sculpture*** in Hamilton featured *Tai Chi Lee* in the May 16th "Walk & Talk" and a short three-week course. Please watch for other featured events in this beautiful, estate-like grounds - see the [G for S calendar](#).
- ***Tai Chi in the Park*** will resume when we get consistently warmer weather provided there is an interest.
- ***Guy DeRosa Tai Chi workshop*** will be coming 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](#).

- Use the back to propel the movements
- Upper body relaxed and soft
- Show Yin and Yang in the hands
- Whole body is involved in final adjustment of toes at the end of a posture
- Refinement in transitions, soft elastic movement
- All parts of the body moving at different speeds fully integrated
- In the legs, moving and stepping is relaxed and agile
- Back foot is at approximately 45 degree angle
- Step forward in bow stance with heel first then toes
- Diagonal step (slant flying) heel down first
- Repulse Monkey; Step back with toe first then heel down – final stage with both
- Feet flat on the floor

## **Tai Chi; Slow down, try it and stick with it!**

It seems that our society is all about quick fixes, quick responses and quick solutions. We are so over-connected these days that normal conversation has been replaced with texting and our notion of getting away on a vacation is nearly

## ***Defining "Sung" as Practiced in Tai Chi***

The definition of 'Sung' is not easy to translate into English from Chinese. To comment on the single word 'Sung', is extremely difficult, but loosely it means 'relax', 'completely relax'. Relax means to soften the tendons and blood vessels of the whole body and focus your Qi. The principle of 'Sung' implies loosening one's muscles, releasing tension and giving up external energy, but preserving internal energy so that the body will be sensitive and alert to adapt itself to any circumstance.

Students of TaiChi travel along the road to perfection, only if from the very beginning of their training, they make 'Sung' a priority. Technical detail and refinement of each form posture will improve gradually and naturally with continuous practice and then and only then 'Sung' will be realised. Never force your form movement and posture, when this stage is reached you will experience the union of mind, body and spirit.

The vital quality of 'Sung' is lost by students who egotistically strive to 'look good' during their practice to the detriment of their Qi flow. Grandmaster Yang Cheng-fu used to say to his students, "Relax, relax and then relax again" in order that the muscles, tendons, ligaments and bone marrow achieve the supreme conditioning of 'Sung'. 'Sung' exists in the very depths of our essential nature, 'Sung' cannot be explained in rational terms, but the following may help a little to unlock the mystery and understanding of 'Sung':

impossible because of our attachment to cell phones, lap tops and work pads. Everything is fast paced and very often if we can't learn it or do it quickly, it isn't worth our time. What a shame!

It's time we all stepped away from our computers, put down our cell phones and other electronic gadgets and took the time to "smell the neighbor's garden." There is so much to enjoy out there when we squelch our high-intensity lifestyles and stop fighting with the normal frustrations of life.

[Read more and other articles here](#)



Follow me!



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### **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](#)

When we free ourselves from fixed rigidity, we have 'Sung' in our posture. Then external strength, brute force and aggression disappear from our movements and give way before the gentle, relaxed softness of 'TaiChi-Sung'. We become moderate, flexible and open in all our movements, knowing when to yield holds all opposite forces in natural balance, creating a balance in our own body, at the same time enabling us to 'Self Heal'.

[Read a bit more about Sung and other concepts on Erle Montaigne's site](#)



**top photo L. Atwater**

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