



## Autumn 2018



### Happy Autumnal Equinox

Dear Students, Friends & Family,

The Earth is full of color and the fruit is ripe and abundant; Autumn is here and the chi shifts to Yin. Harness this time of transformation and utilize this return to Yin for contemplation and discovery.

### Congratulations to all of our new sashes and Tai Chi promotions!

#### **WHITE**

Alea Brownell  
Grayson Brownell  
Ixmael Domica- Padella  
Ambika Tripathi  
Ava Rose

#### **WHITE / Low Orange**

Safari Davis  
Denali Davis  
Ziggy Zirpins

#### **WHITE / High Orange**

Jaden Robertson  
Ariel Berry  
Amara Berry  
Olivia Norris  
Sequoia Szabo  
Zeke Hightower

#### **ORANGE**

Sanji Tripathi  
Sophia Ladd  
Noah Tecklin

#### **ORANGE / Low Green**

Benjamin Griffis

#### **TAI CHI SECTION ONE:**

Kim Stewart  
Ann Fredrickson  
Paul Frederiksen

#### **TAI CHI SECTION SIX:**

Bob Davis

Ashlyn Schultz  
Grayson Beatie  
Phaedon Quinn  
Noah Gonzales

**ORANGE / High Green**

Luca La Marca  
Mila Vodicka

**GREEN**

Cassi Bassolino  
Zoe Geiger

**GREEN / Blue**

Colin Stewart  
Branden Stewart  
Kayla Aaron  
Jasper Franklin- Follansbee

**BLUE**

Amelia Regan  
Joshua Kelso

**BROWN**

Liam Harton

**BROWN / Black Tip**

Ariya Herman  
Francis Fowler- Cowlett

**A special congratulations to the recent black sashes:**

**Philip Marlow**, given the name 天 纯 Tian Chun, which translates to honest and pure hearted

**Isaac Lee**, given the name 杰 谐 Xie Jie, which means means outstanding, extraordinary, smart and prosperous.

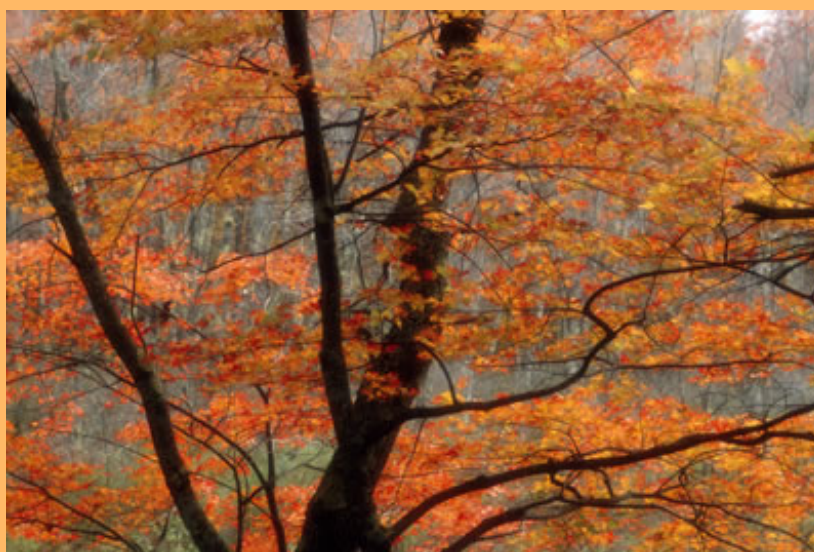
**Moses Traugot**, given the name 陶 纯 Tao Chun, which translates to one with innate pure heart and simplicity of Tao.

**More Honors:**

**Catherine Stifter** received her mandarin name Lian Hwei 莲 惠 which translates to one who carries the purity of lotus and the wisdom of Tao.

With great honor Shih Fu named Tao Her, **Kiala Lujan**, as the official heir to Body Balance Academy's Tien Shan Tai Lineage. Kiala received Shih Fu's sword and a scroll with the Tien Shan Pai characters.

**Stay tuned for the exciting Autumn Events:**



**Saturday and Sunday November 10 & 11, 2018**  
Seminars with Grandmaster Huang

Please stay tuned for Shih Fu's  
**upcoming Chen Pan Ling and Xing I Chuan seminars**  
in preparation for the Grandmaster's visit.

With Lifelong Health & Prosperity,

**Xie, Xie**  
**Shih Fu Eileen & the Body Balance Team**

530-477-0677

*STAY CONNECTED*

