

# Letter from the Editor

I have said it before, each issue of the Journal is unique. We cover a range of topics that I believe the members of the Tai Chi Union would be interested in learning more about. This issue is no exception though there may be an even broader array of articles than usual.

We open with the Chairman's report. Mark Peters, the new chairman, has presented an update on the changes being made, any happenings and ideas that are being acted upon and considered. We look forward to hearing from Mark in future issues.

This is followed by an article by Brendan Lea, an assistant to Peter Ralston. Within the Tai chi community we speak about being relaxed and soft. Yet what does that actually mean? How can we be both relaxed and yet use force? Brendan's examines this and takes us a step further into this rather confusing issue.

This article is followed by an interview with Madam Sun Jian-Yun, the daughter of the founder of Sun style. Bradford Tyrey had an opportunity to speak with Madam Sun while studying with her in the 1980s. While the interview occurred over 30 years ago, the information remains as pertinent today as at the time.

Of on-going interest both from the historical aspect as well as that of our various lineages, are

the roots of tai chi. Where did it come from, how did it develop? These are some of the questions Marnix Wells looks into with his discussion of the origins of our practise.

In contrast to looking back, Al Simon's 'Qi Pyramid' is a new approach to pedagogy, in this instance, a method for feeling qi. Al has been developing new teaching methods for quite some time. This approach, though not traditional, has potential for continued qi development.

Speaking of pedagogy, Patrick Foley writes of something all of us who have been practising for any length of time are familiar with, the learning plateau. In this instance, Patrick describes how we can use this, often frustrating time, to enhance out tai chi, well, really, any activity where we hit a plateau.

We continue to follow the development of Liu He Ba Fa with Stuart Agars. This little known martial art has been passed down for generations, Stuart is the leading exponent of this art in the United Kingdom. These are just a sampling of the articles found in this issue of the Journal.

And, we are re-introducing 'Meet the Teacher'. This was a staple of past issues and will be once again. If you would like to be included, please contact me at the email address found on the contents page and I will send you the criteria.

As always, I hope you enjoy this issue.

- Mark Langweiler  
EDITOR-IN-CHIEF