



# Agar-Hutton Tai Chi Academy

## Newsletter 7

### NEWS

#### Competition winners

Congratulations to Len, Linda, and Heather who won the competition. They will have, or have had, a 30 minute 1-2-1 video training session with me. There will be another competition soon, so keep your eyes peeled for the email that will announce it.

#### Studio news

The studio is almost finished (Well until the next great idea hits me) with the two camera (front and back) system fully up and running. There is a little bit more cosmetic work planned, with some more wall covering and cable trunking to be done, but that's minor. The great news is that teaching in the studio, both via video and directly with students is happening. Of course if you are available to come to Rushden and haven't yet tried a private lesson, please call me.

#### Corporate work

It's good news, that whilst the pandemic isn't over yet, corporate interest in Tai Chi is starting up again. I've had two pieces of work in the last two months. One was just a short 'taster session' of Tai Chi but the other was a two day commission. Hopefully that aspect of my Tai Chi teaching will be fully back on track soon.

#### Spread the word and earn commission

The affiliate program is up and running and if you haven't joined it yet, then perhaps you should. Simply telling your family and friends about our Tai Chi site (and live video lessons) could introduce them to the wonders and benefits of Tai Chi and earn you a commission of 40% of the monthly subscription that they pay. You can register your interest by sending an email to [affiliate-program@winghigh.co.uk](mailto:affiliate-program@winghigh.co.uk)

### DEVELOP YOURSELF

"Don't go through life, grow through life."

- Eric Butterworth -

Do you develop yourself or are you content with who you are? I am a huge fan of lifelong learning and pursuing improvements both mental and physical. You are NEVER too old to improve and grow, but there is a catch...

You have to know what you are capable of now, you have to know what you want to do in the future AND you have to have a plan to get you to where you want to be.

My goals for this year include learning the first two parts of a new Tai Chi form that I am studying, and improving my chess playing skill so that I feel confident to play chess against people rather than computers. I've told you my goals, so you can hold me accountable... what are your goals?

Here is a challenge for you - it can be Tai Chi related or something else... Set yourself a goal (or two) for something that you can't do or don't know now but that you would like to do (or know) by the end of the year. Then, drop me an email, stating your goal and I'll act as an external repository for them. Telling someone of a goal makes it much more likely that you will act on your intentions and reach that goal.

If there are interesting goals, I'll list them (just the goals, no names unless you would like that) in a future newsletter. I'll also give a couple of prizes for the best goals achieved.

July 2021



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### FOLLOW THE RULES - 3

Last month I discussed 'Be relaxed' and concentrated on the mental aspects. This month let's look at the physical ones.

The benefits of being mentally relaxed are many but so too are the physical benefits. Being relaxed helps you control your blood pressure. It allows your breathing to be slower and deeper and that allows you to take more oxygen into your system. It also has what I call the 'careful driver' advantage. A car driven in a crazy manner, too fast, too much revving of the engine, too much sudden braking will almost certainly not run as well, or last as long as one driven more carefully. Being relaxed is akin to driving your body carefully.

First and foremost, relaxation is not something that you achieve and put up on the mantelpiece like a trophy. It is an ongoing process that you can always continue to get better at. More than one Tai Chi master has made the pursuit of relaxation their main objective in order to improve their Tai Chi.

Improving Tai Chi means not only as an art for health and wellness but also as a means of combat. Yes, relaxation is vital to the combat skills of Tai Chi as well.

So, concentrating on the physical aspects, let's start with the simplest way to relax. Simply stand in either the Wu Chi or the Zhàn zhuāng posture for an extended period of time. Start with a minute and work up gradually until you can stand peacefully and relaxed for twenty minutes. Do that and your mind and body will know a level of relaxation that will amaze you.

Standing work, sometimes called standing meditation is something that is extremely useful but also something that I rarely teach other than for short periods of time as part of a session that has another main focus. If you are interested in the idea of me teaching a one or two hour 'special' - either in the 'Real World' and/or via Zoom - please let me know.

The next best way of learning to relax is by solo practice of any form that you know - repeating and repeating and repeating the form - maybe for as long as an hour (short breaks allowed - stay hydrated) with a mindful intention to continually relax more - saying it to yourself over and over and also paying acute attention to your body and its movements, looking for signs of tension and stress and then working through that stress to get the muscles (and indeed the whole body) to become more relaxed. Is it easy? Heck no - but it is doable with diligent practice.

TO BE CONTINUED NEXT MONTH...

[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 both to yourself and to others you care about.**