



# DEYIN TAIJIQUAN INSTITUTE (GB)

## Newsletter

Sept 2009

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[www.deyin-taiji.com](http://www.deyin-taiji.com)

### A Few Words from Faye...

Hi Folks

I hope you are keeping well in the change of season and have settled well into your weekly practice by now.

Deyin Institute has always been active in promoting high standard of Tai Chi & Qigong by organising seminars, workshops and retreats for students of all levels, but the past 3 months have been just incredible. The highlights include:

Deyin Annual Training Seminar with Prof. Li end of June was a sell out event with people travelling from Cornwall and Fife to be here! True Dedication! Here is next years' date:

**June 27/28 2010.**



Since my previous appearances at Caledonia, I've build up an army of loyal fan of Deyin Institute in Scotland, now look forward to establishing our Deyin branch there soon.

On invitation of AquaVenice, I went to the gorgeous island of Sant Erasmo for the first time and taught Fan and Sword. Beneficial links have been made, so watch this space!

The 2nd Deyin Retreat in Spain was another success with assessment carried out on 24 Step Form and 32 Step Form. For next year, we'll go for a location near beach with lots of morning Qigong!

Almost non-stop from Spain, Deyin UK together with our friends from

Spain flew out to attend China's International Health Qigong Conference in Shanghai. A fantastic event organised professionally.

Deyin's significant role in the international tai chi & qigong community is further proved by the Official Chinese Delegation visit to the UK following our Trip to China.

Locally, I'm particularly proud of our brilliant team effort at Deyin's **Tai Chi in the Park**. It is also evident at **Wolverhampton City Show** where a number of key supporters of Deyin made an amazing 2 day demo for the flagship of Deyin!

Well Done to you all!

### New Class on Sun Style, Sword & Wushu for Junior & Adults

It was mentioned to me that some of our members who attends regular weekly classes may enjoy a second class trying something different.

As it happens, from this Sept we've started two new classes on **Sun Style**: 13 Step on Sundays 10am-11am at Colton Hills School and 38 Step on Fridays 2-3pm at Wednesfield

Community Centre. This would be suitable for all levels and ages, with or without previous experience of Sun Style Tai Chi.

A new class on **56 Yang Style Sword Form** is also on offer from Sept on Sundays 11-12 to keep up your skill development.

Faye's **Wushu fitness**

**Class** is open to kids & adults from 6pm-7pm at Parkfield High School's Gymnasium every Monday.

An additional day time practice session (Weds) and an evening (Tues) session are also available should you need better practice space than the living room. Ask Faye 01902 883835.

Your letters, opinions, suggestions or comments are welcomed!



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# TCM: What can eyes tell us about our health



Can you see what your eyes are telling about you?

That you are the future star of Britain's Got Talent? The singing sensation who's got the X factor or the next millionaire on Chris Tarrant Show? OK, maybe not...

Seriously, have you ever tried to look at your eyes if you were ill or just under the weather? Maybe you have, did you notice the change in your eyes? If not, maybe you want to try sometimes - the following conditions are only small part of health issues according to **Traditional Chinese Medicine** in my research:

**Red Blotches** appearing infrequently on the whites of the eyes are not dangerous. However, more persistent ones could be an indication of high blood

pressure and poor circulation which causes blood capillaries to expand and sometimes burst - leaving red marks. Eye drops will help the symptom. Natural remedy can include regular neck, shoulder exercises and facial message.

**Swollen Eyelids** can be caused by lack of sleep, excessive tears or excessive fluid intake. Persistent swelling, thirst and fatigue maybe an indication of a weak function of the Kidneys.

**Yellow Eyes.** If your whites of the eyes have a yellow tinge, this could be an indication of a Liver complaint or an imbalance of Qi on gallbladder Channel.

**Spots on the eyelid:** in most cases, it is a small raised often reddish bump

along the inner or outer eyelid is just a harmless stye which are plugged-up oil glands. This may be caused by imbalanced diet or unsuitable oil based cosmetic products. In TCM it is reflected as excessive yang in Liver channel. Good cleaning green tea should help to reduce the excessive yang.

**Painful eyes/dry eyes/blurry vision:** could be a sign of workaholic and particularly work on computers for long period. You may suffer the so-called 'computer vision syndrome'. In TCM term, this maybe an indication of deficiency of Yin on Kidney channel or Liver channel. Regular eye message and take regular rest will help.

