



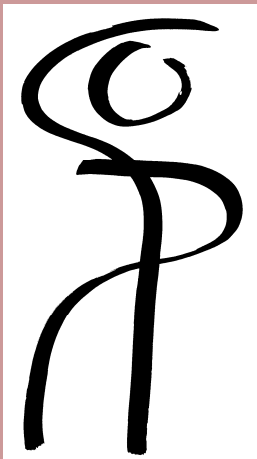
# RDTC Living

Founder's Newsletter

Winter 2012 No 7

## Special points of interest:

- **Articles -**  
Healing One Step at a Time
- **School News**
- **TMW Training News**
- **Dates:**
- **Opening to Life**  
March 2012
- **Retreat Days**  
April 2012
- **Soul Moves Day**  
March 2012
- **RDTC Summer Gathering 2012**  
July 2012
- **The Giant Leap!**  
Sept 2012



## RDTC's new webpage & name

Welcome to this bi-annual newsletter for RDTC. And to this, the first newsletter under the title "RDTC Living".

Over the years, I believe it is 33 years now, the Rising Dragon Tai Chi School has continued to flow and develop with the times. We find ourselves, like the world, in a time of change, and like the world, we can adapt, flow and go with it, or we can hold on to what is past. I for one have always chosen the first!

The first major evolution of RDTC was the discovery, and then the implementation, of the Four Principles within the School and its courses and classes.

The second evolution was the application of the Principles outside of formal Tai Chi classes and courses.

This has given the school three distinct threads:

1. The original School, which is concerned with the teaching of Tai Chi Chuan classes and courses.
2. Soul Moves, which is the arm of RDTC that brings the Four Principles to non Tai Chi players through what we call the four strands - movement, stillness, healing and enquiry.

3. And finally TMW Training (Tai Chi Movements for Wellbeing). TMW's aim is to make available the benefits of the Principles and the essence of Tai Chi movement to as many people as possible, by training others to hold classes in their local community. That includes you!

So "RDTC Living" is the name of the organisation which combines these three threads. What we are trying to do is energetically honour the fundamental truth that links all of these together, the Four Principles, and have that represented. So instead of these appearing to be separate, to bring the students all into one place. RDTC Living Tai Chi, RDTC Living Soul Moves and RDTC Living TMW, as it were.

There is currently a new opening page under development, [RDTCLiving.com](http://RDTCLiving.com) through which you will be able to connect with either the Tai Chi School, the Soul Moves work or TMW Training. There will be a public area open to all with some films, talks, articles etc. There will also be a private area for those who are members of RDTC or those who want to be, where the course material will be available along with other extra goodies. Welcome!

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*And then I saw a whole line of fathers and sons all rolling along, each one looking at the other, passing this trend along and yet each one, yes walking their own walk, yet not.*

# One Step at a Time

by Richard Farmer

Sitting drinking a cup of tea in Costa's tea shop, it was a cloudy day, I had read the paper and was....just sitting. I looked to my left and watched a rather rounded man walk by. I was observing how someone who is that round walks, kind of heavy and rolling, and I wondered whether it was because of his weight and shape or something else.

I often spend time just receiving people as they move, it is part of my training. It is one of the ways I have of feeling into how people are in themselves. I see the outer mirroring of an inner condition or state. Just as other people might need to talk to someone or to ask questions to find out how someone is, I listen to their bodies. I look.

It wasn't until the man had gone past me that I realised that he had a double, for there, walking slightly behind him, was a smaller version. His son. And whilst he was not quite as round as his dad, he walked just like him. Same rolling and heavy tread. There was so much there to ponder.

There have been times when I look down and see my father's hands instead of my own. Times when I catch myself sitting in a certain way, just like him. I see it in a facial expression of my brother sometimes, a certain

lifting of the top lip, curled upward ever so slightly.

We all have looked at our parents, in some way, to see how things are, how to respond, how to be with life. When we are young we are so receptive, like a sponge, we just soak it all up. So this young boy, from love and a wish to know, walks like he walks. Like his father. It is not his walk, it is his father's. As I sat, I pondered on how did the father get his gait? Perhaps there he was, as a young boy, walking with his father, rolling along. And then I saw a whole line of fathers and sons all rolling along, each one looking at the other, passing on this trend and yet each one, yes walking their own walk, yet not.

Since that time I have watched and looked for this in many countries and places. And I see them, walking along, a mother and her daughter or son, a father and son or a daughter, learning how it is. But that is not how it is. What they are taking on is not theirs. But it becomes theirs.

So when we come to move in a Soul Moves class or an RDTC class, who is moving? Is it your ancestors? In some way I think it is.

