



# EVENT DETAILS

**April 27, 2019: 9:30 AM – 1:00 PM**  
**Normandale Community College**

## About World Tai Chi and Qigong Day

Beginning in the earliest time zones of New Zealand at 10:00 AM on the last Saturday in April, tens of thousands of participants across Oceania, Asia, Africa, Europe, and North and South America take part in this global celebration—spanning seventy nations and hundreds of cities—ending with the final events in the last time zones of Hawaii almost an entire day later.

The first event was held in Kansas City, MO in 1998 on the lawn of the Nelson Atkins Museum of Art, where the Kansas City Tai Chi Club held a mass Tai Chi exhibition and teach-in involving nearly two hundred people. CNN Headline News covered the event, which generated interest beyond Kansas City and quickly grew into a national and international phenomenon.

### World Tai Chi and Qigong Day's goals are to:

1. Educate the world about emerging medical research revealing health benefits that Tai Chi and Qigong offer;
2. Educate about the increasing use of these ancient traditional Chinese medicine modalities in business, education, and rehabilitation;
3. Provide a global vision of cooperation for health & healing purposes across geopolitical boundaries, and also an appeal to people worldwide to embrace wisdom from all the cultures of the world.

World Tai Chi and Qigong Day events have been recognized by the United Nations World Health Organization and the day has been officially proclaimed by mayors of many major cities, including Mayor R. T. Rybak of Minneapolis. This global wave of goodwill provides a vision of hope and healing to a world hungry for such visions.

We are all connected, all part of the web of life. And, by cultivating and growing the realization personally and globally, we may help in a subtle, quiet way to usher in a more elegant future that nurtures us all in ways we cannot yet even imagine. Thank you for celebrating with us today. *One World...One Breath...*

## About The Demonstrations/Sessions

**ABCs of Tai Chi** provides the fundamentals of Tai Chi Chuan and utilizes many different practices and techniques (Qigong, meditation, posture, walking, breath and alignment) to prepare for further studies in Tai Chi.

**Shiba Louhan Qigong** is a 1,500 year old dynamic Qigong set attributed to Bodhidharma. Shiba Louhan Qigong has stretching and strengthening moves to energize the body, condition the muscles and joints, and circulate qi.

**Sun 73 Style**, created by martial artist Sun Lu Tang, is the youngest style of traditional Tai Chi. It includes the martial elements of baqua and xing yi as well as agile steps and powerful Qigong. The Sun 73 cultivates internal energy and balance.

**Spring Forest Qigong:** Qigong is an ancient healing practice from China. The Chinese call the energy in a person's body "qi." Gong means "the flow of" or "the practice of." Thus, Qigong is the practice of energy. Spring Forest Qigong can be split into two parts: meditation and movements. Combined together, these parts will help the body to balance even faster. Meditation is yin energy; movement is yang energy. Visualization, breathing, movement, and sound are all core components of Spring Forest Qigong. Combined, they offer greater health benefits.

**Tai Chi for Arthritis** is based on the Sun Style, which was put together by Dr. Paul Lam's team of Tai Chi and medical experts. Endorsed by the Arthritis Foundation, it is a simple, safe and effective. This gentle form of exercise is suitable and beneficial for anyone to learn for improving almost all aspects of health.

**Tai Chi for Health** (these three Health forms were developed by Dr. Paul Lam with his Tai Chi associates and a team of medical experts, and are easy to learn, effective and safe):

**Tai Chi for Rehabilitation** is an ideal program to aid recovery from ill health. Physical and occupational therapists may find it a useful tool for their patients/clients. Using the Sun and Chen styles of Tai Chi, this Tai Chi for Rehabilitation program can be done seated or standing.

**Tai Chi for Diabetes** is based on Sun and Yang style Tai Chi. It is designed to improve the management of diabetes. The program will help to increase flexibility and muscle strength, and increase heart/lung activity, align posture, improve balance and integrate the mind and body.

**Tai Chi for Energy** combines two contrasting Tai Chi styles, Chen and Sun, into a fun and easy routine. The fast and slow movements and powerful spiral force of Chen complement the unique Qigong and agile footwork of Sun in form that is designed to build internal energy.

