

THE WHY & THE WAY
OF
TAI-CHI



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AUTHOR-INSTRUCTOR & DIDACTIC

THE WHY

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THE WAY of TAI-CHI

Sandy Lemon Clory, is the Author, Instructor and Facilitator of these, Group Motion Tai-Chi and Dance Workshops for the next six weeks. She is a Native of Philadelphia Pennsylvania, and has been a member of Myers Park Baptist Church for approximately nine years

She was born, raised and bred in a household of not just ordinary folks. She lived with a family of fourteen. There was her Mother, her father, and 11 siblings who consisted of, six boys and six girls.

If we just try to imagine how two Southern born individuals with twelve children, living in urban city life maintained their sanity with that many children and that much responsibility. It would boggle our minds, and stagger our equilibriums in contemplating and entertaining the thought. My Parents were two very strong individuals, and they somehow maintained.

As long as her father had work as Masonry and General Contractor, and mother kept the household going, things went pretty well. In fact she was not even sure if they were poor or not. Mother & Father Her mother & father by the grace of God was always to provide for children. There was just one little problem, oh I'd say about four feet tall, and that problem

happened to be the middle child. of the twelve. She was never naughty or mischievous, just spoiled rotten, cute cuddly and full of energy.

Oh, there was a solution for that which was dictated by the management of house, he who was the father exclaiming “Put her in a dance class how else are we going to channel that kind of energy”

“Oh”, she thought to herself, “you mean there are more classes and other kind of schools to attend and not just, Elementary Public school, a mandatory annual Summer Vacation Bible School, our churches Sunday school, and now the parents are discussing enrollment in a Dance school? Did life really have that many schools or were my parents just making up these places to threaten us by? Was life really going to always be about, Schools and more schools? That’s how it all started. Education, education and more Institutionalized education and game plans called education. But These over worked parents needed a break and they still had to figure out what to do, and how to harness the excess energy that this poor child was born with. Today’s society would have labeled me with the term, ADHD. This middle girl child of the twelve just knew that she was getting a life sentence of education and a dictatorship from every teacher, her parents and the older sisters and brothers to whom she felt were bossy.

She knew that she would be spending the rest of her life being told what to do, and how to do what so ever she was told. She

found herself imitating what was being done to her and directing it towards all of her younger sisters and brothers under her. She was disciplined because she was quite bossy, but always responded, “I’m not being bossy, I’m being the teacher”.

They say that children say the strangest things, but I say children have vision, dreams and imagination. This child achieved that which she perceived, and she received the vision that she spoke into existence as she later in life became, The Teacher.

After a long and fantastic career as a Ballerina, a Debutant and Prima Donna in all of the Philadelphia Ballet Companies, Christmas Cotillion Balls, she danced Solo to some of the most spectacular classical Music by composers such as Bach, Beethoven, and Twisichiosky. As she performed in her Ballet scenes in front of hundreds of spectators, as she danced in her choreographed performances the music also inspired her to dream even bigger and more vivid. She saw herself as a dancer, a teacher and a helper of man-kind. Her dance became a feat to survive, mentally physically and spiritually, so she incorporated her dance of Ballet into Tai-Chi and began to teach that even to this day to more than (5,000) five thousand students young and old, from Philadelphia to Timbuctoo, for more than (40) forty years.

That she is me, and I intend to continue teaching Dance and Tai-Chi till the World has found Balance. Does she think that that can be done? Yes, as long as each one teaches one, that Tai-Chi is not a religion, but a philosophy and a way of life. Tai-Chi is

an ancient Chinese way of life that teaches her or his student or Neophyte how to, number one, Meditate, Breathe, center, focus and clear. Its main goal is find ones center and there-fore obtain balance for self, others and our World.

Tai-Chi is not just another form of Chinese exercise; it directs the student into, self, self-awareness, self-analysis self-development, self-control and most of all self-defense with the understanding that we must first learn how to defend us from ourselves.

Think about it, SELF-DEFENSE. Yes, that's where we find our greatest enemy. The enemy with-in with whom we have to live with, because where ever you go, there you are. How do we learn to defend us against our self, through self-awareness, and which energies we are using, the negative or the positive energy or Chi?

The word Chi means, energy, and the word Tai means, Kinematics or kinetic active energy in which I refer to and title, Energy in Action.

As we are all aware of the fact that, there are different sources and kinds of energy such as, Hydrogen or water, Nitrogen which is fire, oxygen which is air and carbon which is Earth or solids.

When you chronologically put those four major elements in order, they become an acronym for the word, A.F.E.W., or Air-Fire-Earth-Water. A great play on words no doubt but, it is all factual as natural resources of energy.

It doesn't take a rocket scientist to research or confirm these facts, but it could certainly distract us from point of relativity for us humans and the chi or energy that we will be learning about in our Tai-Chi, or Kinetic energy studies.