APEX TAI CHI INSIGHTS & PRACTICE

21ST SEPTEMBER 2026 | WEEK 24

Discover What Is Still Possible

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This Week's Apex Tai Chi Guidance

Discover What Is Still Possible

Dear friends,

There are times when stiffness, uncertain balance, low energy or self-doubt can make our world feel smaller. We may begin to avoid a movement, delay a task or decide that something is no longer for us before we have explored what remains available.

This week we take inspiration from Bruce Lee's philosophy of Jeet Kune Do. We are not teaching its fighting techniques or combat style through Apex Tai Chi. We are exploring a philosophy of simplicity, adaptability and direct experience, then asking how that enquiry might illuminate the way we practise Tai Chi and Qigong.

The body is never only the story of what it has lost. Discover What Is Still Possible invites us to look beyond a version of ourselves defined by difficulty, and to recognise that capability can change form without losing meaning. This is not adaptation treated simply as a technique. It is an enquiry into what may still be developed, expressed and lived.

Bruce Lee challenged attachment to fixed systems. That does not mean abandoning discipline or form. It means learning carefully without allowing one method to close every other possibility. Our enquiry is not about pushing through pain or proving ourselves. It is about meeting present capacity honestly, organising intention, Qi and form, and discovering the next purposeful step.

What would you like to feel more able to do?

That question may relate to movement, confidence, beginning something you have postponed or responding differently when stress narrows your choices. A form can give us a place to begin, yet the deeper learning comes through direct experience. The invitation is to remain curious about what can be developed, adapted or approached in a new way.

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Reflecting on Last Week's Practice

Unlock the Power of Mind, Body and Qi

Last week we explored what can happen when body, breath, attention and intention begin working in the same direction. The practice was not about creating a dramatic sensation. It asked us to notice how the whole person participates in a movement.

Hunyuan Zhuang, Holding the Ball, offered a way to experience connection through the feet, pelvis, spine, ribs, arms and hands. Natural breathing and whole-body attention supported the shape without asking us to manufacture Qi.

The wider teaching was integration. Intention gave the action a direction, form gave it physical expression and Qi remained within its traditional practice context rather than being reduced to a modern scientific label.

> **Last week asked how we come together. This week asks what that integration may make possible.**

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A Philosophy for Purposeful Practice

Form, freedom and direct experience

Bruce Lee developed Jeet Kune Do as an approach that resists becoming fixed in any one system. Its philosophy values simplicity, directness and freedom, while recognising that methods remain useful only when they serve the reality of the moment.

Form without fixation

Technique gives practice structure, but structure need not become restriction. We can learn a form carefully while remaining able to adapt, respond and change when conditions change.

Yin, Yang and change

The Jeet Kune Do symbol places Yin and Yang in continuous relationship. Neither remains fixed; each exists through its relationship with the other. Change is therefore not a disruption of practice, but part of how practice stays alive.

Practice as enquiry

Bruce Lee repeatedly returned to direct experience rather than imitation or unquestioned doctrine. Practice becomes a process of discovering what works, what no longer serves, and what can become genuinely one's own.

A living method

A living method can remain precise without becoming rigid. We still pay attention to alignment, timing, direction and appropriate effort, but we also notice when the situation has changed. The principle remains meaningful because it can be expressed through more than one shape.

For Tai Chi and Qigong, careful learning and personal discovery are not enemies. Form gives us a shared language. Direct experience lets that language become responsive, embodied and relevant to the person who is practising.

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Intention, Qi and Form

Translating philosophy into practice

A philosophy becomes useful when it changes the quality of an action. In Apex Tai Chi practice, intention gives direction, form expresses that direction through the body and Qi belongs to the traditional framework through which vitality, movement and cultivation are explored.

Jeet Kune Do does not provide a shared technical theory of Qi with Qigong. The connection here is a philosophical one. Bruce Lee's emphasis on direct experience invites us to investigate how intention becomes movement, how form changes under different conditions and whether our method remains alive rather than mechanical.

> **Purposeful practice is not forcing more. It is organising what is available, then remaining free to respond.**

In Tai Chi, this may appear in a careful weight shift, a turn or a step. In Qigong, it may appear in quiet standing, opening and closing or gathering attention. Form gives us a container, while sensitivity tells us when the container must adapt. The movement stays inside an appropriate range while the intention becomes clearer.

Qi should not be presented as a guaranteed sensation or as another name for oxygen, electricity or the nervous system. We can practise within its traditional language while keeping modern claims precise.

The difference between copying and learning

Copying can reproduce an outline while missing the relationships that make it useful. Learning asks more. Where does the movement begin? How does weight travel? What changes in the breath when effort becomes excessive? Can the form remain recognisable while being adapted to the person and the moment?

These questions turn form into investigation. They also protect us from confusing appearance with understanding. A movement does not become more authentic merely because it looks larger, lower or more dramatic.

