



# DEYIN TAIJIQUAN INSTITUTE (GB)

## Newsletter

May 2009

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### A Few Words from Faye...

#### **Hello Folks**

Now that the Summer is officially here, we can look forward to some practice outdoors!

Our 4th **Tai Chi in the Park 2009** is just around the corner on Saturday 13 June, at a slightly earlier date than the past, betting on a glorious sunny June weekend! We'll add a taster session of Mandarin Chinese for Fun (NEW) this year hopefully will stimulate your interest in learning. Please come along with your friends and family for a lovely day out!

I'm also in talk with Wolverhampton City Show organisers in an

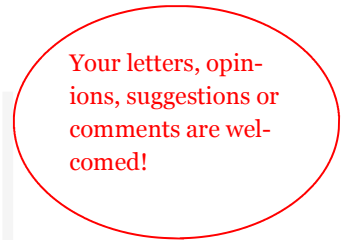
effort to include Tai Chi Demonstrations by members of Deyin Institute on 1st weekend in July @ West Park, Wolverhampton. Details of the plan will be available very soon and we need volunteers for demo team and supporters! Great opportunity to raise awareness for Tai Chi & our Club.

Only limited places left on **Deyin Annual Seminar** with Prof. Li and yours truly, please make sure you book in before it's sold out. People who don't have a sword or sabre can borrow one on the day.

If you are still thinking of a good place to go for holiday in August, **Tai**

**Chi & Qigong Retreat** in Spain may be just what you'd enjoy. 5 days of graceful practice in a relaxing picturesque surrounding. A visit to the nearby historic city of Santiago de Compostela while you are out there will add interest to the holiday. Again, you need to decide quickly as both places and flight seats are limited.

In this issue, I thought we take a look at health issues like seasonal allergy treatment with self-care acupressure massage; health benefits of Yi Jin Jing as well as the Classic Corner and Deyin competitors success. Your feedback is welcome as always!



### Learn Chinese for Fun @Tai Chi in the Park 2009

Our 4th Tai Chi in the Park 2009 will be held at Wolverhampton's West Park on **Saturday June 13th @11am.**

While the programme will remain the focus on interactive taster sessions on various Tai Chi forms and Qigong meditation suitable for all levels and abilities, I would like to include a trial taster session on

Chinese Characters and Language to hopefully open a wider angle for understanding Tai Chi.

Many techniques in Tai Chi bare hand and weapon forms are still referred to in their Chinese terms like: Peng, Lu, Ji, An, or Dian, Ci, Pi Also simple greeting words in Chinese can help you a long way if you visit China one day.

You will learn how to hold a brush and try to copy a few Chinese Characters by yourself under guidance.

Tai Chi enthusiasts of all levels are welcome—it'll be a great day out. And please pass the info onto anyone who might be interested.

\* Tai Chi in the Park is free to enter.

**2º Deyin Internacional summer 2009 retreat**  
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. Pueba de Trives - Galicia (Orense) España. [www.manzaneda.com](http://www.manzaneda.com)

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

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

For more information and application forms:  
[www.deyin-taiji.com](http://www.deyin-taiji.com) - [www.doyin.es](http://www.doyin.es)

**MANZANEDA**

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# Acupressure: Seasonal Allergy Relief

Well, it's that time again. While we love and enjoy the beautiful colours of Spring and Summer, the pollen steams are flowing and so are your sinuses.

Although I was one of the lucky ones who have not show any signs of allergy, I've always had family member and friends who suffers from streaming eyes, runny and itchy nose.

While I was doing some research on the Essential Meridians used in Yi Jin Jing Qigong, I came cross some useful advice on how and what acupuncture points can help relief symptoms or even reduce risk factors of an allergy.

The following 4 acupressure points are recommended for easy & effective symptom relief, that you might like to

try at home:

1. zan zhu (攒竹 bamboo gathering), is located directly above the inner corner of the eye on the inside end of the eyebrow (you will feel a little notch in the bone there and it will be quite sore). It's used for Sinus congestion, red, watery eyes...

2. Yin Xiang (迎香 welcome fragrance), is located on either side of your nose where your nose and your face meet. It's good for all kinds of sinus related conditions.

3. Lie Que (列缺 broken sequence), is located about 1.5 fingers width above your wrist crease. This can be found by left hand holding the right hand with left hand thumb under right palm and then left index finger slide along the top of right wrist till naturally straight. Generally this is used for cold like symptoms (sneezing, chills, runny

nose), sore throat.

4. He Gu (合谷 Union Vally), is located in the middle of the web between your thumb and index finger close to where the two bones meet. In Tai Chi and Chinese Martial Art, this area is referred commonly as the 'Tiger's Mouth'. Usage of this point includes headaches in the front of the head, pain anywhere, cold symptoms such as runny nose, sneezing, etc.

