



Agar-Hutton Tai Chi Academy

Newsletter 12

NEWS

NEWSLETTER - Please note that there will not be a January Newsletter. Back as normal in February.

ME ONLINE - I will be streaming to YouTube whenever I get the chance so go to: <https://www.youtube.com/c/RobertAgarHutton/videos> and click on one of the videos and click the SUBSCRIBE button and then when it says SUBSCRIBED click the bell icon - that way you will be notified when I am broadcasting or there is a new video uploaded.

CHEN STYLE - Since March of 2021 Lee and I have been studying a different style of Tai Chi we have primarily trained in Yang style with us both having done some Sun style and I have also trained a little bit in Chen and Lee styles. We started doing 55 minute online sessions, approximately 5 a week, and we also have trained in person with the instructor.

Next year, probably starting in February, I'm going to start sharing what I have learned with any of you who are interested. Initially this will be via an add-on session at my Chelveston class on a Wednesday afternoon. I am NOT NOT NOT claiming to be a teacher of Chen style, I just want to share what I am learning so as to improve my own skills and hopefully start to develop students who will be able to join Lee and I in this endeavour.

I have always been a believer in 'Life Long Learning' and a new style with new and interesting differences to Yang style (although there are a lot of similarities too) is both fun and challenging. Eventually there will be video sessions too, but that's for later in the year.

DON'T BE GREEDY

"It takes a lot of courage to show your dreams to someone else."

- Erma Bombeck -

I do understand that this is going to sound like a sales pitch and of course it is also that, but please read and think about what I am going to say...

If you are studying or practising Tai Chi or if (currently) all you are doing is taking an interest in it, you are probably aware that Tai Chi is an extremely powerful way for people to help themselves keep well and improve physical, mental, and even spiritual wellbeing.

So, if that is so, why why why are you not screaming the benefits of Tai Chi from the rooftops, or, at the very least, telling all your family, friends and neighbours about it and trying your best to get them to participate either online or at a 'physical' class? Think of those annoying vegetarians and vegans who tell everyone how much better the world will be when we all give up meat (and I apologise to you, if you are one of those annoying activists). But, if you believe that Tai Chi can help people, and it most definitely can, should you not be sharing the love?

And if you are not sure how to do it (although you could just point people to www.taichitraining.pro) contact me once I get back from the USA and we will arrange to give them a free trial session. No cost, no commitment, just a chance for them to see how great Tai Chi can be.



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FOLLOW THE RULES - 9

Because there's no January issue, I'll try and get through the final two rules...

First: **'The mind leads the body'**

Well of course it does... How can the body move without the mind. Well ignoring the fact that under certain circumstances it can (Google 'reflex arc') in general terms we decide what to do and the body follows the instructions of the mind.

But, in Tai Chi, there is much more to the idea... The oft quoted phrase is that 'The Yi leads the Chi' the intention (mind) leads the energy (and thus the body). What this means is that in Tai Chi we try and make every movement that we make when we are practising the result of conscious and deliberate thought.

Thus it is a mind-engaged and active process. Otherwise it is just basic movement and exercise, not Tai Chi.

The final rule is **'Always maintain Peng'**

Now you know that 'Peng' is one of the four moves in Grasp The Swallows Tail but Peng is much more than that.

Peng is a state that pervades the whole body, it

is as if you were a Yoga Ball (one of those big inflatable ones) or a pneumatic tyre. You are full of air, under pressure, and that pressure is pushing outwards in EVERY direction simultaneously.

A Tai Chi practitioner who has mastered Peng can basically respond to force on the outside of their body virtually instantaneously. They are difficult to push or pull and like a ball they can seem to spin an opponent off of them with almost no discernable use of strength.

There are many exercises that can help to develop Peng (and Peng Path which is a related topic, for another day) but if you consider the previous rule 'The mind leads the body' perhaps you will realise that the rules in Tai Chi are intertwined - they can exist in isolation but Tai Chi is (perhaps) the art of understanding and expressing those 12 rules harmoniously and continuously.

So, we have reached the end of our brief (and admittedly superficial) journey through the classic rules. Now of course, what do we all need to do.... Practice More.

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

[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.