



Agar-Hutton Tai Chi Academy

Newsletter 10

NEWS

Morning exercise.

I have started live streaming (broadcasting) my morning exercise sessions to Facebook and YouTube. These are completely free to watch and to join in with. I am also occasionally doing short Tai Chi training sessions. 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'). A review email that I received said:

"I am following your exercise sessions on a daily basis albeit one day in arrears and am really enjoying the exercise. I look forward to doing them - I have never really looked forward to exercise especially in the gym context - and can report that they have been setting me up for an active day. Thank you for the time and effort you are putting into this project and long may it continue."

Private Zoom sessions.

I ran a number of private Zoom sessions last month, please contact me if you would like to improve your Tai Chi or if there is some specific aspect that you would like tuition in. As a gift to you as a subscriber to this newsletter and to encourage you, I'll offer a promotion - Pay for three sessions and you can have four!!! Contact me to make a booking.

Tai Chi in the USA.

If plans stay as they are, I'll be in the USA during December and January. I'll be visiting various Tai Chi schools, training and teaching, as I tour around. There will be some changes to the normal Tue/Wed/Thu Zoom teaching sessions that I offer, as during a 4000+ mile road trip there will be places with less than adequate WiFi. However, I hope to be able to broadcast either live or recorded sessions from some lovely locations.

OUTDOOR PRACTICE - SHOULD YOU?

"Adopt the pace of nature. Her secret is patience."

- Ralph Waldo Emerson -

Winter is on it's way - darker mornings and evenings, cold and rain and maybe frost and snow... So, should you continue to practice your Tai Chi outside or should you retreat to the warmth of your home?

Well, it all depends. If the air is damp from fog or rain, then ancient Chinese wisdom suggests that you should not practice outside. However I have found that as long as you can dress appropriately so you stay warm and dry, and as long as you breathe through your nostrils and not your mouth, then being outside and practicing in fog or rain can be magical.

The great thing about practicing outdoors is that once you get used to it you can do it at any time and anywhere. I have practiced Tai Chi around the corner from the Houses of Parliament in London, on the deck of a Trimaran off the Florida coast, on the flat roof of a hotel in Seremban in Malaysia (yes, I did have permission) and many other places - all were marvellous and magical, heck, even my own garden with plants and occasional bird song is lovely.

Find a place or places where doing Tai Chi will lift your spirits. Oh, and if there are people around, that's fine. Whatever your skills in Tai Chi, showing them to the world helps spread awareness of this fabulous art form.



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FOLLOW THE RULES - 6

'Avoid being double weighted'.

Oh boy, this ones a doozy :)

Of all the rules in Tai Chi this is the one that is most likely to be misinterpreted misunderstood and mistaught... So I will give you the definitive answer and it MAY even be correct :)

Let's start by explaining what Double Weighted is not. It's not having the weight evenly distributed 50/50 in both legs, although, that can be double weighted.

The simple explanation is that you are double weighted when you cannot move quickly and freely. In some postures with the body and weight in certain positions, it's hard to move, in others, it's easy to move fluidly and with grace.

In Tai Chi you always want to be moving in a manner that is both inwardly and outwardly pleasing. It should feel good to you and look good to an observer. Of course, if you are using Tai Chi to fight then your opponent should simply not understand or be able to predict how you are going to attack or from what angle and direction, as your movement does not have any obvious 'tells'. But for health and wellness both look and feel should combine together.

And another topic: 'Be mindful'.

Being mindful is more than just paying attention to the current movement and thinking about what comes next. Of course both of those are important but there's more.

It's a deep, very deep, you could almost say that it's 'spiritual' connection between brain and body that allows you to be deeply aware of everything that you are doing and everything that your body is doing... and yes, there is a difference.

'Everything that you are doing' refers to your intention and your plan - that's what you want to do and how you want to do it. Where you want to step, or look, or place your arms.

'Everything that your body is doing' is paying attention to the feedback that your body gives you (via proprioception and feeling and sight) so that you can ascertain if the things that you want to do are in fact the things that you are doing.

Then you have to combine being mindful with the rule of being relaxed so that whilst doing all of that you remain calm and centred. It's easy, all it takes is lots of practice 😊

TO BE CONTINUED NEXT MONTH...

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.