## Book Review—32 Posture Taiji Jian by James Drewe

The first time I met James was at Longfei's summer camp in Wolverhampton University Dudley Campus. My father was conducting seminars on 32 Posture Taiji Jian and I was assisting his teaching as well as translating.

One thing he immediately struck me was his endless questions on absolutely everything from techniques, origins, to Chinese phrase and pronunciation. So we've given him a nickname 'Mr Question'.

This book begins with an good introduction to various aspect of Jian-sword including description and some

Interesting cultural story from Chinese History.

The author then went on to explain the basic element of techniques eg. Footwork, Stances, and sword fingers which adds much helpful details to the book.

For the majority of the book, the author provided detailed description of each movement at great length both by text and pictures of front and back view. Particularly some of the transitional movements were explained clearly accompanied with clear pictures from all angles.

While most books on 32 Step Sword would finish on the completion of the form, James added an extra chapter of 'Beyond the Basics' which deals issues like competition, music and movements' connection with the centre for further improvement.

The only thing for constructive criticism is that I would like to see applications illustrated by pictures as well as texts. You can get it from Amazon.com



## Classic Corner

I've noticed that students think they are doing it but actually not. So how do you know if your shoulder is truly relaxed and sunk? Well, ask your friend try to lift your elbow when your arms are in holding ball posture. If your elbow can be easily lifted up, then your shoulder is not loosened and sunk, at least not totally.

Another way to check for yourself is to

follow your breathing with holding ball posture, see if you can exhale all the way to Dan Tian (abdomen). With shoulders lifted, one can not lower diaphragm to allow Qi into Dan Tian.

From application point, raised shoulders and elbows can block the internal energy to travel effectively to the limbs to issue power (Fa Jin).

*Faye Yip*



**Rule No 5. Drop the Shoulders and Elbows (chen jian zhui zhou).**

This is perhaps one of the most frequently used instructions that you've heard in classes. Drop the shoulder, is to let the shoulder blade loose and sink .

Simple it may sounds, but many times

# International Health Qigong Tournament & Exchange



It's every Qigong enthusiast's dream trip to attend one of the largest gatherings if not the biggest event in the world's Qigong calendar. When I spoke of the idea of leading a group from UK, TCUGB is very keen to support me and helped to encourage Union members to join the trip. So there are 5 of us representing the UK: Carol Gascoyne from Derby, Deyin instructor member; Maria Smith from Birmingham, Deyin member; Pam Ladd from Poole, Union member; Jerri Auger from Houston USA and yours truly.

Tary and I took our children to Shanghai, the hosting city, on August 11, to attend 1st ever International Judges Course ahead of the rest of UK members. I met up with the rest of UK team on the following day and made sure they settled well in their hotel rooms for a good rest.

After a night's rest, we were up at 7am and looked forward to a day of symposium. Located in the conference room at the Hotel, I was pleasantly surprised that no less than 30 pieces of paper were entered, covering a wide variety of topics ranging from method of training, technical aspect of qigong, concept of Qi to specific research of Qigong benefit to insomnia and how to improve the health qigong promotion internationally. A lot of food for thoughts...

After a day of sitting down, it's time to get practice. As 3 of our team members have chosen to enter individual category of Yi Jin Jing, we decided to get to know the official music before competition as our competitors only just learnt the form 4 weeks ago! One of the bonus of being here is that you just get so inspired by watching other practising everywhere around the ho-

tel. Jerri and Pam were so impressed that they even filmed one of the Japanese team as they practiced.

The big day finally came when we were taken to the nearby stadium for opening ceremony. it was an formal affair like mini Olympic style—we had to stand behind the pretty Chinese lady who carries GBR to mark our presence, then march our way into the stadium in front of all the other countries. Pam was nearly in tears with pride when she marched.

Our ladies from UK team did very well given the fact that we had only 4 weeks to learn and practice before the event and a crash course to learn the timing to music. The most important thing is that they all enjoyed the experiences and want to come back next time.



## 2010 Chinese New Year Gala

I know it's only October 2009, but if we don't start planning now, chances are we won't get a decent venue to organise a great night out.

The organising team (btw pls get involved if you enjoyed it before) has chosen a new venue for 2010 and here is the proposed plan:

**Date:** Saturday, 20th Feb 2010

**Time:** 7pm till late

**Venue:** Kingfisher Hotel,  
A449 Kidderminster Road,  
Wall Heath, DY6 0EN  
Tel: 01384 273763

**Food:** Buffet Style with a selections of Chinese Dishes—identical food either side of central arrangement to allow queuing from both sides for speed.