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Practise and Explorations This Week

Video and blog insight for this week's enquiry

This section brings together the Week 24 video and its connected written insight. The video introduces Discover What Is Still Possible through Dr Jar's teaching, while the blog explores its meaning more deeply. Together, they invite reflection on capability, purposeful change and what may still be developed or expressed.

Explore the teaching

Begin with the video, then use the blog to consider the ideas in greater depth. There is no need to force a conclusion. Notice what becomes clearer when you look beyond a version of yourself defined only by difficulty or loss.

THIS WEEK'S VIDEO

Watch Discover What Is Still Possible

BLOG INSIGHTS LINK

Read Discover What Is Still Possible

An enquiry to carry with you

How can form remain organised while still being available for change? Explore that question within a comfortable range, without forcing beyond your present capacity. Capability may change form without losing its meaning.

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Why This Matters in Daily Life

From integration to purposeful action

Stress, anxious agitation, procrastination and feelings of not being good enough can narrow our sense of choice. A difficult feeling is not a personal failure, and Tai Chi or Qigong should not be presented as a substitute for appropriate medical or psychological support.

Practice can still offer a useful enquiry. When we feel the feet, notice the breath and give one movement a clear intention, we rehearse purposeful action on a manageable scale. The aim is not to erase an emotion. It is to avoid letting the first impulse make every decision.

Bruce Lee's philosophy gives this enquiry useful language. Simplicity asks what is actually needed. Directness turns attention towards the next useful action. Freedom from fixation allows us to change course when the old approach no longer serves the situation.

> **A small, well-chosen action can reopen a sense of direction.**

A thought for this Thursday

Every Thursday, I share a new teaching on the Apex Tai Chi YouTube channel that turns the week's intention into something you can see, explore and practise. This Thursday's video will demonstrate Discover What Is Still Possible through movement, helping you continue the enquiry in your own time without forcing beyond your present capacity.

When the old approach stops helping

Procrastination is not always laziness. Sometimes the task feels too large, the expected standard feels unreachable or the body is already carrying too much tension. Repeating the same demand more loudly may only strengthen the resistance.

An adaptable response asks a different question: what is the next action that is both meaningful and possible? It might be opening the document, making one phone call, standing up with support or completing five attentive minutes rather than waiting for perfect motivation.

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What We Feed, We Become

Nourishing the Possibilities Ahead



Discovering what is still possible does not always begin with a dramatic change. Sometimes it begins with what we regularly put on our plate. Research into Mediterranean and MIND-style eating offers a useful starting point, with the emphasis on an overall pattern rather than one miraculous ingredient.

Five practical food groups are leafy greens; berries; oily fish; unsalted nuts and seeds; and wholegrains with pulses. They can be used in familiar ways: greens in soup, berries with oats, fish in a balanced meal, seeds as a topping, or lentils with wholegrain rice. Choose suitable alternatives for allergies, preferences and individual dietary advice.

Evidence needs perspective. Observational research suggests possible associations, but a three-year trial found no significant cognitive advantage for the MIND diet over its comparison diet. These foods are not a guarantee against dementia.

What useful addition could you make to one meal this week?

Read the National Institute on Aging overview

Read the 2023 MIND diet trial

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Key Principles to Reflect On

Reflection 1 | Formlessness

> **"Using no way as way; having no limitation as limitation."**
> Bruce Lee

SOURCE

This phrase is associated with Bruce Lee's Jeet Kune Do core symbol and appears in the published Tao of Jeet Kune Do. The symbol surrounds Yin and Yang with arrows that express continuing relationship and change.

Tao of Jeet Kune Do: WorldCat bibliographic record

NOTE

Bruce Lee was not rejecting technique. He was rejecting attachment to technique. A method is useful while it serves the situation; once we become fixed by it, the method itself becomes a limitation.

This offers a valuable lens for Tai Chi and Qigong. We learn forms, postures and principles carefully, but practice should gradually develop the ability to respond rather than merely reproduce. A smaller stance, a different range, a change of direction or a different quality of movement need not mean that the practice has been lost. The deeper question is whether the principle can remain alive as conditions change.

REFLECTION

> **Where might holding too tightly to one way prevent you from responding to what is actually here?**

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Key Principles to Reflect On

Reflection 2 | Be Water

> **“Empty your mind. Be formless, shapeless, like water.”**
> Bruce Lee

SOURCE

Bruce Lee recited the Be Water passage during his 1971 television interview with Pierre Berton while discussing his appearance in Longstreet. The surviving interview provides a direct audiovisual reference for the words and their context.

[The Pierre Berton Show, 1971: Google Arts & Culture]

NOTE

Water is powerful precisely because it does not insist upon one fixed form. It changes according to conditions without ceasing to be water.

