



June 2013

Volume 11,
Issue 2
Special Edition

When you are new to the week long workshop there are so many people to meet. The revelation...they ALL love Tai Chi! It's like being with family.

That is exactly what the Tai Chi for Health Community is. We are **HOME**. We represent the instructors of Dr. Paul Lam's *Tai Chi for Health* (TCHC) Programs here in the USA.

TCHC began in 2002, our goals simply this:

1. **Improve health and wellness through the Tai Chi for Health programs**
2. **Expand knowledge of the benefits of Tai Chi through education and training**
3. **Expand Tai Chi for Health programs to wider audiences**
4. **Publish information on many health benefits of Tai Chi for Health**
5. **Expand our support network for members who are instructors**
6. **Support members doing research related to Tai Chi for Health**

As a member you have access to other instructors and Senior Trainers for help and advise. Scholarships are available for the week long workshop. We have our own website, located at www.tchc.info, and it is worthy of

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investigation! Also, notices of up and coming workshops. Even post your own! Plus, easy access to the affordable liability insurance we should all carry. And don't forget, great discounts on Dr. Paul Lam's DVDs and other products.

Each year at the week long conference we sell tickets to a raffle that support our scholarship funds.

By purchasing a ticket you support your own possible future education, and could be the winner of a fabulous item donated by one or more of our members. The most notable, being the quilt hangings of Betty Scanlon, (now famous!) or the wood crafts of Richard Link, to mention a few. (Take a look at this years quilt on the back page.)

Join the Tai Chi for Health Institute, our GLOBAL affiliate with Dr. Paul Lam, as a premier instructor, and remember TCHC is **HOME**, here in the USA. Join the **Tai Chi for Health Community** today! Just \$45.00 opens the door to a year of amazing opportunities!



Though in one amazing class this week, you have so many great instructors in you're future! To introduce you, we have asked each of Dr. Paul Lam's Master Trainers a set of five questions.

Those questions are:

1. ***When did you take your first Tai Chi class and what form was it?***
2. ***What is your favorite form now?***
3. ***What one thing would you like every beginner to know?***
4. ***What is that very favorite music that you pull out to practice with again and again?***
5. ***When I'm not teaching and performing in the art of Tai Chi I am***

Also listed, the year they began with Dr. Lam.

Not all Master Trainers were able to contribute, and we didn't have space for all in this edition, so please watch for the full September newsletter issue to read the rest!

Read and see how much you have in common!

In the order they were received....

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Getting To Know One Another-continued from front page

Jim Starshak- Shawnee, KS-Began TCH in 2010



1. Kuang Ping Yang Style from Sifu Bill Douglas, founder of World tai Chi and Qigong Day
- 2 Chen Style Laojia YiLu, followed by Yang 10, Combined 42, and Sun 73; plus, Qigong styles with the Taiji Bang and Tai Chi Ruler.
- 3 Have fun with tai chi. If it becomes work and the fun goes away, then you will drift away from your tai chi. So just have fun!

4 *Celtic Seashore / Feng Shui: Balanced Living*

- 5 Where do I start? Founded a personal fitness corp., Adjunct Professor at KCK. Admin TCHI's CEU/CEC Program. Write. bike, wood projects, teach CPR, volunteer at church, fishing, explore new & different red wines, cooking, house maintenance. Family



Jef Morris- Miami, FL. -

Began TCHI in 2002

- 1 Taoist tai chi, in 1986, Kyoto, Japan
- 2 Sun
- 3 Don't think about it, feel it,..."
- 4 *Awakenings*, by Tony O'Connor
- 5 In Meditation...



Robin Malby- Concord, CA-Began in 2001

1 Tai Chi for Arthritis. It was the first TCA class ever offered in Northern California, and was taught by then Master Trainer Nancy Keiffer Kaye. I saw it advertised in a local adult education brochure in 1999 - \$6.00 for eight weeks of class. At those rates, what

did I have to lose?

