



# Agar-Hutton Tai Chi Academy

# Newsletter

Month / Year

**Newsletter Number 2**  
**Hope you enjoy it**

## **NEWS**

1 - Buy 3 get 1 free on online 1-2-1 training sessions of either thirty minutes or one hour duration. Call me (07771 333 369) for details.

2 - Charity event - I'm considering doing a charity event later in the year (probably Spring time) where those who participate would get sponsors and we would do as many repetitions of the Eight Move One Step form as possible - up to say a maximum of 100 reps. I'd be delighted if you could let me know if you would want to participate. And at this stage of planning, I'd also welcome ideas for the charity that we should support.

3 - Outdoor 1-2-1 training in Mallards Park (Rushden) has been going well despite the cold weather. If you would like to book a session, contact me.

4 - Covid-19 Vaccination - I have had my first shot, that's about 6 or so weeks ahead of when I was expecting it. So, hopefully we will all be protected against coronavirus soon.

5 - Have you given any consideration to becoming a Tai Chi Instructor - we have a formal program that teaches you the skills you would need if you want to teach Tai Chi online or via live classes. Call me for details.

## **MEMBERSHIP SITE**

There seem to be four sorts of members:

1 - Those who sadly just pay the money but don't do anything, neither take the online lessons nor attend the video sessions. If this is you, what can I do to help you and get you learning Tai Chi so you can benefit from the improved relaxation, health, and wellness that practice can bring.

2 - Those who attend the video sessions but rarely use the pre-recorded content. Consider that you are missing a great deal of useful information plus the fact that it is available 24/7/365.

3) People who use the pre-recorded content but don't attend the live video sessions. Now, I know a small number of people who can't attend because they live overseas and there are time-zone issues and people who work evenings. But, if this is you, and if you can make just the occasional live session, you will find them interesting, fun, and perhaps most importantly, you will get to know other members.

4 - Members who use both the pre-recorded and live content - WELL DONE - keep up the great work.

Whatever category you fall into, PLEASE remember that I am only an email or phone call away if you have any questions or if you need any help.



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## REASONS FOR TAI CHI

On a forum that I belong to I asked:  
“I'm curious - we have the ability to consider Tai Chi in many different aspects, examples:

Tai Chi for health.

Tai Chi for competition.

Tai Chi for self defence.

Tai Chi as an art/dance form.

What other aspects of Tai Chi are there.”

The answers that I received varied from the sensible to the humorous but included:

- As a return to our natural state.
- To reconnect with Nature.
- For fun and social interaction.
- As a form of distraction from the boredom of Netflix.
- As a cult indoctrination method.
- For spiritual development.
- For awareness.
- Tai chi for tai chi's sake lol.
- For relaxation.
- For healing not just health!

- For meditation and stress reduction.
- For pleasure (a nice buzz).
- As a means of international diplomacy.
- For self-discipline.



So what is the reason (or are the reasons) that you practice Tai Chi. More importantly, is Tai Chi helping you to reach those goals? If it is, what can you do to deepen and improve your Tai Chi experience and make those goals part of an ongoing series of improvements to your life? If you are not reaching your goals, why? What could you do differently that will make them achievable?

[www.taichitraining.pro](http://www.taichitraining.pro)

**Thank you for being part of our Tai Chi ‘family’ and remember that Tai Chi is the best gift that you can give to yourself.**