



DEYIN TAIJIQUAN INSTITUTE (GB)

Newsletter

January 2009

email: info@deyin-taiji.com

www.deyin-taiji.com

A brief reflection on 2008...

2008 has been a very active and extremely successful year for Deyin Taijiquan Institute both nationally and on international stage.

We successfully established **Deyin Certified Instructor Training** programmes providing on-going education and professional support for experienced students to develop into teaching.

Congratulations to New Level One Deyin Instructors:

Abi Gracson of Staffordshire; **Agbeko Gbgwony** of London; **Carol Gascoyne** of Derby; **Derek Bacon** of Northern Ireland; **Gary Wilson** of Shropshire; **John Causer** of W'oton & **Maggie Leadbeater** of Kingswinford.



After 5 weekend, 50hr of intensive training & studying, they faced the ultimate challenge and passed their assessment with flying colour. **Well Done Guys!**

Our partnership with other schools in Europe also enjoyed a welcoming growth. **Taiji Kungfu Fan Instructor Course & Sun Style Level One Instructor Course** both saw significant number of instructors from **UK, Holland, Denmark and France** gathered in

excitement to expand their skills and knowledge that they can't get anywhere else in Europe. Faye will be making regular seminar visits in the UK and Europe to ensure the successful promotion of Prof. Li's & her teaching.

Prof. Li's annual seminar visit in 2008 received fantastic feedback. He is such a gifted teacher with deep passion. We'd like to see ALL Deyin students making every effort to attend the seminars this year! **Health Qigong, 24 Step, Yang Style Sword & Sabre** are on offer. Don't miss it, keep your diary free on 27/28 June 09!

Yours truly Tary

Your letters, opinions, suggestions or comments are welcomed!

2^o Deyin Internacional summer retreat 2009

Taijiquan & Qigong & Wushu



Organizers: Deyin Taijiquan U.K. & Spain Institutes.
With the collaboration of: Galician Kungfu Federation.
Dates: August, 3rd to 7th 2009.
Place: Manzaneda Mountain Station, Puebla de Trives - Galicia (Orense) España. www.manzaneda.com

Teachers:
• Tary Yip (wushu)
• Faye Yip (taijiquan)
• Jose A. Parada (taijiquan)
• Miguel Martin (qigong)
• Marina Alvarez (Fengshui)

Seminaries and Workshops:
• Xiyangmei Taiji Kungfu fan.
• 24 taijiquan (Deyin certificate).
• 32 taijijian (Deyin certificate).
• Wushu Hsing I Quan, 5 elements & animals.
• Yangsheng Taijibang (qigong with stick).
• Liangongshibafa.
• Chinese Association Health Qigong. Liujiujue. Baduanjin. Wuqinxi. Yijinjing.
• Fengshui.

For more information and application forms:
www.deyin-taiji.com - www.gaoyin.com

MANZANEDA



Deyin Chinese New Year Celebration 2009—Year of Ox

I was made very proud of our members and their supportive family and friends on our hugely successful Gala Evening 2009.

We had a total of 180 people gathered to enjoy good food, wine and great company! And a total of £319.52 was raised by raffle sale which will help funding our FREE event **Tai Chi**

in the Park on June 13.

I'm also well aware that a few improvement is needed for next year's Gala, eg Demo space; named seating & reception at door. If you have any suggestions, why not contact me?

Diane Brindley, Deyin Instructor recalls: Deyin's 2nd annual Gala Evening was just what was needed

to brighten up the weekend. We really enjoyed the variety of colourful Chinese displays, my favourite being the very impressive Swordplay and beautifully presented Chinese Dance duet.

A great venue with a fantastic choice of food, I just wish that we had chopsticks to use, perhaps then we wouldn't have managed to eat so much!

Inside this Issue

A reflection on 2008	1
Deyin Gala Evening	1
Prof. Li Deyin Interview	2
Classic Corner	2
Prof. Li Interview con'd	3
Dates for your Diary	4



Professor Li De Yin Interview by Ronnie Robinson Meet the Tai Chi Pioneer

Here is Part 2 of Prof. Li De Yin interview by Ronnie Robinson, the editor of Tai Chi & Oriental Art Magazine in 2008.

How do you feel about the differences between traditional and modern styles of taiji – what are the main benefits (and downsides) of each approach?

A: I feel we must understand traditional taijiquan and traditional taijiquan forms are two different things.

Once, I was invited to a 'Traditional Taijiquan Competition'. Organiser told me that no forms created after 1950 should be called 'traditional taijiquan' and all competition forms that compiled with the approval of Chinese Wushu Association during 1980's were not allowed. However, to my amazement all the forms competed were parts of a 'traditional form' put together by competitors the night before (well after 1950)! What sense does it make if a self-invented short form can be described as 'traditional taijiquan' whereas competition forms compiled by group of traditional Taijiquan masters on the invitation of Chinese Wushu Association were refused?!

