



# Still Moving



Hiromi T'ai Chi Newsletter

July - August 2011

## Announcements



### Summer Break

**July 25 - Aug. 13**

Have a great  
summer!

**Classes resume  
Monday, Aug. 15**

### Rhythm & Resilience

Sunday, Aug 14  
3:00 - 4:30 p.m.  
at the HTC Dojo

### *Proverb*

**A good traveler  
has no fixed  
plans, and is  
not intent on  
arriving.**



## Master Wang's Workshops

**Saturday, June 18:** In order to prepare for Master Wang's visit, our semi-annual dojo cleaning took place. Many students came to clean up our dojo (martial arts studio) and everyone was excited that Master Wang was coming to teach.

**Friday, June 24 - Sunday, June 26:** Master Wang gave inspirational workshops in Charlottesville. Friday, he taught T'ai Chi warm ups, called "tan ren" - single exercises. These movements are from the T'ai Chi form and we practice each movement over and over. Master Wang went into detailed explanations covering everything from body structure to martial applications and Ch'i circulation. The participants gained new insight. Saturday morning, he taught Ch'i Kung Walking Meditation and in the afternoon, Hsing-I Five Element Fist. He emphasized the importance of the structure of our body, which can help us emit power when the posture is used in application. Sunday he led the T'ai Chi form and at the end the group performed the entire form using very slow movements so that it lasted over an hour.



## Hiromi's T'ai Chi Presentation to K-12 teachers at UVA

Monday, June 27, Hiromi gave a T'ai Chi presentation for K-12 teachers as a part of the Mandarin Mini-Course offered by the Asia Institute and East Asia Center at UVA. Participants learned a baby-step T'ai Chi form which can be shared with their students.

***How does T'ai Chi benefit students? See a brochure by  
American T'ai Chi Association on the links page at our website.***

## Upcoming Events

- From August 21 - 25, Hiromi will give presentations of T'ai Chi at a 5-day forum called "Forum on Global Engagement" voyage as a part of UVA Semester at Sea program. This year's theme is "Sino-U.S. Relations" and it will sail from Boston to Montreal, Canada.

- **HTC Open House ~ Saturday, September 10**

Come and see our dojo. Meet students and instructors. Watch demonstrations of the forms we teach. Share your favorite food at our pot luck.