



# DEYIN TAIJIQUAN INSTITUTE (GB)

## Newsletter

March 2008

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## Annual Seminar July 2008

We are pleased to announce that Prof. Li Deyin, Chairman of Deyin Institute will be visiting Wolverhampton on Saturday 5th and Sunday 6th July.

The programme offers an exciting selection to enthusiasts of all level:

**New!** A set of Health Qigong called Yi Jin Jing (tendon changing classics) which is used as a part of rehabilitation programme in Chinese hospitals.

**New!** Traditional Yang Style Sword (Jian) Form consists of 56 postures, is the basis on which 32 Step Tai Chi Sword came from. The one day seminar will cover the first half of this form, and the second half will be completed next year.

**New!** Traditional Yang Style Sabre (Dao) Form is another essential study of Yang Style. Due to the demand on time

to continue this programme again next year!

We will keep 24 Step Tai Chi Form available for beginners and improvers. This routine is a flagship item for the Deyin Institute as Faye's grand uncle GM Li Tian Ji was the Director responsible



and practice of learning new techniques, we aim

for the introduction of it.

Booking is now open and advanced booking is strongly recommended.

Online booking available  
Tea & Coffee will be provided free of charge.

What do you think of the new look of the newsletter? Let us have your say!

- Health Qigong Yi Jin Jing (Tendon Changing Classics)
- Traditional Yang Style Sword (Jian) Form
- Traditional Yang Style Sabre (Dao) Form
- 24 Step Tai Chi Form for beginners and improvers

## Instructor Level 1 Training Course

To allow as many people as possible to experience the enjoyment and the health benefit of Tai Chi, Deyin Taijiquan Institute, one of the most reputable associations in the UK, has designed the instructor course to train our student members who would like to be qualified as Deyin In-

structor Level One.

The Course consists of 5 modules over 5 weekends (Saturdays & Sundays), as well as Teaching Practice (3hrs min) in one of the instructors' classes.

It is suitable for anyone who has learned and practiced Tai Chi for a

minimum of one year and passionate about passing Deyin's teaching of this beneficial exercise to all.

On-going instructor development programme will be offered to all new Deyin Instructors.

For module dates/cost, please call 01902883835

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# Chinese Newyear - Year of Rat

Hi Folks

First of all, I would like to say **'Well Done'** to those who took part in the demonstrations during Deyin Tai Chi Gala Celebrations for Chinese New Year. And a big **'Thankyou'** for those who donated generously for our raffle prizes.

Here is some feedback from you:

*'I would like to say thank you for a wonderful evening, you must have worked very hard. The food was great. The entertainment did your organisation proud, portraying the dedication and enthusiasm of your members.'*  
**Stephen B**

*'Really enjoyed chinese new year celebration'*  
**Yvette C**

*'We look forward to next year where I feel a bigger venue will certainly be*

*needed & continued success in 2008 in introducing people to the many benefits of learning Tai-Chi, both health & movements for the whole body, as an all-over exercise.'*  
**Sylvia A**



Judging from the feedback I had so far, it was a big hit! The event not only drew members of Deyin Institute but also attracted a large number of tai chi enthusiasts from neighbouring communities.

If you missed out on the event, or if you simply would like to have a copy to remember the evening. You will be please to know that we

have paid for a local video maker to capture our Gala Evening onto a DVD. A small charge of £5 per copy is required to cover material cost. Just let me know!

Finally, I would like to make an appeal for willing helpers for the events that we are putting on through the year.

I feel very lucky that a team of dedicated students whom I can reply on to help, but in case of any illness or family crisis, we can be stuck!

Our **'Deyin Support Group'** is a safe & easy email group set up for the willing helpers to keep in touch. You can be involved as much or as little as you wish.

I look forward to hearing from you!

Faye Yip

## 3rd Tai Chi in the Park - August 31st 2008

Deyin Taijiquan Institute will proudly host 3rd Tai Chi in the Park on Sunday 31 August 2008 from 10am -1pm.

We intent to make further improvements for this year's event with more variety of workshops & demo including Qigong, Tai Chi, Junior Kungfu, Lion Dance and a



taste of Chinese Calligraphy with paint brush!

We are hoping to set up 3/4 marquee to provide some shelter area for leaflets and trade stalls. Trade Stalls will be available for hire at a small charge. Interested person please call. 01902 883835.