Hold & Massage each pair of acupuncture points 1 & 2 for 30-60 seconds and then points 3 & 4 on the left hand then same points on the right hand for 30-60 sec. Repeat the technique 2-3 times daily during season.

Hopefully you find benefits from these self-help tips. Faye Yip

## Deyin Students' Competition Success

Team Deyin has had another successful day at the 21st British Tai Chi Open Championships held at Oxford.

On the beautiful sunny morning 5th April, I met up with our Deyin high spirited team: Jonathan, Edward, Nicola and Kevin. Along with their supporting team Jonathan's wife Julia, Jonathan & Edwards' training mate Lynn, and Nicola's very supportive mom Sylvia and Uncle.

After a slight delay



the competition finally kicked off and I am very pleased to say all Deyin competitors did a very good job on their performance.

Despite being his 1st ever competition, Edward won Gold medal in Wushu hand form. Kevin won Bronze for the Fan and Nicola who has already build up a collection of medals added another Silver for her 42 sword and Bronze for 42 Hand Form. Well Done!

I know some Tai Chi practitioners have a mixed feeling about competitions. It might not be

the right thing for everyone to do, but it takes real courage, commitment and a lot of hard training for any one to put themselves forward. I am very proud of our competitors!

Competitor can enter by solo, pair or in groups. Categories are usually ranging from hand forms, weapon forms and sparring. If you are interested in finding out more about competition opportunities, here is a couple of forthcoming competition dates:

7th June	London
21st Nov	Amsterdam, H'land

Faye

## Classic Corner

分虚实

**Rule No 3. Distinguish emptiness and solidness.**  
(Chinese phonetic as 'fen xu shi')

Yang Style Tai Chi legend Yang Cheng Fu explained: The first concept in Tai Chi's practice is to differentiate emptiness (Xu) and solidness (Shi)... If you are able to (differentiate the two) a

180 degree turn of the body becomes easy and nimble; if you are unable to (differentiate the two) movements in feet will become heavy and clumsy. And will be easily moved by others.

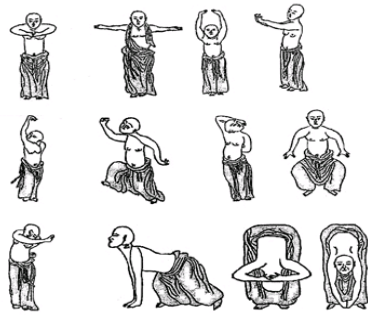
So what does emptiness (Xu) and solidness (Shi) mean in terms of Tai Chi practice? Well, the word "Xu" (empty) is the key if the entire or most body weight is placed over the left leg then it

is said to be substantial (Shi), leaving the right leg empty (Xu). It is an equivalent of Chinese concept of 'ying and yang'- whilst they are opposite of each other, they are also independent of each other.

Can you imagine making a step forward without shifting weight properly in Parting Horse's Mane or any other moves?  
**Faye Yip**

# Health Benefits of Yi Jin Jing 易筋经

Health Qigong, is a new brand name introduced by Chinese Health Qigong Association since 2002, referring to the syllabus of Qigong exercises (four sets currently with 2 new addition 2009) that is selected and approved by the Association.



Following the taster session with our Chinese visitor, we had a really successful in-depth seminar by Tary Yip. Many people said to me after the taster session and/or Tary's

seminar that they really enjoyed the exercises and they can feel the muscle they never knew they had.

This got me thinking about some of the special health benefits that Yi Jin Jing offers, so I would like to share these with you:

1. The deep stretch movements are excellent for loosen up and opening up the stiffness in the body particularly around the spinal column where it's hard to reach. It puts focus on the turning and flexing of the spine, thus invigorating the limbs and internal organs. For example, in movement 'Nine Spirit Drawing Broad Sword' where the torso bends and flexes right round to gaze at the heel of opposite foot then elbow stretch out to outer

corner, is like the body has been a deep cleansing machine.

2. Has very impressive effects on the respiratory system largely due to its meditative aspects. The gentle but deep extension of the body encourages the deepening of the breathe as well as creating massage effect to internal organs. Of course, nearly all of the Qigong exercises promote deep breathing, but some of the moves in Yi Jin Jing really help to develop that depth. For example, 'Bowing in Salutation' where your curl and flex the Spine forward/downward from neck, mid back, lower back down to tailbone, you can feel the breathing is deepening progressively.

3. Regulate Blood Pressure & Reduce risk of Cardiovascular Disease. Similar to the effect of Tai Chi, Yi Jin Jing is unique in that it creates similar circulatory responses without the strain on the heart and lungs that traditional western cardiovascular exercise creates. So you are relaxing and exercising at the same time—talking about having it all!

4. It strongly engages the practitioner's muscle force; this is why one can achieve noticeable results like increased muscle tone and stamina in quite a short time. Movements like 'Pulling Nine Cows by Their Tails' and 'Tiger Springs on its Prey' are very self-telling names where development on the arm & leg strength is highly focused.

