



Linda's T'ai Chi
Happy New Year Letter from Linda January 30, 2022
Year of the Tiger 2022



The "Great Race" is an ancient story about the origins of the Chinese calendar. The mythological ruler of Heaven, the Jade Emperor decreed that the years on the calendar would be named for each animal in the order they reached him. To get there, the animals would have to cross a river.

The rat was not good swimmer but was very smart and quite conniving. He convinced the kindly but naïve Ox to carry him across. As he reached the shore, the rat jumped off reaching the land before the Ox. The poor Ox had to settle for second place. The third to arrive was the Tiger who claimed that the currents were pushing him downstream. The Pig arrived last as he would stop and eat and then nap. The emperor almost gave up on the Pig but the pig made it to the party after all, alas in 12th place.

You may be wondering why there is no cat in the zodiac. There are a couple of myths about the cat. One is that the rat and cat (who were friends) both jumped on the back of Ox but the cat fell off and drowned. But the story I like is that indeed the rat and cat both jumped on the back of the Ox but the rat pushed the cat off as they neared the shore. Since the cat arrived too late to be included in the zodiac, he became furious at his friend. For revenge, the cat chased the rat through the ages.



Jade Emperor in a Ming Dynasty ink and color painting on silk, 16th century

The Chinese New Year, more accurately the Lunar New Year begins February 1, 2022 and ends January 31, 2022. **2022 is the year of the tiger.** The Tiger is a symbol of strength, exhibiting bravery in the face of evil. Many countries celebrate the Lunar New Year, some officially and some as a matter of tradition. Vietnam, Laos, and Singapore to name a few. South Korea celebrates Seollal 음력 설날. Although Chinese New Year isn't a holiday in Japan, it does not go unnoticed. Japan celebrates with parades and thousands of lanterns on the final day of the festival.



People born in years of the Tiger (1926, 1938, 1950, 1962) are vigorous and ambitious, daring and courageous, enthusiastic and generous, self-confident with a sense of justice and a commitment to help others for the greater good.



My wish for you dear students, is a New Year filled with good health, friendship, contentment, peace, calm and of course, lots of T'ai Chi. I think it is great year for T'ai Chi.

Peace, *Linda*