



DEYIN TAIJIQUAN INSTITUTE (GB)

Newsletter

Sept 2011

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A Few Words from Faye...

Hello,

I hope you all had a restful summer break and managed to do some Tai Chi in the Sun on your holiday.

Despite of the current dreadful state of economy we've actually had a few particularly busy months: kicked off by Chinese New Year Gala; then full schedule of Tai Chi & Qigong workshops/events in the following 5 months. I know that some events in the UK and Europe had to be cancelled due to financial worries, so we must be doing something right to keep in the game.

Lots of photos of Deyin Annual Summer Course and 4th Deyin Retreat in Spain are available to view on our website, thanks to webmaster's prompt update!

A number of bite size articles in this issue which I hope interest you: P1 highlights the proved Health Benefit of Tai Chi; P2 has a review on this year's Retreat in Spain; P3 sees Part 3 Definitive Guide to 24 Step; and our usual Tai Chi Classic Corner and book review.

Looking ahead, we've planned an action packed

Autumn/Winter programme of workshops/ events to continue to provide high level of training opportunities for our members in the UK and abroad. See page 4.

Finally a quick reminder that Membership renewal 2011-2012 is now due, please return the renewal form with subscription fee promptly to your instructor or me. A new Direct Debit option for membership or/and classes is now available at the request of a few members. Alternatively online subscription is welcome too. *Faye*

Your letters, opinions, suggestions or comments are welcomed!

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Health Benefit of Tai Chi

"Elderly people should take up the gentle martial art of T'ai Chi for the sake of their physical and mental health," said The Daily Telegraph.

The news is based on a study that examined a spectrum of potential health benefits of t'ai chi, the ultra slow martial art that is reputed to improve both body and mind. The research pulled together 35 systematic reviews, a type of study that combines multiple studies to examine an issue. These individual reviews each looked at benefits of t'ai chi for various conditions,

including preventing osteoporosis and preventing falls.

The researchers say their study provides relatively clear evidence that t'ai chi can prevent falls and improve psychological wellbeing, although it was found to be of little benefit in treating the symptoms of cancer and rheumatoid arthritis. Due to variable data across the studies no overall conclusions were drawn on whether t'ai chi was beneficial in reducing cardiovascular diseases or its risk factors,



The study was carried out by researchers from the Korea Institute of Oriental Medicine in Daejeon, South Korea and the University of Exeter. It was funded by The Korea Institute of Oriental Medicine.

The study was published in the peer-reviewed British Journal of Sports Medicine. The research was covered appropriately by The Daily Telegraph.

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4th Deyin Summer Retreat - Tai Chi Fun in the Sun

The 4th Spain Summer Tai Chi, Qigong & Kung Fu training retreat took place in El Escorial about 26km to the west of Madrid, the weather was the envy of the UK sun lovers at glorious 32 degrees. There were Tai Chi, Qigong & Kung Fu enthusiasts from all corners of Spain as well as Tai Chi lovers from Holland, France & Scotland attended the event to make it a truly multinational events in the Deyin diary.

The event kicked off on the 4th August with revision on Xing Yi Quan Kung Fu and Xiyamei Taiji Kungfu Fan taught last year by Master Tary & Faye Yip, Enthusiasts spent great 3 hours to revise and improve what they had learned last year. as well as learning the movements, they also learned the inner essence and applications and defence techniques.

Over the three days enthusiasts were divided into three groups and practised the Tai Chi, Fan and



Qigong of their Choice. these trainings included, Daoyin Yangsheng Gong exercise taught by Master Miguel Martin (official representative of the Daoyin Yangsheng gong in Spain), Sun Style Taijiquan and Traditional Yang style Sabre by Master Tary Yip (highest authority in Sun Style in Europe), Taiji Kungfu Fan & 42 Step straight sword by Master Faye Yip (the highest authority on the Taiji Kungfu Fan sets).

Every day enthusiasts raised early and started their morning exercises at 8am in the garden of the hotel under the rising sun. 24 step taijiquan, Xingyi Zhuang Gong and Health Qigong all the most popular

exercise one would see in parks across China and now practised under the Spanish sun. great warm up to a beautiful sunny day.