This gives us a useful way to explore Tai Chi and Qigong. Rather than holding the body rigidly in an idea of the correct position, we can remain organised while allowing continuous adjustment. Weight changes, joints respond, one movement becomes another, and Yin and Yang continually redefine each other.

Adaptability is therefore not the absence of structure. It is structure that remains available for change.

REFLECTION

> **Can you remain centred while allowing your movement to change with what is happening?**

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Key Principles to Reflect On

Reflection 3 | Research Your Own Experience

> **"Research your own experience. Absorb what is useful. Reject what is useless. Add what is essentially your own."**
> Bruce Lee

SOURCE

This principle appears in Bruce Lee's published writings, including Striking Thoughts: Bruce Lee's Wisdom for Daily Living. It expresses investigation, selection and personal embodiment rather than automatic imitation.

Striking Thoughts: Tuttle Publishing

NOTE

This places direct experience before imitation. The teacher, tradition and form provide something to investigate, but the practitioner still has to discover what is actually happening.

That principle has a particularly rich connection with Tai Chi and Qigong. Instead of chasing the appearance of another person's movement, we can listen inwardly. How is weight being transferred? Where is unnecessary effort appearing? What changes when tension is reduced? What can actually be felt rather than merely imagined?

Practice then becomes a form of enquiry. We do not abandon tradition; we allow its principles to become lived knowledge rather than borrowed information.

REFLECTION

What becomes clearer when you stop trying to copy the movement and begin to investigate your own experience?

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Explore What's Possible in a Class

A guided class gives you a practical place to explore movement, balance, attention and confidence within your own capacity. Choose a suitable Tai Chi or Qigong session and experience the teaching with support.



Click the poster or button for current details. Booking is encouraged and appreciated.

EXPLORE WHAT'S POSSIBLE IN A CLASS

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Apex Tai Chi Complete Membership

A STRUCTURED WAY TO KEEP PRACTISING

Complete Membership brings different ways to practise into one supported rhythm. It is included here as an operating module, while public-session booking remains this edition's primary action.

MEMBERSHIP INCLUDES

Unlimited attendance at eligible current public sessions, subject to booking and capacity.

Authentic Tai Chi: The Present Moment, live online every Monday from 6:30-7:30 pm UK time.

Wednesday online Tai Chi, Qigong and Daoist meditation, 7:00-8:00 pm UK time, with pay-as-you-go access also available.

Complimentary Friday Stillness Gate access, recordings and practice notes, the Member Practice Library and personal email support from Dr Jar.

Active members also receive 20% off standard private one-to-one Tai Chi and Qigong sessions. The discount cannot be combined with another offer, applied retrospectively or used against an already discounted package.

A rolling monthly membership, £35 per month.

Why continuity matters

A single class can introduce an idea. Regular supported practice gives you opportunities to revisit it, ask questions, recognise what changes and discover which adaptations help the principle become usable in daily life.

Membership is not presented as a promise of a particular health result. It is a structure for people who value continuity, varied ways to practise and ongoing guidance.

Learn about Apex Tai Chi Complete Membership

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The Friday Stillness Gate

FRIDAY ONLINE MEDITATION



Movement teaches us through doing. Stillness lets us hear what the doing has changed.

The Friday Stillness Gate is a 45-minute online Daoist meditation practice exploring body, breath, mind and Qi. It offers another way to practise attention, not by adding more effort, but by becoming available to what is already here.

Fridays, 7:00-7:45 pm UK time. Complimentary for Apex Tai Chi members; contribution-based for non-members.

LISTEN TO THE STILLNESS GATE MESSAGE

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Closing Reflection

Leave room for another possibility

We do not discover possibility by pretending that stiffness, fatigue, uncertainty or self-doubt are not there. We begin by noticing them, meeting the body honestly and asking what remains available.

A movement can be adapted. A task can be divided into a first step. A reaction can be given a moment of space. A return to practice can begin with one attentive breath and one clear intention. Form gives us somewhere to begin, while direct experience teaches us how to continue.

Bruce Lee's image of water reminds us that responsiveness is not weakness. Water changes with its container while retaining its nature. In Tai Chi and Qigong, we can explore the same question in our own tradition: can structure remain present without becoming rigid, and can change occur without losing centre?

One more enquiry for the week

Choose one situation in which you usually feel restricted. It may be a movement, a conversation, a task you keep postponing or a moment when confidence disappears. Instead of demanding an immediate solution, investigate the conditions.

What part is genuinely fixed, and what part have you assumed cannot change? What support, adaptation or smaller first step could alter the situation? What would progress look like if it did not have to look perfect?

What small, purposeful action could you take this week to explore what is still possible?

If this newsletter raises a question, or you would like to tell me what you want to feel more able to do, please get in touch. I am always glad to hear from you.

Wishing you a curious and purposeful week ahead.

Be well & remain curious,
Dr Jar

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