**Saber** training provides several opportunities to learn how to utilize the basic principles of Tai Chi, like remaining comfortable and balanced while holding a three-pound object at arm's length. As is true of all weapons forms, Saber is considered advanced training in Tai Chi Chuan. It teaches the student to move their chi to the tip of the saber and reinforces the need to be aware of one's balance while moving. Many of the moves found in the open-hand forms are present in the saber form as well, which adds complexity and depth to the student's understanding of Tai Chi Chuan.

**The Combined 42 Form** was designed as a competition form combining movements drawn from Chen, Yang, Wu, and Sun styles of traditional Tai Chi Chuan. While the 42 Forms is the combination of four major styles, they are not represented in equal proportion. Yang style is most prevalent and is characterized by gentle and graceful, circular movements. Sun style is evident in follow steps and Qigong. Chen is more vigorous and visibly martial. Wu style movements are closer to the body and incorporate lively steps. Practitioners of the form enjoy its circularity, qi cultivation, and exploring how the different styles relate to each other.

**Yang Short Form**, formally known as The Yang 37, is Chen Man Cheng's original short form. It is basically the Yang Long Form with most of the repetitions removed.

**Yang Style 24 Form**, developed in 1954 by the Chinese Sports Commission, is the world's most well known Tai Chi form. Including the essential elements of Yang style Tai Chi Chuan and retaining the traditional elements of the longer Yang forms, it is a shorter form; more easily learned and promoting health.

**Yi Jin Jing** in Chinese literally means "Muscle/Tendon Change Classic." It is a Qigong practice containing a series of exercises, coordinated with specific breathing and mental concentration. This is a relatively intense form of isotonic exercises that aims at strengthening the muscles and tendons by alternating between relaxation and tension.

**Yi Quan** is internal martial arts distilled to the pure essence. This session will provide an overview of the Yi Quan training methods. These powerful methods are easy to learn and enhance health by improving balance, increasing strength and developing internal energy.

## Biographies

**Linda Ebeling's** Tai Chi journey began with the study of Qigong and the Five Animal Frolics. Her current practice includes Sun, Yang and Chen style Tai Chi as well as several forms of Qigong. She is a Master Trainer for Tai Chi for Health Institute and is on the teaching team for Dr. Paul Lam's annual June workshop. Linda served on the board of Tai Chi for Health Community for six years as well as being the Scholarship Committee Chairperson for TCHC from 2013 to 17. A movement and fitness instructor for over 17 years, Linda also has a teaching background in Secondary Education. She is one of the few certified instructors of Radiant Lotus Qigong in the US, a Reiki level 2 practitioner, and is a former member of the MS Wellness Professionals Task Force. Linda likes to help her students discover how Tai Chi and Qigong can empower them to take an active role in bringing balance to their health and lives.

**Trish Gonzales** teaches nursing and health courses here at the college. She began her journey into the world of Tai Chi and Qigong by her mother's interest to find a way to manage the pain of rheumatoid arthritis without increasing medications. Together, Trish and her mother started taking Tai Chi classes at Normandale Community college in 2001. Trish received her initial Tai Chi instructor certification in 2003. She is a Senior Trainer for Tai Chi for Health Institute and has served on the Scholarship Committee for TCHC since 2015. It is the grace and beauty of Tai Chi along with the ease of movement, stress management, and relaxation that sustains this commitment to Tai Chi.

**Mark Haerle** began studying Tai Ji Quan and Yi Quan in 2004. He is a student of Grand Master Fong Ha, a distinguished practitioner of Tai Ji Quan and Yi Quan. Mark was certified to teach by Grand Master Fong Ha in 2012. Mark has studied the traditional Yang style forms including the Long Form (108 moves), saber form and sword form.

**Jeannine Robinett** is a Voice Instructor at Eastview High School where she incorporates Tai Chi principles and movements into voice lessons. She is a Senior Trainer for Tai Chi for Health and teaches Tai Chi classes through District 196 Community Education in Rosemount. Certified in multiple forms Tai Chi for Health forms, she has also been teaching assistant or substitute for classes in Seated Tai Chi for Arthritis, Sun 73, Yang 24, Yang 40, Tai Chi for Energy, Intro to Fan, and Moving Stillness Fan Form. Jeannine received a scholarship from the Tai Chi for Health Community to attend the Dr. Paul Lam's weeklong workshop in 2015.

