

Passion re-ignition

As the world opens up more and more, many of us are up and running both face-to-face and online, whilst some are still awaiting a realistic and solid 'everything is safe' message from our governments and the World Health Organisation (WHO). I am enjoying running qigong workshops on Zoom, but prefer face-to-face for tai chi training and am still restricting partner work even with flow tests

Like in many areas of our lives, it's easy to get out of the habit of things. Some people I've spoken to have even lost their passion for training as they enjoyed the social aspects of classes. My wife, Jenny, wrote something I'd like to share with you:

Passion:

(1) Strong emotion, (2) strong enthusiasm

These two definitions of passion are taken from the *Oxford Dictionary*.

Of course, there are others, but these are the ones we feel best fit our values and meaning.

'To practise tai-chi and qigong with passion and commitment'. Unlike other arts and sports tai chi is not limited by age or disabilities, it is only limited by your own motivation. If you lose the passion, you lose the motivation. Like many others, if I really want something, the drive I put into it soon becomes a 'passion'.

It is mad to realise that it has been two years since Covid-19 hit the world and closed it down. The stop-starts, isolation, loss of friends and family members for some, has killed the drive and passion for life for many. Now is the time to relight that fire and invigorate that passion for the arts we love so much.

We realise students may come to tai-chi not really knowing much about it and just 'want to have a go'. We do get the odd one who arrives fired-up who has been looking for a class all their life it would seem. Generally, these are the words we dread. Usually, it means after a couple of sessions we never see them again. The reality of the actual 'doing' is just too much... tai-chi is not easy.

This is where passion comes in. Without it your training will be enjoyable but lacking in substance, and that's fine if you are happy with that. Steak pie is very nice but adding the kidney is where the flavour really kicks in. Add passion to your training and experience a banquet. (Veggie alternatives available.)

I feel qualified to speak about the difference it can make because I have lived with it ever since Mark began his search for, what he believed, was 'the real art.' It was not an easy task. There were lots of simple 'steak pies' out there. He had to remove several 'crusts' to examine their content before he found the one with the 'kidney'. But it was worth it.

He has developed as a person, along with his tai-chi. The 'passion' is consuming: once you have it you want it all. Fortunately for our own club we have over the years acquired students who feel the same way, some of whom have progressed to instructors and are encouraging more to develop that passion.

Tai-chi is a never-ending journey for Mark, but a journey he is enjoying so much, and which has enriched

his life immeasurably.

I find it hard to remember life without it.

I close with a remark from one of our newly graded instructors.

At the Christmas meal on receiving his certificate he told us that it meant more to him than any other scholastic achievement he had received. It meant we trusted him as a

person and his knowledge of the art itself, to allow him to be graded by the club to teach others. An honour he was overcome with and thanked us for.

It really had nothing to do with us. He has the passion, and we thank him for wanting to pass it on to others.

Jenny Peters



Mark Peters

Insurance update

We added a new provider recently. Based on members' feedback we have also added a 'book and pay online' link to our insurance page to make it easier for you.

What would you like from the Union?

As a CIC we have certain aims and purpose, for the wider community, as laid down in our articles of association (available on the website), but as a membership organisation your needs come first so what do you want from the TCUGB? To improve communication, we do need to make best use of all media including social media. Do you or your students have skills and a passion to help us all develop? Email me at enquires@taichiunion.com

Best regards,

Mark Peters
TCUGB Chairman

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