

Rising Star at [Tai Chi Redondo!](#)

July 2010 Newsletter

Can you be relaxed, tranquil, and well-balanced while performing before hundreds of people?

"Yes," says Sean Cutley, a student at Tai Chi Redondo since August 2007. "I've been training for the past three years to relax under pressure. That's what Tai Chi is all about."

This **Sunday, July 18th, at the 2010 Southern California Evergreen Cup Tai Chi Chuan Championships**, Sean Cutley will perform the Yang Style Long Form (108 movements) and the Chen Style Sword Form (Jian) as taught at Tai Chi Redondo. His demonstrations will take place at the Wilson High School Gym in Hacienda Heights, California, where Sean will join hundreds of Tai Chi players to "show their stuff."

Over the past several months, while recording Sean on video, we have marveled at his increased fluidity, power, and balance as he prepares for the tournament. He will be the first student from Tai Chi Redondo to enter a major tournament, and we are proud of his achievement: He has internalized the energy patterns of each movement and his powerful strokes show control, balance, and total focus. Sean demonstrates what it means to be "in the zone."

Sean has read widely in the history of Tai Chi and knows its origins in Kung-Fu boxing and its connections to other martial arts. While most of us at Tai Chi Redondo practice our daily routine for relaxation, energy, balance, flexibility, and radiant health, Sean has an added interest in the athletic aspects of Tai Chi. It is no surprise to learn that his 6'-5" brother Scott is a high-profile player in the Big West Conference of Men's Basketball, playing for Kent State and for international basketball teams. The Tai Chi guy in the family is Sean, who enjoys the deep meditation of Taoist philosophy (Lao-Tzu) and has developed a genuine understanding of how that philosophy permeates every Tai Chi movement.

I am so proud of Sean and will be at the tournament to cheer his performance this Sunday in Hacienda Heights. If you are interested in exact times or directions, there is a tournament link below and you can also phone me this weekend with any questions at: 310-413-2053.

Go, Sean, go!

Mike Heim

www.TaiChiRedondo.com

Sean Cutley



Kick Right - Yang Long Form



Snake Creeps - Chen Sword



Crane Spreads Wings




Stand and Thrust

**第二屆南加州長青盃
太極拳錦標賽**

雷閃門太極拳協會主辦

2010
**Southern California Evergreen Cup
Tai Chi Chuan Championship**
Organized BY Lightning Tai Chi



時間 When: 2010年7月17日下午1時至5時 7月18日上午8時至下午5時
1:00 PM to 5:00 PM July 17; 8:00 AM to 5:00 PM July 18, 2010

地點 Where: Wilson High School, Gym, Hacienda Heights, CA

報名日期 Registration: 即日起至五月三十一日 Ends 5/31/2010

報名及資訊 Registration and Information: www.lightning-taichi.org contact@lightning-taichi.org
(213) 280-2219 (909) 837-5742 (323) 547-9975 (Evenings)

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