24 Step Yang Style Taijiquan Simplified Form was introduced with the aim of promoting taijiquan to the general public under leadership of Chinese Sport Committee in 1956. It met some difficulties in the early times as some people felt it was not traditional, obviously confused with the essence of traditional taijiquan and the method (forms) in which traditional taijiquan can be studied. We can use an exam-

ple here: traditional taijiquan is traditional beer, the ingredients of traditional beer in a barrel are the same as that in a bottle, only the packaging changed for consumer's convenience.

I feel Traditional Taijiquan is not ancient antique and it evolves with social –economic environment and cultural development. It still offers great benefits to today's society. The five main styles (Chen, Yang, Woo, Wu & Sun) are all traditional taijiquan and they should include the old long form as well as simplified short form and competition forms that introduced later, because they remain true to the principles and characteristics of that traditional style.

Modern Taijiquan should refer to new styles of Taijiquan for example Hunyuan Taijiquan, Qigong Taijiquan, Zonghe Taijiquan etc. Although these new styles had observed the principles of traditional styles, they have new characteristics and new concepts. Many apparatus that popularly received in recent years like Taiji Ball, Taiji Ring and Taiji Fan are also modern styles.

To compare the traditional and modern styles, I think traditional taijiquan and forms are rich in theory, highly skilled, well structured and stood test of time. The downside to it, perhaps the dedication, time, practice that it requires may not suit everyone's need. Another difficulty associates with the traditional practice is that slight variations created over the years even from the same teacher and students may find difficult to learn.

Modern styles, on the contrary, are developed in response to modern needs, and therefore tend to be more adaptable, accessible and usually

have standard teaching materials. But they may need to develop more in theories to become more accomplished system.

Is it the case that most people who train in the standardised forms are more concerned with the competitive aspects and is the more traditional approach practiced mainly for health?

A: Not really. Some standardised forms are for competitions like competition forms for each styles and 42 Step combined Taijiquan & sword form. Some standardised forms are for beginner's learning like 24 Step form and some standardised forms are for Duan Wei grading like 8 Step & 16 Step form. You can see that many people who learn standardised form are for a variety of reasons.

Even people who train competition forms are not necessarily more concerned with competitions than for the health. I feel that people choose to train in the standardised forms because these forms are compact in structure and precise in movements so it's accessible, easy to learn.

There could be some difficulties with competition in traditional forms not the least because of its complicity, and diversity in styles. But this doesn't mean people who train in traditional forms have given up on competitions. Many wish to enter Tuishou (push hand) competition to put their skills to test and seek further improvement.

I'm particularly interested in the many changes the art has gone through in the way it is taught and practiced and how much is authentic and how much is a modern approach.

Classic Corner

松腰

Rule No 3. Relax the Waist.

Yang Cheng Fu, grandson of Yang Lu Chan (creator of

Yang Style Tai Chi) spoke of the essentials of Tai Chi:

Waist has the control of the body. One can only truly develop strong root when the waist is relaxed. Further-

more as a control centre, waist is responsible for all the inter-exchange of emptiness and solidness between movements. If one finds oneself unable to use own strength, one must search waist and leg (posture) for answers.

Trouble is, correct understanding of 'waist relaxation' can be difficult and varied. In my experience, waist area should include waist, hips and pelvis

because all three are part of our base line. When we bend our knees, our base line could stick out and tense up the muscles at lower back which can cause barriers for energy (Qi) and strength (Li) to move freely.

The best way to check if the waist area is relaxed and centered is to ensure shoulder, hip and back of heel is vertically straight.

Faye Yip

Professor Li De Yin Interview by Ronnie Robinson

Meet the Tai Chi Pioneer (Continued)

(Continued from page 2....)

A: Traditionally Chinese martial art including Taijiquan was taught as a trade skill to make a living on. It was passed on mainly through family members or chosen disciples. In Chinese history, the professional Taijiquan teachers faced worrying competition not only from fellow martial artists but also from their indoor disciples. Therefore absolute loyalty and strict protocols must be adhered to by the disciples before they can be accepted. Masters would only pass their complete skills to disciples when their relationship is as close as father and son.

Today Taijiquan is taught and practiced for a variety of reasons. Many people enjoy Taijiquan as a recreational activity, or a way to live healthy lifestyle therefore the approach to teaching can be divided into commercial or voluntary, educational or entertainment. However, there are still some martial artists in China who choose to teach their art by accepting disciples, although the number of such teachers is not great.

Can you talk a little about the different ways taiji is taught and practiced by perhaps comparing what we see practiced in the parks and what is trained in professional classes and educational establishments?

A: They are different students with different reasons and aims. Taijiquan in the public parks is about participation for all, aiming to give everyone an opportunity to try the art. Social inclusion is very important in this kind of teaching/practice.

Professional clubs and team training is mostly for Taijiquan Competition. The training is about improving techniques, endurance, and skills to gain victory in competition.

Taijiquan in educational establishment is to give young people a balanced development (both externally and internally) and increase the awareness of cultural values. The training is very interactive, motivating



and scientific.

Another important kind of teaching is rehabilitation for the ill and frail. My father devoted all his life to teach Taijiquan and Qigong to patients at Harbin University Hospital. His teaching was highly individualised and patient focused with highly effective results.

How much of a part do the health elements play in the wider teaching of taiji, is it considered an effective health-prevention system and do the health authorities actively want it promoted as such.

