



Still Moving



Hiromi T'ai Chi Newsletter

February 2011

Announcements

Hiromi T'ai Chi Received a Grant!

\$9,000 from the BAMA Works Fund to promote T'ai Chi and share its benefits with students in Albemarle's Post High School program.

Tip for T'ai Chi Practice

*New Year's Resolution:
100 Days Practice*

Order Your Discipline Shoes

\$37.50, in black or white. Orders are due February 17.

New System of Attendance

Students are asked to please remember to put your card in the top of the box each time you come for class. For your reference, it also shows the date on which you will need to pay for your next round of classes. You are responsible for keeping your account up to date.



Happy New Year of the Rabbit!

The Year of the Rabbit is considered a year for home & family, artistic pursuit, diplomacy and keeping the peace. Seek calm and be gentle and persistent.

Master Wang's Visit

On the weekend of January 7-9, 2011, Master Wang visited Charlottesville to teach a series of workshops. On Friday, he taught a class on Hsing-I Five Element Fists; Saturday, he taught Ch'i Kung Meditation and Push Hands; on Sunday he concentrated on the four sections of the 99-step T'ai Chi form and he led an hour at the end where students could practice all 99 steps with him. Many students remarked that their study, understanding, and practice have improved as a result of attending these various classes.



On Saturday evening, a large crowd attended the student demonstrations of T'ai Chi, Hsing-I, and Ba Gua (the three internal styles) of the Cheng Ming system. Master Wang, Hiromi, and James Lee also presented expert demonstrations. Master Wang seemed very pleased with everyone's performance, remarking at the end that he has noticed that Hiromi's school is progressing in positive ways.

On Sunday evening, after the T'ai Chi workshops, a ceremony was held for Chinako Bohn and Lori Carrara, who were inducted as indoor students of Hiromi. One must be chosen by Hiromi for this honorable position and be willing to commit fully to practice and study with her.

Upcoming Events

- Hiromi will begin consulting with Tandem Friends School for their upcoming musical, *Mulan*.
- The Festival for the Chinese New Year at Seminole Square will be held on **February 26**, from 1-4 p.m., live performance beginning at 2:00. Hiromi T'ai Chi will be performing T'ai Chi 1-14 steps, Sword and Ba Su by kids, and Hiromi will do fan or Ba Gua.