

**SPECIAL PRACTICE
FOR
NEW & CURRENT INSTRUCTORS**

When: SATURDAYS 1:00 - 4:00

Where: CTCA'S NEWMARKET LOCATION

Canadian Tai Chi Academy, is a school based on the founding principle of volunteerism instilled in students of Mr. Moy [Lin-Shin].

He volunteered time and energy to help students who needed, practiced and appreciated the benefit they personally gained. His expectation was for students to share their personal benefit with others, in kind.

Mr. Moy adapted standard forms to be vessels for his students to incorporate the treasures of Dan-yu, Tor-yu, Jam-jong, inherently woven [even if not evident] with chi-gong for daily practice.

His pragmatism yielded forms that manifested both physical and mental health benefits in a short period of time. The forms are clear, with a path that is constant and clean, in order to open the multiple layers within the body.

Traditional practice had us watch and copy forms of our "tai chi brothers & sisters" with higher skill. Mimicking in order to practice, question ourselves, think of what is needed to change in order to get a better result, and discovering improvement.

Whether you think you know, or feel you do not know; this is the perfect opportunity for new and current instructors to experience learning through practice and copying.

Keeping Mr. Moy's volunteerism, pragmatism and tradition in play, the CTCA's Newmarket location will host Saturday practices for ALL CTCA new & existing instructors during 2019.

The Saturday practices will include all forms taught by Mr. Moy:

- Start Jan 5 : **Tai Chi & Lok Hup Ba Fa**
- Adding Mar 2 : **Sabre & Sword**
- Adding May 4 : **Push Hands** (Standing & Walking)
- Adding Jun 1 : **Meditation** (Standing & Walking)
- Adding Oct 12 : **Hsing-I** (instructor needs all as pre-requisite)

Diligence is key for achieving higher levels in order to develop skills and understanding of physical connections [within movements], and internal timing vis-à-vis external components [proper intention – so the horse leads the cart; not that the cart runs over the horse].