

Odds at the End

And the things people say...

TCUGB logo competition



After a record number of entries we are pleased to announce the winner of the 30th anniversary logo competition. Members were asked to select a logo to represent the union and celebrate its 30 years of maintaining standard in the tai chi community.

It was close but with 26 % and 22.5% of the votes respectively Michael D Smith and Abigail Galton were declared winners. The runner up was Ashley Cheeseman (14.4%).

The board would like to thank all members for their efforts and say congratulations to the winners. 🎉

Tai chi moves



Coming back after Covid

During lockdown some of us went online, some of us practised alone. Whatever you did I can guarantee it wasn't the same. Something was missing.

Here are some reflections from one student, Heather Lomas:

I am the student who began with absolutely no idea what tai chi was all about – perhaps people standing still, waving their arms about, trying to look transcendental.

I am the student who began tai chi because my friend asked me to – and loved it from the start. Family urge me to swap to pilates or yoga – but I say No. The slow, measured movements are somehow compelling.

I missed the classes, much more than I thought possible. I missed the regularity of twice weekly tai chi sessions filled with people who say “Hello” and “How are You?” I missed making a fool of myself as I forget a movement, yet again and it still being OK.

(Secretly, I enjoy the warm up exercises more than the form itself most of the time.) And I missed the challenge of trying to get through the form without errors or mistakes – which still doesn't really happen – one day maybe.

So, what did I do in this tai chi ‘void’? Should I try to go it alone? I started the first lockdown with lots of good intentions of continuing all the various exercise routines I was used to, but found motivation a problem when on my own.

I did do an outdoor class in the park for a time – when restrictions allowed last summer, but confused myself as some of the moves were slightly different to our style. Alas, even a YouTube backdrop of blue sky, wispy clouds and appropriate music wasn't the same.

Finally we are together again. Mixing our own cocktails; of plenty of smiles, tai chi exercise, trying to remember the form, and an evening of 100% enjoyment.

So — what words can I use to describe how I feel now that tai chi is back in my life? Relaxed – energised – motivated, getting back the balance of life. Focus – focus to balance – focus on posture – focus to breathe. Focus to be me again. 🎉

OOPS

As hard as we try I am afraid mistakes do get made. In the last issue, at the end of the *Tai chi in bagua* article we misspelled the authors name and got the email address wrong. Dov Weisberger wrote the article and can be reached at: wudangisrael@gmail.com