

# Odds at the End

## And the things people say...

### Starting and re-starting tai chi

The hardest thing to do in life is to start – anything. It can be even harder to re-start something you have stopped doing. A problem a lot of you have been facing this year. Covid, if not over, is no longer ruling our lives. 2022 has been described as: 'the first normal year since 2019'. But even with lockdown out of the question and in spite of digital and online classes many students dropped out and have not returned; something that is reflected in the union's membership.

The funny thing about tai chi though is how people do return. Sometimes after years. A student starting in his fifties once said: "I did this when I was 18 with an amazing master. But I think I was too young. In middle age he became a serious and dedicated practitioner who developed great skill. They are out there, the newbies and the ones who have just dropped out.

Our message for the world must be: "we're back!".

“Not all tai chi is real tai chi, real tai chi has a different flavour”  
*Yang Cheng Fu*

### Tai chi moves



“This is embarrassing. Vicar, you know we don't like you practising tai chi in the church.”

### The Scottish event

Save the date: talking about things coming back, after an absence of two years Tai Chi Caledonia returned this year to great acclaim. The event has been popular since its inception and 2023 should be no exception. Reckoned to be one of the biggest 'festivals' in Europe it attracts an international audience and features top-line teachers from the UK and the globe.



TCC offers delegates the chance to sample instruction in the full gamut of internal arts from tai chi and qigong to baguazhang and martial and weapons forms.

Held at Stirling University's campus this year's event runs from 14th July to 21st July.

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Sword play in the car park. Margherita Paladino crosses swords with Gianfranco Pace, Tai Chi Caledonia 2022: back after two years of Covid lockdowns

Picture by Jenniffer Scott [www.taichicaldonia.com](http://www.taichicaldonia.com)