



Agar-Hutton Tai Chi Academy

Newsletter 14

NEWS

NEW EVENING SESSIONS - The new hour long evening Zoom sessions have started on Tuesday's and Wednesday's, and are going well. The longer time means that I can go into more depth on the things I am teaching during a specific session. Email me if you want to join in with them.

NOTHING TO SAY (1) - I'd love to make some profound comment about the tragedy in Ukraine and how it may develop. But, to be honest, it's just too overwhelming, so all I can do is hope that eventually the least worst outcome will be obtained.

NOTHING TO SAY (2) - I am gradually running out of topics to talk about in these newsletters so PLEASE can you write something about Tai Chi, what you like, what you don't like, your experience of it, or anything else that you think might be of interest to the folk who read this Newsletter.

I will award a small prize - one of my books - for any small items (Front page type of things) that I publish and a bigger prize - A free one-to-one Tai Chi sessions with me, face-to-face or via Zoom - for a larger (Back Page) article that is published. Please do give it a go.

NEW VIDEOS - Despite being tied up with the development of a couple of new projects - more on those in the future, I hope. The new videos for the Membership Program are the next major item on my ToDo list and I hope to begin shooting them next week. I will certainly make a couple of the videos available free of charge to readers of this Newsletter so await further information.

STRUCTURE

"I thrive in structure. I drown in chaos."

- Anna Kendrick -

Structure in Tai Chi means a number of things.

The structure that you put in place so that you practice regularly. Too often practice becomes random and then you find yourself sliding backwards in skill and understanding. Regular practice - even if it is only five or ten minutes a day - will allow you to progress at a much faster and more consistent pace.

The structure to your practice, what you practice and how often and how much you practice, and also perhaps what you do not practice too.

The structure of your body, relaxed, upright, neither too tense nor too loose, calm yet ready for movement. Remember moving slowly in Tai Chi is a deliberate choice, whatever you do slowly, you can and should be able to do very fast.

The structure of your mind, relaxed (yes that darn relaxation thing again), focused, alert, inquisitive, and supportive.

I realise that some of the words I have used may make you think of questions about what do I really mean; or how do you take those words and put them into meaningful Tai Chi practice. If you have questions, please contact me. Following on from my 'NOTHING TO SAY (2)' news item, such questions and their answers might help me with next month's newsletter :)



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OK SO I LIED

In the News section I said that I had no profound comment about Ukraine. That is true but I will allow myself to consider, here, the human condition from my Tai Chi perspective.

Tai Chi started as a martial art, a way of fighting, killing, and maiming other human beings. We have to acknowledge that as a species we are violent and warlike. Ukraine is not the only conflict currently occurring. There are several where people are being killed on a daily basis. Yes, the World has a number of such tragic events happening. We are a species that is prone to violence, that is a fact.

BUT...

We are also a young species and gradually we are maturing, it's slow and painful, but the very fact that we do have so many millions and millions of people living in relative harmony with each other throughout the World is cause for hope.

Tai Chi was created for fighting but has evolved for better and more productive purposes, hopefully the Human Race will do likewise.

The next question therefore is what can we (you and I) do to help our species both in the short term and in the longer?

I will make some suggestions.

1) Stay with the Tai Chi concept of peace and relaxation in your own body, mind, and spirit. Do your best to try and communicate that feeling to other people that you come into contact with.

2) By all means give what you can to aid charities, but do check that they are genuine ones and that your donation will actually get to people who need it.

3) Try and avoid the meaningless actions that are so common on social media - Sharing good wishes or prayers or adopting a coloured flag are fine, but please couple that with some more concrete actions too.

4) When I used to teach personal safety courses to carers and teachers, one of the mantra's that I used was "Your Safety Comes First" - that is still true and indeed even more important in troubled times. As well as the Ukraine crisis, we still have Covid and other things to contend with as well. So take the initiative and set aside some time EVERY day for you to stop, relax, take care of yourself, and practice Tai Chi.

Until next time - have fun, stay well - keep on living the Tai Chi life.

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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. So please share this newsletter.