I remember when my father died, that night, late into the night, as he was dying and as I sat with him, something passed to me. Something of my line that I must

now carry and heal I have seen this in others. Something gets passed on.

There have been times, when I am really in my movement, when the Principles are truly, naturally present, and when I seem to emerge, physically, in a new way. I find an expression or way of moving which is subtle, hardly noticeable if you were watching, and yet what emerges in me is my true movement. Not my ancestors', but mine. It would be like that small boy suddenly being without the influence of his father's walk and finding his own walk. It would be different.

Of course not everything that is passed down is a distortion or "out", but some things are.

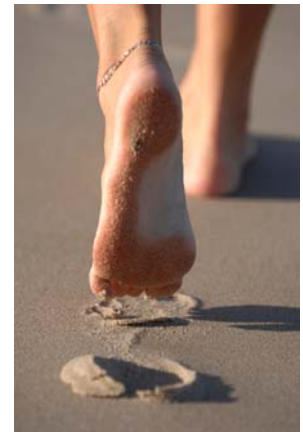
And more than that, there is also a "National" version. I was once hiking far up in the mountains of the Yosemite National Park with a group of American men. It was a weeklong trip into the wilderness and it was truly a remarkable experience. They went all "mountain man" on me, didn't wash, didn't shave etc. I, on the other hand, washed my clothes, shaved and washed in mountain streams. At the end, when the cowboys and their mules met us further down the trail to take the tents back, they remarked to me, "Geeeeeze - you really been up there boy, or you just preeentendin!" It was then that I realised, that whilst the Americans had been channeling their mountain men, I had been following in a long line of Victorian explorers who dressed

for dinner in the jungles and plains of Africa! Being a good old colonial boy, somewhere, this trait was buried deep in me.

So if we consider these things, in you and in me are many patterns, physical patterns from our ancestors. When we move, they move. This is part of our journey. And yet I have come here to be awake, to awaken from the sleep of unconsciousness and shine my true light. How would Richard walk? How would Richard sit? What would Richard do if he could really just be himself?

How? Well, when I become present - I am not in my history. Because I am not in history it is possible to relax the tension, I release the hold of the pattern of history if you like. Because I am present and released from history, in that moment, I can choose a quality of being which is more "me". More of my essence. More the heart of me. Because I am more in me, my true self or essence, you could say, there is a possibility that sooner or later I will make a move that is mine, not my ancestors'.

My personal feeling is that when this happens, when I free myself of this conditioning, I also free my line of the conditioning. It's like a long line of those men and boys walking, and finally someone frees themselves and allows all those who come after to be free as well. So a simple movement like "Open to the Day" can potentially have massive consequences. When we move,



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especially when it is a formal moment, like when we practise, if we just do it unconsciously, then realistically the old patterns carry the movement. I have said before that in Tai Chi, it is not about us adapting Tai Chi to suit us, but rather, we let go enough to let Tai Chi change us. So when we practise consciously, and sometimes we do, we can, through the Principles, bring the possibility of something new and true into us. Not just new but truly ours. When we do this, we heal not only ourselves but a long line of history too.

What a gift to give your family.  
What a gift to give the world.  
What a gift to give yourself.

Have a Great New Year!

you consider how many people each of these students have in their family or in their work place, the circle of influence widens and the true effect of the work becomes clear.

The last of the current series of the Deepening finished in September and the course which follows that, The Next Step finished in December. In total they number 50 people - congratulations!

In Spring 2012 the RDTC SM Facilitators Training finishes too with, potentially a further 20 qualifying. There is also the European Next Step finishing in April with another 20 people completing the course. This brings the total to 90 people exploring ongoing courses with RDTC - well done everyone!

### Courses for you to come to.

Unfortunately, the fourth Deepening simply has not happened because there were not enough applicants to cover Poulstone's minimum number. I would like to thank those who did apply. However, one of the things I am learning is that when something doesn't happen, it is not necessarily a sign that it should stop. When we switched the Soul Moves introductory course from a weekend to a day, suddenly we had a lot of

### RDTC & SM News



### Big Courses Finish

2011 saw a number of long term courses coming to a close. In some cases this was the culmination of a journey with the RDTC School for many years. When I look around the circle of faces and remember who sat here on that first day or first weekend, and then who sits here now, the changes are remarkable. If



interest. (**The next Soul Moves Day is 25 March**) It is the same with the annual RDTc Summer Gathering, as soon we adjusted it to suit the times, it worked. (**This year the RDTc Summer Gathering is 6 - 9 July**) As we know, the work offered by RDTc is good, true, contemporary and well honed. But we live in financially uncertain times and the outlay on these residential courses in time and money is considerable. So my feeling is to honour the quality of the work and the financial concerns and to find another way of offering it.

