

# Tai Chi Redondo Newsletter - August 2010

Blessed are the flexible, for they shall not be bent out of shape.



## Sean Cutley at the Evergreen Championships

The July newsletter was about Sean Cutley preparing for the Evergreen Tai Chi Championships in Hacienda Heights, California. This was his first tournament, and he's the first from Tai Chi Redondo to enter a competition. There were over 300 in the audience and some competitors came from Taiwan. So performance pressure was enormous....

## Winning with Focus!

July 18th, 2010 turned out to be a magical day as Sean won two trophies, placing second in two of the competitions. He won in Yang Style Long Form (108 movements) and in the Chen Style Sword Form. On the right are some photos of his sword form. Notice the focus and in-the-zone attention. We are enormously proud of Sean! Clicking on any of these photos will take you to a YouTube video of Sean's entire sword form.

## Healing through Harmony

The all-day performances included several group Tai Chi forms. In these forms, the players compete without competition. They seek to harmonize and synchronize their movements rather than confront one another as competitors. Still, they are striving to improve as they check their own stretching alongside others, as they compare their balance with others, as they strive for smooth flow of energy throughout their group body. There may be an



throughout their group body. There may be an important lesson here about healing our society!

### Wonderful Time to Learn Tai Chi

This is an incredibly beautiful time to enjoy Tai Chi in the Park. The Tuesday evenings are cool with plenty of sunlight over the trees at 6:30 pm. The Saturday mornings are bursting with relaxed excitement at 9 am. We become Swimming Dragons, Golden Pheasants, and Bamboo Surfers.

Come take a free class and enjoy the cosmic dance....

Mike Heim

Tai Chi Redondo

[www.TaiChiRedondo.com](http://www.TaiChiRedondo.com)

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