



(Ultimate or Supreme Fist or Supreme Fighting or Energy)

Linda's T'ai Chi Ch'uan Weekly Handout June 25, 2023

The word "Tai" (太) means "Supreme", "Ji" (极 or Chi) means "Boundary" and the word "Quan" (拳 or Ch'uan) means "fist" or "movement". Together the term "Taijiquan" implies a method of movement to cultivate a form of power that has no boundary.

Here is a reminder of the schedule from now until December 2023. For those of you who like to look forward.

June

Tuesday June 27 and Wednesday June 28 classes will meet at Hillcrest Church at 1400 Larrabee (one block from the Firehouse on the corner of Larrabee and Fairhaven Parkway). Same time only the location changes. This is to accommodate the Bellingham Theater Works Repertory Theater events. All other classes remain the same.

July

T'ai Chi in the Park begins on July 6 at 9:30 AM at Zuanich Point Park 2600 N Harbor Loop Dr, Bellingham, WA 98225 behind the Squalicum Boathouse near the water's edge. Wear flat shoes that are safe and good on grass. I suggest not wearing your Tai Chi shoes as they will get grass stained. Bring a coat. Even in July, the wind off the

water can be chilly. This ends on September 28, 2023 when we return to Hillcrest Church at 10 AM in October.

August

I am on vacation from August 6 through August 13. All classes are cancelled . Classes resume the week of August 13 starting with Monday August 14 at 5:15 PM Intermediate class at St James.

October

Community Tai Chi and Qigong resumes on Thursday October 5 at 10 AM at Hillcrest Church.

November- No classes on Thanksgiving November 23, 2023

December

The final classes for 2023 is the week of December 4. . Classes will resume Tuesday January 2, 2024. Tuition for December is \$7.00. If you want me to donate to the Firehouse, any tuition over the \$7.00 will be donated to the Firehouse to support their artistic and health and wellbeing classes, shows and concerts.

January 2024 is the Year of the Dragon

The Chinese zodiac sign of the Dragon represents power, success, honor, and luck. 2023 is said to be a year of happiness and bliss. Well, isn't that nice!