I have been contemplating this for the Deepening. I want to offer, here in Herefordshire, an ongoing, non residential course on the Four Principles, "**Opening to Life—living principles for changing times**". It will consist of four days - one Saturday every 4 months, beginning March, then July, October and February. Each day will cover a Principle. This will be a closed group, meaning that one group of people will be together for the whole course. This builds trust and deepens the energy of the group.

This day course will be followed by a **Retreat Day** on the Sunday. This retreat day will focus on the same Principle as the closed group but instead will be open to anyone who has completed the Deepening or any of the subsequent courses. It will

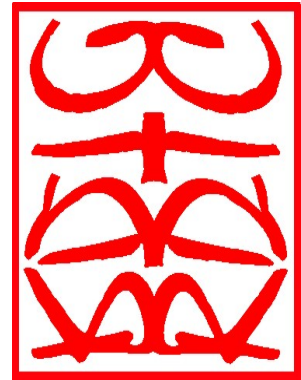
also be open to those who have just completed the Saturday, giving them the opportunity to dive deeper too, should they so wish. Rather than introduce the Principle, we will work with it using the four strands of moving, silence, enquiry and healing. This will offer students a day to revise and review their understanding. I believe this will serve on many fronts and will be easier, lighter and more accessible financially. Check the dates on the back cover and look out for the booking form coming soon.

Also coming up is **The Giant Leap** which begins in September 2012 and is open to all those who have completed the Next Step Series or Deeper Series of courses, or who are at an advanced level with RDTc. It will be extraordinary!

Finally, the new **Open 3 TMW Training Course** starting in April for those who want to teach TMW. Further details overleaf or on the website: [www.tmwtraining.com](http://www.tmwtraining.com), email: [admin@tmwtraining.com](mailto:admin@tmwtraining.com), or phone 01989 740590.

## DVD Malfunctioning

We have been plagued with this recently, especially with some older RDTc DVDs, so we are re-making all the DVDs to ensure the highest and most reliable quality.



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*RDTc floor exercises to release body & mind*



## Songs of Release

*moves that will let your body sing with softness*

I have finally finished a DVD showing the great floor exercises Andrew writes about below. It has been a few years coming I know but hopefully worth the wait. You may buy it either directly through us here at the office - details below - or from your teacher if you currently attend classes.

**Price: £16 + £2.50 p&p  
(credit cards accepted)  
Tel: 01989 740 590, cheque to  
RDTc, PO Box 149, Hereford HR1 9EU**

I have been absolutely amazed at the increase in my flexibility and other benefits I have felt since practising the RDTc Releases regularly over the last two or three months. And I think I'm beginning to understand what's been going on.

You see, it's not because I have been forcing and pushing and stretching to get a better result each time. On the contrary, it's because I have been trying and thinking about the outcomes less, in fact not at all. A brilliant practical demonstration and proof of "less is more".

It takes a little while to get your head around it and three or four painful and somewhat disappointing initial practice sessions. First attempts had lots of mental noise and measuring and evaluation going on like, "this is sore", "I should be able to reach further than this" and "be careful with your bad back" etc. My thoughts were setting up expectations and limitations about

what my body could or couldn't do.

Gradually, I transferred my attention to other things – breathing, listening, smiling and waiting, with no expectations and hey presto, my forehead is lying on my knee or my knees are gently resting against my ears – how on earth did that happen? I didn't "think" I could do that! And all without pain, struggle or force – amazing, unbelievable! In fact, sometimes, I even feel like I could drift off for a little nap and that's in a posture that would have been painful or unreachable just a few weeks back.

Benefits go far beyond just being more bendy during practice of the postures. I feel I walk taller, my spirit is lighter, my energy is up and long car journeys or computer work give me no ill effects.

You do need to put in the time, though. Certainly 45 minutes to an hour for a session with no sense of rush. Just breathing, allowing and enjoying. But the eventual benefits will outweigh the investment 100 times, if you stick at it.

My practice has now become a quiet, still, breathing meditation and it just so happens that my body gets into some rather interesting contortions along the way.

Posture 11 is aptly named "Yes and Thank You" and I always finish up smiling with gratitude after enjoying my Releases.

So, when I can soften and still my mind, my body can go to extraordinary places and when I can relax and release my body, my mind finds blissful places too...simple and magical!!

Andrew Binnie





Here is the news on RDTC's latest project - TMW Training.

#### WHAT IS TMW?

I have distilled the experience of 35 years of teaching Rising Dragon Tai Chi into a simple sequence called Tai Chi Movements for Wellbeing (TMW). It makes accessible the amazing gift of Tai Chi movement to those who would not normally get a chance to experience it.