### Dress code (optional):

Chinese Style clothing is preferred but not essential.

### Programme (draft):

- Tai Chi & Qigong Demo by members of Deyin.
- Chinese Music/Dance
- Raffle or alternative activities
- Quiz or Game etc.

### Help Needed:

Can you please donate any item/s for our prize draw? In the previous events, we were very fortunate to have a number of excellent gifts donated for the evening. We really hope that we can repeat the success this year too!

All monies raised is for Tai Chi & Qigong education!

There is also group event and I have to say my personal favourite is team event which requires absolute concentration and harmony and looks stunning. We've decided that next time we will form a UK team and enter the team event too. Interested? Sign up now...

All in all, we had a truly a great time out there. You've got to come and see for yourself.

*Faye Yip*





# Dates for your Dairy 2009-10



Kungfu Fan Refresher Faye Yip	12 Sept	Colton Hills	42 Step Taijiquan Pt2 Faye Yip	14 Nov NEW!	Colton Hills
Xing Yi Refresher Tary Yip	19 Sept	Colton Hills	Holland Taiji Festival Faye Yip teach Fan & Sun Style	21 Nov	Amsterdam
Health Qigong Refresher Yi Jin Jing & Wu Qin Xi	26 Sept	St Helen's	Manchester Qigong Fest Faye Yip teach Health Qigong	28 Nov	Manchester
Health Qigong Refresher Ba Duan Jin & Wu Qin Xi	27 Sept	Colton Hills	Scotland Qigong Fest Faye Yip teach Health Qigong	29 Nov	Glasgow
42 Step Taijiquan Pt1 Faye Yip	3 Oct	Colton Hills	88 Step Yang Refresher Tary Yip	5 Dec	Colton Hills
24 Step for Improvers Faye Yip	4 Oct	Manchester	<b>2010</b> Health Qigong Baduanjin Tary Yip	6 Feb	Colton Hills
London Qigong Festival Faye Yip teach Health Qigong	10 Oct	London	Chinese New Year Party	20 Feb 2010	Kingfisher
Midland Qigong Festival Organiser Faye Yip	11 Oct	Aston Uni	Yi Jin Jing Instructor Course Faye Yip	March	B'ham
Sun 13/38 Step	17 Oct	Colton Hills	Xiyangmei Kungfu Fan Introduction by Faye Yip	April	Colton Hills
Instructor Course— Taiji Kungfu Fan by Faye Yip	5-8 Nov	Birmingham	Prof Li Deyin Seminar Assessment available, more info to follow!	27-28 June	Colton Hills

**Health Qigong, Tai Chi & Cultural Tour of China**  
7th October - 24th October 2010

**Health Qigong Training & Duan Grading**  
**Tai Chi training, sightseeing**  
**Visit Beijing, Mount Tai**  
**Confucius Home town and Terra Cotta Warriors**

Visit [www.deyin-taiji.com](http://www.deyin-taiji.com) for detail

太极拳健身气功文化之旅

Intensive Training includes: (30 intensive hours of Tai Chi, Health Qigong and Fun training with highly respected teachers in China and Europe)

**Health Qigong Yi Jin Jing** - Muscle and Tendon Changing Classics ( Master Faye Yip)

**Health Qigong Bu Duan Jin** - Eight Treasures( Master Wang Jun Fa)

**Sun Style 13 Step Taijiquan** - (Master Faye Yip)

**24 Step Yang style Taijiquan** and Applications - (Master Tary Yip)

(Masters Faye & Tary Yip are amongst few of the masters with most indepth knowledge on Sun Style and the 24 step routine)

**Fun Training:**

**Chinese Brush Calligraphy**

**"Basic Talk Chinese Language" Class**

**Optional Health Qigong Duan Grading:**

**Duan Grading certificate** on Health Qigong is optional but strongly recommend, it is a way of show the stanard of the practitioners. the certificate will be issue by the Chinese Health Qigong Association in association with Deyin Taijiquan Institute and British Health Qigong Association. **Certificates are recognised throughout the world.**

As well as high standard of teaching you will also get;

1) **Prestigious "Certificate of Attendance"** for attending the trainings

2) **Books and instructional DVDs** on the routines practised signed by the teachers

3) **Health Qigong & Tai Chi Tour T-Shirt**

4) **Gift Pack** from the Chinese Health Qigong association - introductory booklet, leaflets on Chinese Health Qigong Association and health Qigong and Hanging Charts of the sets of Qigongs worked on