

Tai Chi News

太極拳

October 2006

Term just completed

Another successful and enjoyable term has been completed, which was made extra special by the visit of Mr and Mrs Lei.

Visit of Mr and Mrs Lei

On behalf of everyone, I would like to thank Bob most sincerely for arranging Mr. Lei's visit on 9th September. I would also like to take this opportunity to thank Mr. Lei for giving his time so generously and for demonstrating. Those of us fortunate enough to attend the day will all agree with me that we got a lot out of the session. If we didn't already know, it made us realise there's so much further to go.

Another vote of thanks must be given to Jane for organising the catering at lunchtime which was excellent! Also a thank you must go too Nuala for her home made cakes they were very 'moorish' and proved very popular – many thanks to her for giving up so much of her time to bake these.

Demonstration in Memorial Hall

Many thanks to all who attended and performed so expertly. The consensus is that we were the best act in Town.

A Few Words From Peter

I would like to take this opportunity to thank everybody who took part in the demonstration at the centre, sorry I couldn't be there. I know you gave a good account of yourselves. It takes effort and courage to do these types of thing but its fun and very rewarding. Thanks to Denise for coordinating audience appreciation! Get well soon.

I would like to thank everybody for their support of Mr Lei's visit. I know everybody thoroughly enjoyed his lesson, thanks for making the effort to attend and looking so good in our new T-shirts. Mr Lei was very impressed with everybody and said that we practiced "pure Tai Chi", which is why, I think, he decided to show us so many adjustments in one session rather than just going through a few postures. All credit and thanks to Bob who has shared his hard-earned knowledge with us over the last few years. Also I think Mr Lei was very touched by the respect and friendship that our group showed him in his short time here.

When we are given fairly easy access to such a great teacher it is sometimes easy to underestimate the hard work and time

spent in making arrangements and carrying them out. So thanks from all of us to Bob who spent so much time in ferrying Mr and Mrs Lei and looking after them the whole weekend, he could have personally gained much more from that time had he just gone to visit Mr Lei on his own.. I know he won't tell you but he was absolutely knackered on the Monday from the long drives and making sure they were ok etc. I mustn't forget to thank Martin, Jane, Dave (great T-shirts and web site!) and Alan for the effort they made in organising everything and of course Nuala for making sure the catering display was immaculate and for providing the delicious cakes.

I hope everybody is happy with the new arrangements I suggested. It means that individuals can choose the times they come to practice. Although I hope everyone will attend both sessions on Saturdays in the spirit of friendship we have developed over the years. Importantly, we now have the ideal situation where we can also practice Sun style Tai Chi for health and relaxation, or for its excellent martial application or both. In addition, we now have the connection with a teacher who is so close in lineage and practice to Sun Lu Tang himself!

We should keep in mind the great benefits that can be achieved from practicing the form alone if practiced regularly and done correctly and that the methods taught by Mr Lei will add power to Tai Chi's health effects. In addition, although the benefits of Tai chi are enhanced many fold by understanding the martial application we should keep in mind that Tai Chi would be just another martial art without its emphasis on slowing down, developing mindfulness, calming the emotions and invigorating the spirit.

Regards,

Peter

Autumn Term

Dates

The new term will run for five weeks. The dates are as follows:

Week 1	7th October
Week 2	14th October
Week 3	21st October
Week 4	28th October
Week 5	4th November

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Fees

The fees for the 5 weeks will be £23 which are now due. The fees break down as follows:

5 Club Sessions @ £1 each	£5
3 Peter Sessions (two per month) @ £2 each.....	£6
1 Bob Session @ £7 each.....	£7
Group Instructors @ £5	£5

Total	£23

Fees can be paid either by cash or by cheque made payable to Fylde Chi Gong Association. When you pay your fee, please make sure you sign the sheet. This is your record of payment.

Class Structure:

If you cast your minds back to earlier this year, we agreed that the people who were relatively new to the Sun style Tai Chi and the advanced students would benefit from additional space and time. We took the decision to utilise the hall for three hours as that was what we had booked it for originally. That format has worked well with beginners starting at 9 am until 10 am, getting the advanced students to start at 11 am to 12 pm and having a hour together between 10 am and 11 am.

For the next few weeks we will be all going through the amendments to the form together. This means that no-one is classed as a beginner as we are all at a similar level.

From 14th October the class will return to its original format – class will begin at 10 am for all students. From 10 am to 11 am the group will study the Sun style Tai Chi. From 11 am until 12 pm the group will go through the Yang style form. There will also be time to do some Chi Gong. The time between 9 am and 10 am will be used for a new beginners' class that will be starting on the 14th October.

Christmas:

Difficult as it may be to imagine, Christmas will be upon us before we know it. If, as usual, we are going to mark the season by a group event, we need to give some thought to

how to do so. Last year, a Christmas Party was held at the Memorial Hall on a Saturday night before Christmas.

Time is marching on if we wanted to book anywhere, including Carleton Memorial Hall, we must do so very soon.

Some suggestions are a group Chinese meal as so few were able to attend the evening meal for Mr Lei.

Another excellent idea is a party night at The Cliffs Hotel Blackpool. The date we have been able to provisionally book is for Saturday 2nd December, 7.00pm for drinks and food at 7.30pm. The event will comprise a four course meal to be held in the Party Room where we will have our own table until 2.00am (For those that can last that long that is!) Beside the meal there is entertainment provided in the form of a singer and then there is dancing for those of you who want to let their hair down! The cost for this extravaganza is £20.00 per person. The evening is open to not only club members but also their partners, or you could bring a friend or two.

Unfortunately we have left this rather late! If we decide to go ahead with this we will need to know numbers very quickly! The deadline is Saturday 21st October!! (Sorry we know its very short notice but if we want to secure the table then we need to pay a deposit of £10.00 per person by Monday 23rd October.

So what we need to know is if you are interested and if so how many are coming including partners. We will also need to know if you require a Vegetarian meal! So these can be planned for. Once you have decided we will need to have your deposits by Saturday 21st October.

If anyone has any other ideas preferences or suggestions, then please let Martin or Jane know as soon as possible.

Useful Contact Numbers

Alan	(01253) 763 112
Martin	(01253) 357 930
.....	(07939) 806 740
Maureen.....	(01253) 890 052

- any information for newsletter