Not only is TMW a truly simple and powerful sequence to do, but we are also teaching you and others to offer it to your local communities - whether this is just with a few friends, in a local hall, in a School, in a Care Home - there are many possibilities. No experience of Tai Chi is required. All that is needed is a wish to help, TMW does the rest.

#### WHO HAS BEEN TRAINED TO DATE?

Of the RDTC students, teachers and facilitators, I am pleased to say that since the Summer Newsletter, the following have qualified as TMW Trainers:

- Gareth Thomas
- Susanne Lin McCardel
- Helene Bohler
- Viv Morris

In addition five of the NHS Clinical Staff qualified as Professional TMW Trainers in the Autumn. With 20 students training in Europe, potentially 70 people will have qualified by the end of this year, making TMW a substantial resource in the community.

#### WOULD YOU LIKE TO BE A TMW TRAINER?

The training consists of 4 modules over a period of 10 weeks - 3 modules of two days each, with the final 4th module being one day. Details of the modules are available on the

'About our Courses' page of our website.

The next opportunity is the TMW Open 3 Professional Training - begins on:

**28 & 29 April 2012**

The dates for all four modules are overleaf. If you would like to take this training, please get in touch and we will send you details of fees, course times, venue etc. You can also register online - web address at the bottom of the page.

I do hope you will take this up as not only is it a great opportunity and a wonderful way to help those who need it, it is an extra-ordinary way to deepen your knowing of RDTC - and it will pay for itself as soon as you begin to share it with others!

#### DO YOU HAVE ANY CONTACTS WHO WOULD BE INTERESTED IN TMW TRAINING?

If so please ask them to be in touch with us via the website, email or phone.

#### OTHER NEWS

There are a number of interesting developments and I will give you more details when they happen, but to give you a flavour of what's about:

- An inner city hospital interested in having TMW as part of their Wellbeing initiative.
- Another Brain Injury Unit looking at what is happening here in Hereford and potentially having TMW as part of their programme.
- A University looking into making TMW part of an ongoing research paper into its effects on people with long term health concerns.
- Dr Dave Quinn and myself writing a book on TMW and its training methods
- 2 people embarking on PhDs on TMW!
- Initiatives being followed through with Age Concern, the National Exercise Referral Scheme, Community Health Groups and Schools!

*Why don't you join the flow?*

## Some important dates

Most, if not every participant who comes to one of these courses, walks away with something that adds to their understanding of the meaning of their life. Please look at the options open to you and if you want to come, book your place straight away, as space is usually limited. We look forward to seeing you!



## Open Courses

### Soul Moves Day in Chew Magna

contact Viv Morris on 01275 331182 or email [vivmorris@relaxing-moves.co.uk](mailto:vivmorris@relaxing-moves.co.uk)

- 4 February 2012

### Soul Moves Day in Herefordshire

contact Richard on 01989 740590 or email [richard@risingdragon.co.uk](mailto:richard@risingdragon.co.uk)

- 25 March 2012

### RDTC Scotland (Ardfern)

Contact Susanne at 01852 500361 or email [susannemccardel@hotmail.co.uk](mailto:susannemccardel@hotmail.co.uk)

- 23 - 24 June 2012

### Soul Food - RDTC Summer Gathering

residential course at Poulstone Court, contact Richard on 01989 740590 or email [richard@risingdragon.co.uk](mailto:richard@risingdragon.co.uk)

- 6 - 9 July 2012

### Retreat Days

open to Opening to Life participants and to those who have completed the Deepening, Next Step or Deeper courses contact Richard on 01989 740590 or email [richard@risingdragon.co.uk](mailto:richard@risingdragon.co.uk)

- 1 April - 15 July - 21 October - 10 February

## Ongoing Courses

### Opening to Life - 4 days 10am - 6pm

- 31 March - 14 July - 20 October - 9 February

### The Giant Leap

a course for those who have completed the Next Step or Deeper  
One weekend every 9 months with a Retreat Day in between

Grp 1	Meet 1	7 - 10 September 2012	Grp 1	Meet 2	26 - 29 April 2013
Grp 2	Meet 1	28 September - 1 October 2012	Grp 2	Meet 2	3 - 5 May 2013
Grps 1 & 2	Day Meet	26 January 2013	Grps 1 & 2	Day Meet	21 September 2013

## Training Courses

### RDTC Facilitators' Training

- Meet 8 14th - 15th April 2012

### TMW Training

- Open2 TMW Training Mod 3 14-15 Jan Full
- Open2 TMW Training Mod 4 11 Feb Full
- Open3 TMW Training Mod 1 April 28 - 29
- Open3 TMW Training Mod 2 May 19 - 20
- Open3 TMW Training Mod 3 June 30 - July 1
- Open3 TMW Training Mod 4 July 21

