

# Tai Chi

TAI CHI PEARL CITY

Chief Instructor: Sifu Paul Imada

Pearl City Highlands Elementary School  
Wednesdays 6:30 - 7:30pm  
Saturdays 7:30 - 8:30am



Monthly Fee: 1x per week = \$25  
Monthly Fee: 2x per week = \$35  
Inquiries: 456-9407

Newsletter 06-01 \*\* January 21, 2006 \*\* Special 2-Page New Years Edition

**Free Stuff!** TCPC is really looking forward to growing and gaining new members through the year. We are thankful for our students "advertising" us because word of mouth is king. We are considering new incentive programs for 2006, so if you have any ideas, feel free to tell Sherine or Sifu Paul. In the meantime, we will be extending the TCPC free T-shirt per new member until the end of March 2006.

### New Members!

Welcome to the recent additions since **October 2005** to Tai Chi Pearl City's family:

**Lorraine Antonio, Jim Hamilton,  
Catherine Hayes, Linda Oishi,  
Susan Shito, Stephanie Zampaga**

And Welcome Back...  
**Karen Oliver!**

### Sifu Paul's Resolutions.

Oh, it's that time again. Promises, promises and are we really going to keep them? For myself, it's always trying to get back down to the 175 pound area.

### Uh-Oh, It Loves Me...

Oh the woes of aged bodies. When I was in my 20's, 30's and even early 40's the subject of weight was no big deal. Lose 5 pounds? Okay, just don't eat lunch and there it is. I could eat Rainbow's Drive

Inn plate lunches all day long and still not gain weight. Hey, now I smell it and I gain 5 pounds. Then you reach 44 and 50, fat loves you. I spent a whole month one time in November of 2004 just eating vegetables. By the way, at that time I hated vegetables. I didn't lose a single pound. Then I thought maybe the dressing was the culprit. So, I ate vegetables and balsamic vinegar and eventually used no dressing at all. Still no weight loss. How frustrating was that. I felt like a darn Billy goat!

### Improved Diet!

I am thankful for one thing for the November 2004 experience. I learned to eat vegetables and it was worth it. Although I've not lost much since then, I've done one great thing. I've learned to pay more attention to eating healthier food. I still have very bad habits but my diet is improving day by day. My usual day is started off with a few cups of coffee and no breakfast. That's one mistake. Then for lunch I usually have a large bowl of vegetables without dressing. That's usually it. Recently I've been eating cereal for lunch with skim milk. Other times I'll eat a foot long Subway sandwich. That seems to fill me up.

For dinner I love stir fried vegetables. My favorite is cabbage and onions stir fried with quite a lot of pepper. Pepper gives the meal a little zip and I like that. I also have

a glass of red wine (sometimes 2 glasses). For you wine drinkers it's usually a cab or a syrah. I love Yellow Tail because it is extremely inexpensive at \$4.99 on sale at Longs. It is an Australian Syrah. Australian wines are somewhat inexpensive due to the dollar exchange. It is equal to most \$14 Napa Valley red wines and probably the best deal on Earth. Well except for the Trader Joes 2 buck chuck. Although I have a very nice wine collection at home, I prefer my Yellowtail for everyday use.

Sounds like I should be around 125 pounds with that diet. Well, I haven't told you my real problem besides the calories I get from the red wine. I love to snack at night. I'll usually snack on things like *arare*, cuttlefish, seeds, beef jerky, etc. most of the evening. So, finally realizing this I've cut the snacking down to practically nothing.

So although I'm not really losing the pounds I'm eating a lot healthier then ever before. I think I'm setting myself up to losing the weight and maintaining the loss.

### Burn, Baby, Burn!

The last obstacle in my quest to lose the pounds is getting my "old man" metabolism up so I burn more calories. I'm trying very hard to keep up a strict regimen in order to do that. My weekly routine is as follows:

|              |                                                                                                                                                             |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MON</b>   | 1 hour of personal training: karate kata, jump rope, Chinese wooden dummy, <i>makiwara</i> , and boxing exercises (speed bag, double-ended bag, heavy bag). |
| <b>TUES</b>  | Teach 2.5 hours of karate.                                                                                                                                  |
| <b>WED</b>   | Teach 2.5 hours of tai chi.                                                                                                                                 |
| <b>THURS</b> | Same as Monday.                                                                                                                                             |
| <b>FRI</b>   | Same as Monday.                                                                                                                                             |
| <b>SAT</b>   | Teach 2.5 hours of tai chi, 2 hours of Muay Thai, boxing, & grappling with the advanced karate class.                                                       |
| <b>SUN</b>   | 2 hours of personal training with Tyson Nam (Muay Thai, boxing, & grappling instructor).                                                                    |

In total, it's about 9 hours of working out during the week. How long have I been doing this? Versions of this regimen have been going on since August of 2005.

**Above & Beyond.** It seems like an extremely tough regimen and yes it is, but I am determined to eat healthier and lose some pounds. My normal work is extremely stressful coupled with the stresses of teaching karate and tai chi. Anyone can teach or talk but to be always aware of your students and try to not let them repeat mistakes, takes its toll on your body and mental state.

For those of you who know me well, this regimen is quintessential Paul Imada. **I never do anything less than 150%.**

**Long Term Rewards.** Now, I'm not saying that you all should be like me. I'm giving you an example of one person's struggle to live healthier. And believe me it's a struggle. But, **the rewards are not necessarily now but in your later years.**

Years when your legs are strong enough to walk or run when others your age can't walk or run very well at all. Years when you've aged and people are amazed at how young you look. Years when amidst your own aches and pains you can still get going and be active. Years when you can still enjoy your grandchildren and play with them while others can only watch. Years when although you might have a handicap, your commitment to a better health and exercise has given you a better quality of life.

**A Great Choice.** For all of you, you have taken the first step by taking Tai Chi. Tai Chi is low impact and non-evasive on your joints. But, it's an excellent form of cardio workout and strength training for your overall wellness. Tai chi strengthens legs, improves respiratory conditions, improves circulation, relaxes the body and eliminates tension, and also teaches you to calm your mind. Although it is low impact, it really works out the legs. Tai Chi is not easy as we all know. But the 1 or 2 hours a week you've dedicated to Tai chi is going to give you so many more rewards in the future. It

is extremely difficult to learn and really tests your willpower. But,

**with consistent practice, a positive outlook and determination, Tai Chi will give you rewards that no dollar sign can ever give you.**

It is an investment in your future health and wellness. So, like me struggling to obtain a healthier lifestyle, let's join together and conquer this evil. Let's rejoice together in better health and wellness for all eternity!

**On Purpose.** Sherine's comments: It's never too late or too early to begin your journey towards health. Make changes in your life that are simple and doable, something that you can easily maintain. Strive to make it part of your daily life.

We encourage students to practice at home. Practicing basic stances and empty stepping will help big time! It's easy to stand for a couple of seconds in each stance while you're watching TV. It's easy to play around with empty stepping in the kitchen while you're waiting for dinner (or if you're like Sifu Paul, you can empty step while waiting for your wife in Costco!).

Incorporate the basic principles you learn from tai chi and you'll see the improvements in your daily life. Take it home with you and make it your own. Make it fun and enjoyable! Strive for a healthier 2006! We look forward to spending many healthy years with all of you!