**Jay Soderberg** has been studying Tai Chi Chuan and Qigong since 2006. He has studied several Yang style forms during this time, including the traditional Long Form (108 moves), the 24-Form, and Chen Man Ching's 37-Form. He has studied with Fong Ha—a widely respected Instructor living in Berkeley, CA—who teaches world-wide. Jay has been certified to teach Yang Style Tai Chi Chuan by Fong Ha since 2012. Since then, Jay has been assisting his teacher, Keith Root. Jay also began teaching in other communities in 2014 to help spread the benefits of Tai Chi Chuan. His experience with teaching Yang style includes form work, applications, push hands, saber, sword, meditation, Yiquan, and Qigong.

### **Jaci Gran / Spring Forest Qigong (SFQ)**

Jacqueline Gran has been studying and practicing Spring Forest Qigong since 1999. She has completed all four levels of Spring Forest Qigong and is a Certified Master Healer and Certified Master Teacher levels 1 & 2. Jaci serves as Master Healer providing both qigong and Qi~ssage appointments, participates as a Master Healer in the Healing Circles and teaches active exercise and meditation classes. Jaci is a guest healer and leads active exercises and meditations at SFQ events, conferences, retreats and the SFQ International Guild. Jaci has worked in various social services arenas, including Health Care for the Homeless and volunteers as an advocate for affordable housing for people who are homeless and as an SFQ healer at a homeless wellness drop in center in St. Paul, MN.



# EVENT SCHEDULE

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**Normandale Community College**

TIME	ACTIVITY	LOCATION
<b>Welcome</b>		
9:30 AM 9:45 AM	Gather together in gym Welcome announcement from Normandale	Large Gymnasium (A1500)
<b>Demonstrations</b>		
10:00 AM to 11:20 AM	<ul style="list-style-type: none"> <li>• Group Qigong warm-ups (standing or seated)</li> <li>• Tai Chi for Arthritis (audience participation is encouraged)</li> <li>• 2 Tai Chi for Health Forms:               <ul style="list-style-type: none"> <li>○ Tai Chi for Rehabilitation – <i>led by Jeannine Robinett</i></li> <li>○ Tai Chi for Energy – <i>led by Linda Ebeling</i></li> </ul> </li> <li>• Yang Style 24 Form – <i>led by Linda Ebeling</i></li> <li>• 8 Brocades – <i>led by Jay Soderberg</i></li> <li>• Shiba Louhan Qigong – <i>led by Linda Ebeling</i></li> <li>• Sun 73 &amp; Yang Short Form – <i>led by Linda Ebeling &amp; Jay Soderberg</i></li> <li>• Saber Form and Two Person Saber – <i>led by Jay Soderberg &amp; Mark Haerle</i></li> <li>• Shibashi – <i>led by Trish Gonzales</i></li> <li>• Combined 42 Form – <i>performed by Linda Ebeling</i></li> </ul>	Large Gymnasium (A1500)
<b>Break-out Sessions</b>		
11:30 AM to 12:00 PM	• Visit the Japanese Garden	Near Activities Bldg Japanese Garden
	• Animal Frolics	Jodsaas Science Bldg <b>Room S2330</b>
	• Sensing Hands Two Person Work	Activities Bldg <b>Room A1560</b>
	• Overview of Tai Chi for Health forms	Activities Bldg <b>Room A2552</b>
	• Spring Forest Qigong – An Introduction	Activities Bldg <b>Room A2564-66</b>
12:10 PM to 12:40 PM	• Visit the Japanese Garden	Near Activities Bldg Japanese Garden
	• Radiant Lotus – <i>Women Only Please</i>	Jodsaas Science Bldg <b>Room S2330</b>
	• Introduction to Yiquan	Activities Bldg <b>Room A1550</b>
	• ABC's of Tai Chi	Activities Bldg <b>Room A1560</b>
	• Shibashi	Activities Bldg <b>Room A2552</b>
	• Spring Forest Qigong – An Introduction	Activities Bldg <b>Room A2564-66</b>
<b>Closing</b>		
12:50 PM to 1:00 PM	<ul style="list-style-type: none"> <li>• Door Prize Drawings</li> <li>• Closing Qigong – <i>led by Linda Ebeling</i></li> </ul>	Large Gymnasium (A1500)