



Agar-Hutton Tai Chi Academy

Newsletter 11

NEWS

USA TRIP - OK, it's looking good for the USA trip although flight times keep altering. It will; be great to see son number two and his wife for the first time in two years.

During the trip I am meeting up with a number of other Tai Chi instructors and students, and hope to post pictures and videos. I will also broadcast training sessions if I have a suitable Wi-Fi connection.

There will be two sorts of broadcasts, ones that are free for everyone, and some that are just for people who are enrolled in my membership program. If you are not a member, then why not join right away, the monthly fee of \$29.95 (yes it's in US Dollars) gives you immediate access to a huge range of pre-recorded training courses and three live evening Zoom sessions a week. Call me on 07771 333369 or email me for joining details.

When I'm in the USA the number of live sessions and the timings will vary, so I will set up a WhatsApp group to let members know when USA broadcasts are going to happen.

NEWSLETTER - I will send out a December newsletter but there will not be a January one. Back as normal in February.

DAILY EXERCISE - I am continuing to broadcast daily gentle Tai Chi exercise sessions to Facebook and YouTube. These are completely free to watch and to join in with. The recordings of the sessions can be found at: <https://ahtca.co.uk/info/yt> (or by going to YouTube and searching for 'Agar-Hutton').

COVID-19

"The art of medicine consists in amusing the patient while nature cures the disease."

- Voltaire -

Ahhh, if only the quote by Voltaire was always true. The human body is an amazing entity and is capable of a huge amount of self-repair but it does have limits.

One of my students, who was vaccinated, gave a lift in their car to a friend who was not vaccinated and caught Covid-19 from them - in fairness I do not have PROOF that is how they caught it but that is what they told me on the phone. Hopefully by the time you read this they will be well on the road to recovery.

Although it does not stop you catching the disease, being vaccinated reduces the likelihood and also improves your chances of having a milder infection. So please please please do get vaccinated.

If you do catch Covid, you can pass it on to others so continue to be careful, socially distance where possible, wash your hands, etc, etc...

If you are fit and healthy you are probably a little less likely to contract the disease in the first place so try and exercise regularly and eat reasonably well.

Are there any guarantees? No of course not. The time and manner in which each of us will die is a great mystery. However personally, I will do my utmost to keep in the best of health until that time comes. I recommend that you do the same.



Agar-Hutton Tai Chi Academy

Newsletter 11

FOLLOW THE RULES - 7

The three rules that I am discussing this month are overlapping and intertwined...

'Distinguish between full and empty'

At the simplest level, think of Tai Chi forms and you will find that for the most part, the weight is more on one leg than the other. Now often it will be a 60/40 or a 70/30 weight distribution which is good. What you want to avoid is 51/49 where the weight is not clearly on one leg or the other.

Everything we do in Tai Chi should be done with an underlying concept that movement even though it is slow, should be smooth, graceful and capable of being done at any speed. Fast movement is NOT the enemy, clumsy movement is.

Full and empty is more than just your weight distribution it is also about your intention. Your mind should be focused on the active part of your body and not focused - or to be accurate, less focused - on the inactive parts of your body. Again this will aid fluidity and movement.

Next is **'Move from the centre'**.

This is simple to do but hard to do well and very very hard to do all the time (which is why it can be upsetting if you watch a master of Tai Chi seem to do so without thought or effort)

Moving from the centre means that EVERY movement should start from the centre of the body (The lower Dantian - inside the body an inch or so below the naval).

The movement in and from the centre may well be so subtle as to defy being seen by an external observer but the effect when it is done is that the the whole body responds as the movement goes outwards like a ripple when a stone hits the surface of a pond but with (if necessary) the force of a tsunami caused by an underwater earthquake.

This kind of movement is one of the things that makes both defensive and offensive movements so powerful in Tai Chi

And, the next rule:

'The body moves as a single unit'

The body moves as a coordinated whole. "When one part moves, it all moves; When one part stops, it all stops". This is also a primary factor in making Tai Chi movements powerful and graceful. If your limbs and body are not moving as one, then the body looks uncoordinated and disharmonious, if they all move together there is often a visible sense of beauty and strength. True Tai Chi.

TO BE CONTINUED NEXT MONTH...

[www.example.com\(123\)](http://www.example.com(123))

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.