

Practice Tai Chi for . . .

Multi-Tasking with Focus

How can I increase my ability to shift attention quickly and powerfully with focus?

Answer: Use Play Guitar to build new neural channels from brain to body.

Why? Play Guitar trains the mind to turn the body with full attention.

How do I increase focus by using Play Guitar?

Answer: First learn Play Guitar in 4 directions; then add clockwise practice.

Test yourself: Can I Play Guitar in 4 directions? Can I pivot rapidly to each clock position?

What should I keep in mind while practicing Play Guitar?

Answer: Begin each turn with the mind imagining each new scene before you turn. Let the mind lead and the eyes and hands follow. Then allow the feet to follow the eyes and hands. Do not fuss over footwork; just get into the final position in each direction.

How do I practice so as to increase multi-tasking focus?

Answer: Imagine yourself in a box with 4 walls (4 directions). Pivot the Guitar toward each wall. Increase speed slowly. Once you feel comfortable with the 4 directions, imagine a clock with all its positions of the hours (one o'clock, two o'clock, etc.). First go through the entire clock forwards and then backwards. Then pick arbitrary numbers – or ask a partner to call out arbitrary numbers. Spin as fast as you can to focus on each number.