- 2 Hard to pick a favorite. A tie between the Sun 73 and the Combined 42.
- 3 Advice to beginners – Come with no expectations about how quickly you should be able to learn. The inner voice that loves to judge your performance needs to stay outside - it cannot come in with you and point out how well others are doing and how inferior you may be. Allow your body time to breathe, absorb and take apart. Give your body sense a chance to deepen into the postures and learn to embrace internal focus. Expertise comes later.
- 4 *Buddha Chant and Peace Music* by Hanshan Temple.
- 5 Write-Essays, opinion, short stories and humor pieces. I love nature! Walking, hiking, kayaking. Being a grandmother, visiting my three adult children. Helping my husband with his web site project .Traveling whenever I can squeeze it in and afford to pay for it!



Dr. Stephanie Taylor-Carmel, CA-

Began 2003

1 TCA Instructors course Saddleback College with Dr. Lam. One of the first in the USA.

2 My favorite changes every few years.

Right now, I am enjoying the 42 Combined form the most, but Tai Chi for Energy is making inroads.

3 A beginners mind is a special moment in your training. Enjoy it.

4 *Voyager* by Tony O'Connor. He was a famous Australian musician who lives in Queensland, AU.

5 I am....thinking about how to apply Tai Chi principles to horses.



Sandi Wicher- Walla Walla, WA.-

Began in 2002

1 The first form of TC that I learned was Yang Style around 1993

2 My favorite form is Sun Style 73 Traditional and Competition forms along with Fan form.

3 Every beginner should know that if you stick with it the benefits are life long. It keeps getting better!

4 My favorite music is Tony O'Conner, *Mariner* and *Dr. Lam's second CD*.

5 When not teaching or playing Tai Chi I like to spend time riding or just grooming my 3 horses.



Ralph Dehner-Fairfield, OH-Began in

1.1971 - Yang

2 I practice Yang, Sun and Chen daily and like them all...no clear favorite.

3 Lay a good foundation and don't be in a hurry about it.

4 "*The Dao of Healing*"

5 I am sleeping.



Betty Scanlon- Fort Myers, FL.

1 TCA in August 2004, with Caroline Demoise.

2 Chen 56.

3 Practice the principles! For they are the secret to getting the most from your practice.

4 *Shaman's Healing*

5. Working full time and in my free time sewing and embroidering.

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Maureen Miller-St. Mary's, GA.

- 1 1991 or 2. Working for the World Bank, our instructor was a colleague, from Vietnam, and a tai chi Master. He never did tell us what form we were learning, only that we would only see it performed in Singapore and Taiwan. Years later, I realized it was a version of the Yang 24.
- 2 Difficult to choose...Chen, 32 Sword, Sun 73, Yang 24....TCE...
- 3 Tai chi is difficult, but if you stick with it, it will reward you in so many ways.
- 4 Tony O'Conner's "*Mariner*" album
- 5 Writing about tai chi, swimming, biking, walking beaches, and traveling.

**Caroline Demoise-Chapel Hill, NC.**

1. 30 years ago I began studying Cheng Man Ch'ing's short Yang form in a park in San Diego. I was a youngster then of forty years and it opened up an alternate universe for me.
- 2 It depends on what form I am practicing in this now moment. I love Sun style and Yang style and Chen style. They each offer me something unique in the tai chi journey.
- 3 Be compassionate with yourself and let your mind be a blank slate to learn whatever tai chi is teaching you in the moment.
- 4 I am particularly enchanted with native American flute music and choose "*Visions of the Fourth World*" by Ronald Roybal.
- 5 Writing about how tai chi principles can effectively guide your decisions in life and how tai chi is a remarkable pathway to discover the spiritual aspect of life.

**Dan Jones, III-Lansing, MI.**

Began in 1999

- 1 I started tai chi in 1980. My first tai chi instructor was Master David Sung.
- 2 My favorite form is the Chen 36. I've been working off and on with the Chen 56, putting the depth in as I go. I'm sure it will be one of my favorites when I complete it.
- 3 Have patience, persevere and make "repetition" your close friend.
- 4 I use a variety of music when I train, Carlos Nakai, David Darling, and many others. We used the theme from the Last Samurai for The Depth of 36 Chen demonstration last year at the June workshop. I also use jazz and

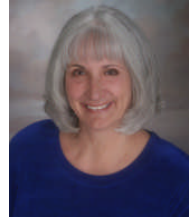


classical. We used a piece called "Children" when we performed poetry tai chi at last year's June workshop talent show.