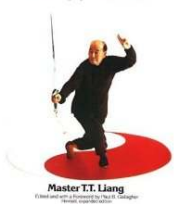
After breakfast everyone started a day of intensive training in a park just across the road from the hotel, the weather was fantastic and warm as well as learning in depth some of the excellent Tai Chi styles, enthusiasts were also getting lovely sun tan. As well as going through the forms and movement, enthusiasts also learned the characteristics, inner essence and martial applications of these exercises.

The four days of summer retreat covered more than 28 hours of intensive training and every year



Book Review

Tai Chi Ch'uan
For Health and Self-Defense
Philosophy and Practice



Tai Chi Chuan for Health and Self Defense by Master T T Liang

ISBN-10:
0394724615

Reviewed by Amazon Readers:

I have been practicing Tai Chi for over 12 years and am always interested in good books on the subject. Unfortunately many texts simply repeat the same material and any forms illustrated tend to be the flavour of that particular author. So what you want is a smaller number of the best books that you can really get something from and trust. TT's insights and translation of the Tai Chi

Classics is excellent, in fact its my favourite book on Tai Chi by far. The next book to this would be Douglas Wile's Tai Chi Touchstones The Yang Family Secret Transmissions. But TT's Book is perhaps the best on the classics he has a real clarity of understanding of the art and puts it across well. Outside of these core books look for general material on Taoism, Zen, & Mediation to broaden your practice.

This book is not really for beginners as it caters for students who have already learnt the steps for this form of Tai Chi. Having said that ,I found this a marvellous book ,dealing with the underlying aspects of tai chi, so even a novice like myself could pick up useful advice.

more and more Tai Chi lovers from different countries in Europe attended the Deyin Spanish summer retreat. It is not only a fantastic event for enthusiasts to improve on the practice of Tai Chi, Qigong & Kung Fu with highly respected teachers, but also a great opportunity to meet Tai Chi lovers from all over Europe.

The dates for 5th annual Spanish Summer Retreat in 2012 is earmarked for 3-5 August in pretty market town of Guadarrama, where facilities are even better with an onsite swimming pool.

Full programme and all details will be available in the very near future, and all Tai Chi enthusiasts are welcome to attend. so watch this space!!!

Tary Yip

The Definitive Guide to 24 Step Simplified Yang Style Taijiquan Pt 3

Key Advice for better practice

The 24 Step Taijiquan offers tremendous health benefits. but in order to maximise these benefits, it is vital we practise in a more systematic and correct manner.

We can categorise the practice of the 24 step Taijiquan into three stages of progression, foundation stage (learning and remembering postures, focus is on body and limbs), improvement stage (coordination and use of waist and legs) and instinctive stage (expressing emptiness and solidness, hardness and softness and mind / intention leads the movements).

The foundation stage is like learning calligraphy, every stroke should be slow and careful to make sure all steps are performed properly. Eyes, hands, body, feet, legs should be well coordinated. Practising every move slowly, check on

postures, coordination regular will help lay a good foundation for future progression.

The essentials in this stage include;

1) Body relax and mind clam - 24 Step Taijiquan is an exercise of both mind and body, it seeks stillness within motion. Practitioners regulate their mind, relieve their tensions and clear their thought in the exercise.

But very often beginners believe that practise well means practise hard and excessive force is need, They end up tense and breathless. In order to bring the body and mind into the right state for practice, it is important to keep the body relaxed and the mind focused.

2) Body upright and centred – When practising Taijiquan, Practitioners are required to maintain good body postures and alignments.

Many people, due to long term bad habits, raise their shoulders, hunch their back, duck their head, bend their back. These bad habits result in rigid postures, unnecessary leaning body and sticking out of the buttocks.

3) Accurate movements and detail steps – The 24 Step Taijiquan has clear teaching materials with in depth step by step instructions, beginners need to practise every move in detail and execute every step clearly. This way, beginners will lay a solid and effective path for future progression.

4) Agile step and steady movements – Apart from a few movements where practitioners rise up and creep down, most movements are required to practise in stances along the same level. Both legs take turn to support the body weight.

