



## To All of My Students

After 17 years of long, severe self-training, recently I feel I have achieved a break-through in my practice of Tai Chi Chuan. I attribute this largely to the intense practice of Chi Kung or breathing exercise, meditation, silk cocoon chin and the solo form; as well as being well-versed in the Tai Chi classics. I hope for two things in the foreseeable future:

First, that my students achieve greater skills, showing advanced progress in Tai Chi and second, that I also continue to achieve higher levels in my training, leading to a second break-through.

These goals fit the larger dream I have, and that is the development of a Tai Chi College to assist in the spreading and sharing of Tai Chi Chuan.

I ask you to do the following:

### 1) Each day To reflect upon yourself asking:

- A) How long have you been practicing Tai Chi?
- B) To evaluate your practice:  
How can you improve the quality of your practice?
- C) To evaluate your daily life:  
Do you have bad habits? What are they? Can you change the bad to the good or the yin to yang to improve the use of your time and your energy?  
Do you make excuses for yourself?  
Do you spend too much time socializing? Going to parties?
- D) Important: Start with yourself. **DO NOT CRITICIZE OTHERS, ACCEPT YOUR RESPONSIBILITY AND ENCOURAGE YOURSELF, AND OTHERS.**

### 2) Challenge To Yourself!

- A) Compare yourself to me. When I first came to Livingston College I was no more advanced than most of you are now. What can you do to make the kind of progress I have made?
- B) For the past 10 years I have had no teacher. There are no secrets withheld from you. Most important is your own practice. I have developed totally on my own. You must also make your development on your own responsibility.
- C) Compare your age to mine. Most of you are younger than me. Some of you are not. But I have shown that age is no obstacle in making progress. If you are younger, you should be able to break-through more easily. Also, if you have me to ask questions of. How can you use this to your best advantage? You are more fortunate in that respect, as I have no one to ask questions of.
- D) The most significant change you can make towards progress is in your will. How can you develop the strong will I have demonstrated? It is my will which enabled me to write more books in English despite my poor English.
- 3) I request that all interested students write out their feelings and responses to the issues I have expressed here and likewise distribute them. Remember! Where there is a will, there is a way!

Jou, Tsung Hwa

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