A: Over 200 years ago, when the Great Master Wang Zong Yue taught us the principle of Taijiquan is based on Tai-Chi, Yin-Yang theory and the strategy of 'softness over come hardness' & 'bending and extending in accordance', he also talked about the value of Taijiquan: 'ask why we do it for? it is for prolonging life and staying well'. Clearly, he knew the ultimate purpose and value is to improve one's health.

In China, about 90% of people who practice Taijiquan do so with the aim of improve health and about 10% are training Taijiquan to achieve competition results and higher fighting skills.

Since 1949, Chinese health authorities and Chinese government has given a high priority to support the promotion of Taijiquan. This is evident not only from the widened channels in which Taijiquan are taught, but also from the open and direct speeches by many Chinese Leaders like Mao, Deng, and Premier Zhou. It's with the central and local authorities' support, Taijiquan truly spread and become accessible to all.

I can recall that in early 1950's I didn't want to practice Taijiquan at college because I'd be stared at, but ten years later practising Taijiquan had become trendy in campus.



Are there many professional taiji teachers who make a living from the art in China?

A: I am one of them! Although I graduated from University with MBA and had ambitions of doing great business, I was headhunted to become a full time Taijiquan coach. Since 1960 until my retirement in 2000, I had taught professionally for 40 years! I don't have any numbers to how many there are, but in Renmin University in Beijing, we had another 4 professional Wushu/Taijiquan teacher.

It is generally believed that most people who practice taiji in the east train everyday whereas the majority of westerners probably attend one class a week with some little training in between. Do you notice this and do you think they can still gain benefit from so little training?

A: there are cultural differences between East and West. In the West, competitiveness is a crucial element in all sports. The spirit needs to challenge human body to be faster, higher and stronger. In China, many sporting activities stress harmony and natural, calling for the unity of people and nature, mind and body, stillness within motion. The idea of getting the right balance and harmony is essential. Therefore, it may be easier for people from the East to accept the concept of Taijiquan and more difficult to Westerners. This is a natural process of understanding and adopting.

In a way, how many times a week Westerners practice Taijiquan is not the most important, what matter is how many westerners are doing it and how many of them would keep doing it. My personal experience is that Taijiquan is becoming very popular in the West. I remember in 1989 I sent my daughter to the UK for further education, it was difficult to find Taijiquan schools and clubs. But over the years I would come to UK to travel several cities to give seminars and more people seem to join in each year. I am very pleased that my daughter Faye Li Yip is also carrying on the family tradition, actively promoting Taijiquan in the UK. I hope one day Taijiquan in the UK can be as popular as English Football in China.

The End



Dates for your Dairy 2009



Health Qigong— Yi Jin Jing by Tary Yip	7 Feb	Colton Hills	Health Qigong— Wu Qin Xi by F aye Yip	6 June	St. Helen's
Xing Yi Basics by Tary Yip	21 Feb	Cumbria	Tai Chi in the Park All welcome	13 June	West Park
Health Qigong— Yi Jin Jing by Faye Yip	7 March	St. Helen's	Instructor Course— Yi Jin Jing by Faye Yip	19-21 June	Birmingham
Xing Yi Refresher by Tary Yip	14 March	Colton Hills	Deyin Annual Seminar Prof. Li Deyin & Faye Yip	27/28 June	Colton Hills
Eight Treasure & 24 step by Faye Yip	21 March	North Wales	Qigong, Fan & Sword Faye Yip at Tai Chi Caledonia	3-10 July	Stirling
Taiji Kungfu Fan Refresh by Faye Yip	28 March	Colton Hills	Qigong, Tai Chi, Sword Faye Yip @Aquavenice	31-2 Aug	Venice, Italy
TCUGB Judge Course by Faye Yip	5 April	W'ton	2nd Deyin International Tai Chi Qigong Retreat	3-7 Aug	Spain
Tai Chi for Physio by Faye Yip	2 May	North Wales	Health Qigong- by Faye Yip	19 Sept	St Helen's
Sun Style 13 Step by Faye Yip	31 May	Cumbria	Instructor Course— Taiji Kungfu Fan by Faye Yip	5-8 Nov	Birmingham

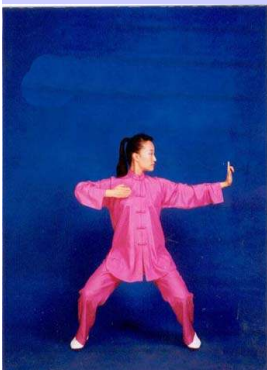
International Health Qi Gong Festival & Competition

& Cultural Tour - Shanghai, Xi'an (Terra Cotta Warriors) & Beijing

11th August - 27th August 2009

9 Days or 16 Days Trip

**Competition! & Exchanges!
Seminars!
sightseeing & MORE.....**



*Shanghai
Xi'an & Beijing
9 Day or 16 Day
August 2009*

- *Demonstration by Chinese Masters*
- *Health Qigong Seminars of your choice*
- *Opportunity to take part in Competition*
- *The biggest International Qigong Event!!*

