



Tai Chi Pearl City

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2005 is Membership Year!

Remember, 2005 is designated Membership Year where TCPC is looking forward to **awarding incentives** to those who bring in new members! As always, feel free to **give us your input** by talking to **Sherine** or emailing us at ShotokanKarateCenter@gmail.com with any comments or questions.

Tai Chi Pearl City

Chief Instructor:
Sifu Paul Imada

Wednesdays, 6:30-7:30pm / Saturdays, 7:30-8:30am

Monthly Fee:

\$25/person for 1x per week
\$35/person for 2x per week

A couple Saturdays ago, an interesting question was posed to me by **Henry Ogasawara**, "What does the word 'tai chi' mean?" After a thoughtful minute, I gave him my most brilliant and deeply profound answer: "Duh ... I dunno." Seized by a fantastic idea, I decided that it was time to use a bit of the grey glop that has been rumored to be my brain (hey, be gentle, folks, there's not much in there) and just look the darn thing up. Ask and ye shall receive! Read from left to right, the Chinese characters for **T'ai Chi Ch'uan** can be literally translated as:

太極拳

"Supreme Ultimate Fist"

(As an interesting side note, the Japanese write it the same way (copy cats!), pronounced: **taikyokuken**.) The name **T'ai Chi Ch'uan** is said to be derived from the tai chi symbol, the **T'ai Chi t'u**:

太極圖

... more commonly known in the West as the **Yin-Yang Symbol** (as seen at the top of this newsletter). Tai chi techniques are said therefore to physically and energetically balance *yin* (receptive) and *yang* (active) principles: "**From ultimate softness comes ultimate hardness.**"

Keeping a Balance on Things

Several studies have shown that regular tai chi practice has benefits: It can reduce falls in seniors or those with balance disorders — sometimes dramatically.

1996 Atlanta Study
15 Weeks of **Regular Tai Chi**
Reduced Multiple Falls by
47.5%

Falls are a particular danger for seniors and others with brittle bones, or osteoporosis. For such people, falls frequently result in broken bones. The weight-bearing aspect of this exercise has the potential to stimulate bone growth and strengthen connective tissue.

The Challenge of Duality

| Yin | Yang |
|----------|----------|
| Female | Male |
| Passive | Active |
| Yielding | Forceful |
| Dark | Light |

The Chinese view opposites as evolving and cycling so there's never a right or wrong. Instead, there's a **sense of balance, transformation, and interaction**. And we need both yin and yang because we cannot survive as a one-sided being. Within yang, there is a small piece of yin. Within yin, there is a small piece of yang. **There are no absolutes**. And with regular tai chi practice, we physically and mentally take on the great challenge we all must face daily: balancing the duality within.