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Friday, September 23, 2011

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New Tai Chi Court Brings Energy Created in memory of David Chen.

By Emily Nichols

Thursday, September 22, 2011

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"The purpose of our daily practice is to refine our skills not repeat our habits."

This is just one of the many quotes by the late David C. Chen that can be found engraved on different pieces of flagstone at the new Tai Chi Court at Cabin John Regional Park. The new court, in memory of Chen, is the first Tai Chi court in Montgomery County. Chen, of Rockville, was founder of the Wu Wei Tai Chi Club.

The grand opening of the new court took place on Saturday, Sept. 17 at the Cabin John Regional Park hosted by the Maryland-National Capital Park and Planning Commission, Montgomery County Department of Parks and the Wu Wei Tai Chi Club. The opening kicked off with remarks from Francoise Carrier, Montgomery County Planning Board chair; Del. Brian Feldman; Del. Kathleen Dumais; Nancy Floreen, Montgomery County Councilmember; in addition to remarks from the Wu Wei Tai Chi Club members. A ribbon-cutting ceremony was followed by demonstrations on the court from various martial art groups.

Set in the middle of tall trees near the dog park and the train at Cabin John Regional Park, the Tai Chi Court is a 48-foot diameter circle, surrounded by benches. Made of flagstone, the court designed to be the shape of a yin-yang symbol.

"It implies there's always a balance between the positive and the negative," said Charles Votaw, member of the Wu Wei Tai Chi Club. The yin-yang is a symbol representative of the Tai Chi practice.

According to Votaw, the idea of building a public Tai Chi court in the park began back in 2006 shortly after Chen's death in 2005. Members of the Wu Wei Tai Chi Club wanted a community area that everyone could use.

"We really wanted this to be a community project," said Votaw. "Having a facility project in the area will bring all of the Tai Chi groups and other non-Tai Chi groups in the area together."

The court is an area to have everyone gather, such as Tai Chi groups, dance groups, meditation and yoga.

The Tai Chi Court is located at Cabin John Regional Park on 7400 Tuckerman Lane in Bethesda. For more information, visit www.wuweitaichi.com.



A crowd gathers around the new Tai Chi court at Cabin John Regional Park.



A flagstone engraved with a quote by late David C. Chen, founder of the Wu Wei Tai Chi Club.



The Saturday ceremony included remembrances of the late David C. Chen, founder of the Wu Wei Tai Chi Club.

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