- 5 Going to movies, reading books on nutrition, visiting wineries, spas, B&Bs and small, quaint harbor towns.

Dr. Pam Kircher, Pagosa Springs, CO.

- 1 First class 1996 in Yang
- 2 I practice all of the Tai Chi for Health forms, but am particularly fond of the combined 42 right now since that is the one that I am working on for the June workshop.
- 3 Sticking with tai chi will continue to bring you unexpected benefits as you continue to practice.
- 4 My favorite tai chi music is "Improvisations from the Other Side" by Diane Willis and John Fish.
- 5 When I'm not practicing tai chi, I'm often working on updating my book, *Love is the Link* and preparing for Near-Death Experience talks.

**Dr. Bob McBrien, Salisbury, MD.**

Began in 1999

- 1 1974, Chen Man Ching Yang Short Form
- 2 Wu Ji Jing Gong (Shanghai) 42 Forms
- 3 Keep coming to class
- 4 No real favorite
- 5 Reading a good mystery novel.

**Mearl Thompson, Denver, CO.**

Began in 2003

- 1 1979, the Yang Long Form
- 2 Combined 42 Sword Form
- 3 Be fair to yourself and to tai chi. Give yourself at least 9 months to a year before deciding if tai chi is right for you.
- 4 Zhan Zhuang Gong.
- 5 When I'm not teaching and performing in the art of Tai Chi I am Playing jazz drums with the band.

**Pat Lawson, Stuart, FL.** Began in 1999

- 1 1991, Yang 108 Form
- 2 I practice Yang, Sun and Chen daily. Currently I favor Chen, but my ice cream preferences change every few months too!
- 3 Don't give up!!! It is worth the time required to cultivate tai chi finesse. Don't expect to look great right away, but DO expect to feel great!
- 4 Tai Chi Music 2, Dr. Paul Lam
- 5 Teaching middle schoolers reading and language arts, or I am ballroom dancing.



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Susan Scheuer, Sarasota, FL. Began in 2003

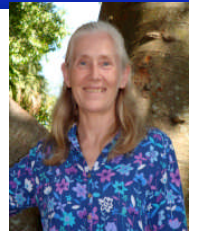
1 Yang style in 1994 while still living in England.

2 I love teaching Sun Style 73 Forms, 24 Forms and Combined 42 Forms, but in my own time, I really enjoy practicing Chen Laojia.

3 Remember to keep "beginner's mind" as you continue your journey.

4 Actually, I prefer to practice without music. I can focus better that way.

5 Waltzing around the dance floor, enjoying the outdoors, studying candlestick charts for trading, traveling, dreaming of traveling.



Bill Pickett, Knoxville, TN-Began in 2005

1 1987 Wu Style

2 While I have practiced Yang the longest, I am loving Sun right now.

3 Don't get frustrated with the learning process-it is a journey not a destination.

4 I like lots of different music but when I do 24 Form, I think of Russ Smiley and 'Star Maiden' - he introduced us to that song at a demo in a week long workshop—now my long time students always request it.

5 I am....thinking about the garden—what can I plant today –Okra is on the list for this weekend :)



Dr. Paul Lam, Sydney, Australia-THE MASTER TRAINER

1 My very first tai chi class was the classical Yang Style 108.

2 I love all styles and forms of tai chi so it would be hard to choose a favourite. Sun and Chen are two of my favourite styles.

3 I would like beginners to know that tai chi is enjoyable and fulfilling. It gives you more than what you put into it. A good way to get the most of tai chi is to be patient and keep practicing with a good teacher. You will find enjoyment, fulfilment and better health.

4 **Tai Chi Music Volume 2** was composed and performed by my daughter Andrea, her husband Evan and their musical friends. What is special is that they are all top class musicians. Both Andrea and Evan know tai chi and they composed the music according to the rhythm and energy behind the forms as they watched me perform different styles and forms of tai chi.

5 Talking with my tai chi friends, sharing tai chi ideas, working out how to best share tai chi with more people, and drinking my favourite refined Chinese tea – especially enjoyable when sharing that with my tai chi family.



The Tai Chi for Health Community thanks all the Master Trainers that took part in this bit of fun but especially Dr. Lam!

Take a look at this years quilt by Betty Scanlon for the TCHC Scholarship Raffle!