I should always mention that if you find any of the movements are a bit too much, you should try to adapt an alternative way or reduced level of effort. When properly guided, Yi Jin Jing exercises can be a tonic for the body and mind that lead to an improved energy, physical fitness and strength.

Faye Yip

For workshops/seminars on Yi Jin Jing or any other Qigong please have a chat with Faye on 01902 883835.

While all Health Qigong syllabus has the same names for the postures as the traditional versions and remains the focus on improving one's general health well being, it has made a step forward in improving the theory on how these ancient exercises can make a positive impact on our health particularly in fields of Traditional Chinese Medicine, Physiotherapy and related sport/medical science.

Those who has attended the recent taster seminars with our Special Guest Masters from China hosted by Deyin Taijiquan Institute may recall we did a set of Qigong called Yi Jin Jing (muscle/Tendon Changing Classics).

## 2009 Birmingham Qigong Festival

I will be leading a small delegation of Qigong practitioners from the UK to attend 2009 International Qigong Festival and Conference in Shanghai, China.

I am hoping to find some of the up-to-date research materials in terms of how Health Qigong can benefit the quality of people's lives and any latest development internationally plus how we can improve on the standard, skills & knowledge on the subject. And share them with the instructors and students of Deyin Institute, Tai Chi Union for Great Britain and beyond.

On my return, we will, in association with TCUGB, organise a 2009 Midland Qigong Festival at **Aston University**

in B'ham on **Sunday October 11.**

In order to make this event successful and enjoyable, we'd love you to get involved. At this early stage, we would really like to get an idea of what type of workshops you would like to attend:

Interactive taster session on different set of Qigong? Information presentation with discussion? Demonstration of different set movements? Or opportunity to ask questions like Q&A session?

It'll be great if you can give us your thought to help us organise it in the way that is most useful to you. If you have any other suggestions or recommendations, please feel free to have a chat with me.

Faye



# Dates for your Dairy 2009



Health Qigong Wu Qin Xi by Faye Yip	6 June	St. Helen's	Health Qigong Refresher Chinese Guest Teacher	26 Sept	St Helen's
Tai Chi in the Park All welcome	13 June	West Park	42 Step Taijiquan Pt1 Faye Yip	3 Oct	Colton Hills
<b>Instructor Course— Yi Jin Jing by Faye Yip</b>	<b>19-21 June</b>	<b>Birmingham</b>	London Qigong Festival Faye Yip teach Health Qigong	10 Oct	London
Deyin Annual Seminar Prof. Li Deyin & Faye Yip	27/28 June	Colton Hills	Midland Qigong Festival Organiser Faye Yip	11 Oct	Aston Uni
Qigong, Fan & Sword Faye Yip at Tai Chi Caledonia	3-10 July	Stirling	Sun 13/38 Step	17 Oct	Colton Hills
Health Qigong Yijinjing Faye Yip at TCCKF	11-12 July	Birmingham	<b>Instructor Course— Taiji Kungfu Fan by Faye Yip</b>	<b>5-8 Nov</b>	<b>Birmingham</b>
Qigong, Tai Chi, Sword Faye Yip @Aquavenice	31-2 Aug	Venice, Italy	42 Step Taijiquan Pt2 Faye Yip	21 Nov	Colton Hills
2nd Deyin International Tai Chi Qigong Retreat	3-7 Aug	Spain	Manchester Qigong Fest Faye Yip teach Health Qigong	28 Nov	Manchester
Kungfu Fan Refresher Faye Yip	12 Sept	Colton Hills	Scotland Qigong Fest Faye Yip teach Health Qigong	29 Nov	Glasgow
Xing Yi Refresher Tary Yip	19 Sept	Colton Hills	88 Step Yang Refresher Tary Yip	5 Dec	Colton Hills



Beijing (Capital of China full of Culture and prosperity)

- **Great Wall** - First of the new seven wonders of the world
- **Forbidden city** - the world famous imperial palace of five hundred years
- **Temple of Heaven** - on of the most unique temple in the world where emperors of last 600 years prayed for harvest, peace and good fortune for the people and country.

Handan (Home city of the Great Yang & Woo Style Tai Chi Founders)

- Visit the **Old City Wall** with over 2000 years of history
- **Meeting Tai Chi Enthusiasts** in the Park - exchange experiences, **push hand with the masters in Woo/Hao Style**

Wudang Mountain (one of the most sacred mountains in Taoism and legendary home of Tai Chi)

- **Visit one of the beautifully built Taoist temple**, purple Heaven palace (500 Years old) in China
- **pilgrimage to** the highest and most breathtaking temple the **Golden Summit palace** (2000 metres height) where you could admire the achitectural wonders of the temples and have a bird's eye view of the mountain to appreciate the natural beauty this mountain offers.