



# Agar-Hutton Tai Chi Academy

## Newsletter 17

### NEWS

**LATE** - Sorry, last month I said I'd get the newsletter out early this month, but then I decided to hold it back so I could include the competition review.

**WEBSITE** - The site at <https://www.ahtca.co.uk> continues to get regular updates and refinements, hopefully this will be an ongoing state of affairs. One major update is...

**PRIVATE SESSIONS - DIARY** - With the help of the programming team who write the PIM (Personal Information Management) program that I use, I have now connected that program to my Google Calendar and my Google Calendar to the calendar that allows automatic booking of private sessions.

So (hopefully) both Zoom and in-person Tai Chi training sessions can be booked directly at: <https://ahtca.co.uk/info/r> and the days and time slots shown as available will be correct.

**PRIVATE SESSIONS - CHANGES** - Last month's Newsletter mentioned 15 minute sessions via Zoom and 45 minute ones at the studio. However, I have decided to stop doing those two shorter sessions and so now online sessions can be 30 minutes or one hour duration and in-person sessions one or two hours.

**PRIVATE SESSIONS - FREE** - If you have never had a one-to-one Zoom coaching session with me, you are entitled to a FREE one. Just email me or call me on 07771 333 369 to arrange it.

**EVENING SESSIONS - ONE OFF** - If you want to join in with any of our evening Zoom sessions (6 p.m. Tue, Wed and every other Thu) on a one-off basis just go to <https://ahtca.co.uk/info/zoom> Also, if you have never attended one, you are entitled to a free one, just call or email me for a 100% discount code.

### TAI CHI COMPETITION REVIEW

On Sunday the 12<sup>th</sup> June, Lee and I attended the International London Competition for Traditional Tai Chi Chuan, held at the Clissold Leisure Centre in London. It was a great day out and I met lots of old friends and made some new ones too.

We went to spectate and to support Doris, our student (and also an AHTCA Instructor) who was competing.

I've put a very short video of the event on YouTube at: <https://youtu.be/tBW0OJNoOWI>

The event was very well organised although there were a few things that were not to my taste. A couple of times the judging was a bit 'random'; two of the demonstrations at the beginning of the event (including one of the two sword demonstrations) were not very good; some of the Push Hands matches seemed to lack the refinement that I always hope to see. But when you have an all-day event with multiple different things happening simultaneously, it is understandable that there will be things that don't please everyone equally.

Next year, I plan on competing and maybe you could too. By the way the youngest competitor was about 12 and the oldest was 89 !!! If you want to compete, let me know and we can train you for it.





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### KAIZEN

Sometimes I check to see if I have written about a subject before but with 'Kaizen' if I have, then I don't care as it's definitely important enough to be written about again...

First, a definition of Kaizen: "Continuous small improvement".

That is (to some extent) also the idea encompassed by the self-help mantra "Every day in every way I am getting better".

Now that mantra may be a bit grandiose, because if we are honest, it's very unlikely that we can get better 'in every way', every day. But the idea that perhaps you can aim to make a small improvement to some aspect of your self each day, is doable. The improvement may be as simple as learning a new thing, by perhaps reading about the latest scientific or medical discovery on the BBC website, or practicing a Tai Chi move that you know, with the intent to make it a little bit smoother.

Another way to think about Kaizen is it's similarity to the 'Get Rich Slowly' method of utilising regular savings and compound interest to make a fortune - yes, I do know that with the current low interest rates that is not as easy as it once was, but the principle is valid.

So, coming around to Tai Chi and Qigong practice how can you use Kaizen to improve what you do?

Well, the first and most obvious outcome of thinking about continuous improvement is 'continuous practice' - OK, not 'continuous', that would be crazy, Tai Chi for 24 hours a day 7 days a week, no, I don't think so... But, REGULAR practice is a different thing. On the day I am writing this, as it happens, I've done nearly two hours of practice, but if YOU do just an extra ten minutes of practice every day, you will see a marked improvement in what you do and in the beneficial effects it has on you.

Next is focused training. It's not simply about doing 'stuff', you need to have a plan and that plan should have outcomes that you can work towards in a methodical way. Let's say the outcome you want is to learn the Eight Move Energy Form. How many moves do you know? How often do you practice the moves that you know? How are you learning the moves you don't know? How fluid are the moves and what are you doing to improve the fluidity? How powerful are the moves and what are you doing to gain power? And so on and so on...

Then we get to the difficult stuff, the hardest part of Tai Chi (for most people) is the mental aspects of the art. How are you developing concentration, relaxation, focus, etc. There are ways, both within Tai Chi and separate from it, to help you with those.

Of course if you want to improve any aspect of your Tai Chi and you are not sure how, call or email me and I'll be delighted to help.

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

[www.ahtca.co.uk](http://www.ahtca.co.uk)

**Thank you for being part of our Tai Chi 'family'.  
Tai Chi is the best gift that you can give both to yourself and to  
anyone that you care about, so please share this newsletter.**