Some beginners try too hard to make their stances low, but their legs are too weak to support the body weight and end up very rigid and wobbly. Some beginners don't even bend their legs at all and end up like strolling. In both situations none of the health benefits have been achieved. It is therefore essential to build up the strength on the legs through stance exercises.

5) Extended and soft – Beginners are often too rigid or too soft (feeble) when practising Taijiquan. Taiji postures should be like an inflated balloon, soft but nicely extended. Energy in our body is like the air in the balloon, gently pushes outward to all directions. We describe this in Taiji as “Hardness within softness”

To be continued

Faye Yip

Taijiquan Classic Corner 太极拳经典

相连不断

Movements should be Smooth and Continues.

Arguably this principle reminds the first image of Tai Chi in the West that slow and graceful movements are played early mornings in public parks in China.

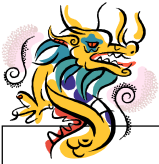
This principle describes the quality of the mind as well as quality of our movements. You see the art of Taijiquan lies in the understanding of 'the heart (mind) leads the Chi and the Chi leads the body'. When one has total mindfulness and high degree of relaxed concentration, the mind connects the inner Chi

spontaneously from which the intention of the mind (heart) is transmitted into energy with clarity in unity which in turn leads the body into correct suitable and appropriate postures.

In deed, this consistent uninterrupted flow has been described as like 'a running river into the sea'.

So does this mean in Tai Chi there is no beginning and no ending to each movement then?

Well no. Within the smooth flow of Tai Chi, the nature of Chi evolves and transforms consistently between Yin and Yang or softness and hardness in the language of martial art. Each completed cycle of change marks the begin/end of every move.



Dates for your Dairy 2011-2012



Taiji Fan Sec 5/6 refresher Intro to HQ Liu Zi Jue Faye Yip	10 Sept	St Helen's
Yang Style Taiji Sabre Tary Yip	10 Sept	Wolverhampton
24 Taiji for improvers Health Qigong Ba Duan Jin Faye Yip	24 Sept 25 Sept	Cheam Surrey Cheam Surrey
Health Qigong Yi Jin Jing Health Qigong Ba Duan Jin Faye Yip	1 Oct	Derby
24 Taiji Refresher Pt 2 Health Qigong Ba Duan Jin Faye Yip	2 Oct	Oldham
Taiji Kungfu Fan Refresher Faye Yip	8-9 Oct	Paris
Taiji Fan & Qigong Faye Yip	28-30 Oct	Geneva Sw'land
HQ Instructor Validation Jin Jin Jing & Wu Qin Xi Faye & Tary Yip	5-6 Nov	Wolverhampton

88 Step Refresher Tary Yip	12 Nov	Scunthorpe
Instructor Training Tary Yip	19-20 Nov	W'ton
Taiji Fan Refresher Sun Style 38 Step Refresh Faye Yip	26 Nov 27 Nov	W'ton W'ton
Taiji San Shou Pt1 Refresh Daoyin Qigong 12 Method Faye & Tary	3 Dec 4 Dec	W'ton W'ton
2nd Taiji Fan Routine Pt2 Faye Yip	10-11 Dec	W'ton
2012		
Chinese New Year Party All welcome Details to follow	22 Jan (TBC)	W'ton
17th Deyin Summer Camp Prof Li, Mrs Li, Faye & Tary	30 Jun-1 Jul	W'ton
5th Deyin Retreat in Spain Faye, Tary & Miguel	3-5 Aug	Madrid
China Trip		
Wudang Retreat & Yangtse Cruise Tary Yip		7-24 Oct

- Deyin Polo
- Hoodies (new)
- Deyin T-shirt
- Training Pants
- Kungfu Jackets
- Books & DVDs



Deyin Institute Uniform Shop
New orders taken now !

Price from: £12 (£10 members)

New Issue Out:



A free back issue of your choice with every issue purchased (subject to availability).

Kungfu, Tai Chi & Health Qigong Tour of China Oct 2012



18 Days of breathtaking experience
Highlight include:

- Push Hands Drills
- Sun Style Taiji from lineage holder
- Health Qigong—Liu Zi Jue
- Wudang Qigong & Meditation
- Yangtse River Cruise with beautiful landscape