



New Class to Begin Soon!

Hello!

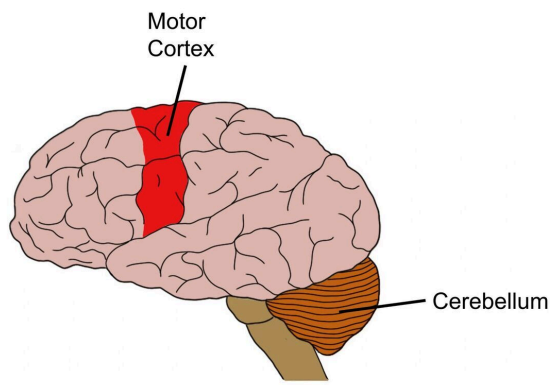
It's been a while since my last email. I recently wrapped up an online beginners class with Peninsula Valley Seniors of Rolling Hills Estates, California and an online advanced level class for my Boston area students. I also began to teach in person at the Milano Senior Center in Medford, Massachusetts. Today, I am writing to announce a new online class for beginners, starting next Monday, November 29, 2021.

The classes are Mondays and Thursdays 8:30-9:30 PM ET and will teach the Tai Chi for Arthritis and Fall Prevention program, which has been recognized by the Center for Disease Control as arthritis-appropriate and by the National Council on Aging as beneficial for fall prevention. The program has been recognized as the highest level of evidence based effectiveness. Although targeted for people suffering arthritis and those wishing to improve their balance, this program is suitable for people of any age and ability, and is an excellent introduction to Tai Chi for beginners.

To sign up, please go to moxie.xyz/vincentchun and select classes entitled: "Tai Chi for Arthritis - Beginners."

It is never too early to learn Tai Chi. Many of my senior center students commented that they wished they had learned Tai Chi earlier. I myself learned Tai Chi in my teens. That said, the gentle nature of Tai Chi movements and the gradual nature of Tai Chi skills advancement allows students to begin learning at any age. Indeed, it is also never too late to learn Tai Chi!

Key Insight - Tai Chi is More About The Mind Than The Body



With each newsletter, I'd like to share a key insight. In this newsletter, I'd like to share the insight that Tai Chi is more about the mind than it is about the body. What do I mean?

Movement is about the brain forming a desired movement intention, receiving sensory inputs, creating muscle activation patterns, and managing the feedback control

loop between sensing of external inputs (pressure distribution on the feet, hands, and other contact points) and internal sensations (of muscle activation and body alignment) along the movement sequence.

In Tai Chi, we emphasize proper body alignment and efficient muscle activation to generate power and move with grace while using the minimum amount of energy. We perform the movements slowly to engage the brain cortex while reducing the tendency for the cerebellum to take over. The cortex is where we manage intentional, deliberate movements; think of this as a digital computer running software. The cerebellum is where we manage common movement tasks, such as walking and running; think of this as an analog computer where the program is hardwired for fast, reliable performance. Indeed, our neurons are hardwired in the cerebellum to allow common movements to go on autopilot, freeing the cortex to do other things.

For the brain and body to learn how to move more efficiently and effectively, we purposely slow down the movements, allowing the cortex to take over, so that new movement patterns can be learned. Otherwise, the cerebellum, with its already learned movement patterns, will take over and perform movements in the previously learned way, which may be inefficient and oftentimes dysfunctional. With repetition, the cerebellum begins to form new connections based on the new movement patterns and begins to hardwire the brain for more efficient and effective movement skills. At each step along your Tai Chi journey, you will build upon what you've already learned. The slow intentional way of moving is the quickest way to assimilate the new skills and make them second nature.

I would be remiss if I didn't mention that Tai Chi movements can also be performed quickly. Indeed individual elements are often practiced explosively, to get a feel for force propagation, and is essential for those who practice Tai Chi for martial arts. I myself utilize Tai Chi skills for figure skating, where movements are often fast and jumps are done explosively to get the most height and distance.

Sign up for the TCA - Beginners class today! Don't wait till after New Years!

Happy Thanksgiving!

Vincent Chun



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