

# Tai Chi News

# 太極拳

March 2008

## Dates for the Next Term

The new term will run from 29th March through to 3rd April 2008.

Those 6 Saturdays are:

Week 1.....	29th March
Week 2.....	5th April
Week 3.....	12th April
Week 4.....	19th April
Week 5.....	26th April
Week 6.....	3rd May

## Fees

The fees for the 6 weeks will be £19.50 due on 29th March 2008. The breakdown of fees is:

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6 Club Sessions @ £1.50 each.....	£9.00
2 Peter Sessions (first and third sessions per month) @ £2 each.....	£4.00
1 Bob Session @ £7 each.....	£7.00
Club Instructors @ £1.....	£1.00
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Total	£21.00

Fees can be paid either by cash or by cheque made payable to *Fylde Chi Gong Association*.

When you pay your fees, please make sure the sheet gets signed. This is your record of payment.

## Insurance

At the end of March the insurance is due. The cost will not go up and will remain at £12 and will run from 1st April 2008 through to 31st March 2009.

## Bob's Workshops

Believe it or not, the sword workshops are nearly at an end! In theory, only a few more are needed to complete the sword form. This is your opportunity to put forward your ideas regarding what happens next. As you maybe aware, the Sun style form contains aspects of two other martial arts, Xing Yi Chuan (pronounced: shing-yee chwan) and Bagua

Zhang (pronounced baa-gooaa jzhang). If you'd like try a workshop on either/both of these please let Bob know. If there's something else you'd like to do by way of a workshop, again, please let Bob know.

## Final Words

Don't forget you can contribute to our website's forum via the following address: [www.sunshitaiji.com](http://www.sunshitaiji.com)

All that remains is to wish you all a happy Easter and I look forward to seeing you after the holidays.

## Useful Contact Numbers

Martin .....	(01253) 894 396
.....	(07939) 806 740
Maureen.....	(01253) 890 052
- any information for newsletter	



## The first characteristic of Sun Style Tai Ji: *By Master Lei Shi Tai*

The natural position of the body.

The position of the body is more natural than in other forms of Tai Ji. The basic position - San Ti Shi - comes from Xing Yi. It differs from the traditional basic position - Hun Yuan Zhuang. The position of the body is higher (angle with the knees of 135°), the axis head - centre of gravity falls on only one foot and not with equal distance of the two feet, the feet are positioned one compared to the other according to an angle of 45° and not in parallel or are aligned like usually used in other schools of Tai Ji. All these characteristics respect the natural positioning of the body with two consequences. Initially a practice more favorable to health, without excessive wear (of the knees in particular). Then, a good balance between stability and flexibility.