It should be an enjoyable occasion for sharing practice and exchanging ideas, all in all nice day out for the whole family.

All we need to make our special day perfect is a rain-free weather! So please keep your fingers & toes crossed and pray! And please spread the words to anyone might be interested, or distribute some leaflets where you see fit. Cheers!

## Classic Corner

虚领顶劲

In performing Tai chi, the body should be poised, naturally upright,

relaxed, agile and steady. The Rules set by Yang Style Grandmaster Yang Cheng Fu has been widely studied and provided standards for postures for all.

It is really important to listen to the wise words of tai Chi masters of past, otherwise we could find ourselves wasting time and get into wrong habit.

We will cover each rule through forthcoming newsletters.

Rule 1, Push the Head Up; Be Calm and Natural (Xu Ling Ding Jin 虚领顶劲).

Keep the head and neck naturally straight without using strength to allow Chi to rise to the top of the head. Imagine that the top of head is being suspended from the above.

It helps to make a stance stable, invigorates the spirit and promotes the smooth flow of Chi throughout the body.  
Faye Yip

# A Flying Experience

We were the lucky winners of the Flight Package Raffle prize at the Deyin Chinese New Year Celebration at the Newhampton Arts Centre.

The gentleman who had so kindly contributed the prize, (which included a good bottle of red wine and a box of Thornton's chocolates) came and introduced himself to sort out the necessary arrangements to meet at Half-penny Green Airport.

March 1st, was to be the big day and we were extremely fortunate with the weather being cool but clear and perfect for flying.

We were introduced to our pilot Captain Kirk (honestly)! Who gave us a preliminary briefing before the flight and we were fitted with ear defender with communication devices for conversation in flight. Then we were shown the aircraft, a lovely green and white Piper Warrior with an interior

about the size of an original mini-car.

Our very experienced pilot performed an extremely smooth take-off and we were up above amazing views! The scenery was so beautiful and green and Capt. Kirk bought us over our own area, so that we could see the viaduct, race-course, golf course, and follow the canal. All familiar to us but so different from above.

Then after a little explanatory chat he passed the control over to Mac, who was quite pleased that it was a surprise because he would not have known how to have

prepared himself.

Mac managed a nice bit of 'banking' whilst I had quiet hysterics in the back. All very delicate stuff (he was fine, really).

All too soon, pilot in control, we were coming in for landing.. Again so gentle.

Our session had been a brilliant experience, and we were in such a high spirits for ages afterwards!

Our thanks to Tai Chi for all it dose

for us and for enabling us with an opportunity we may never otherwise have had. GREAT!

Shirley & Mac McGill



## Dates for your Dairy 2008

### April

12th (Sat) 32 Step Tai Chi Sword Judges Course (in association with TCUGB) with Faye Yip @Coseley Leisure Centre

25-27 Tai Chi Link UK will showcase their exciting best selling products at Seni 08 Exhibition at London Excel.

### May

15-18th (Thurs—Sun) Taiji Kungfu Fan Instructor Course with Faye Yip @ Coseley, W'ton.

24th (Sat) Eight Treasure Qigong with Faye yip @North Wales Contact Gaynor Gaynor

31st (Sat) Introduction to Taiji Kungfu Fan with Faye Yip @ St. Helens contact Pat Dunn

### June

21st (Sat) Introduction to Taiji Kungfu Fan with Faye Yip @ W'ton

28 & 29 (Sat/Sun) Deyin Instructor Course Module One with Tary Yip

### July

5th, 6th (Sat/Sun) Deyin Annual Seminar @ W'ton contact Faye/Tary

11-17 (Fri-Thurs) Sun Style Tai Chi Principles and practice @ Tai Chi Caledonia, Stirling, Scotland. Contact Ronnie Robinson

### August

1-5 (Fri-Tue) 1st Deyin Europe Tai Chi Retreat @ Manzeneda, Spain.

16-17 (Sat/Sun) Deyin Instructor Course Module Two with Tary Yip

31st (Sun) 3rd Tai Chi in the Park hosted by Deyin @ West Park, W'ton

### September 2008

26-28 (Fri-Sun) Sun Style Tai Chi Instructor Course with Faye Yip @ W'ton

### October

4-5 (Sat/Sun) Deyin Instructor Course Module 3 with Tary Yip @ W'ton

11th (Sat) Xing Yi -5 Element Linking Fist Seminar with Tary Yip @ W'ton

13-27 (15 days) Deyin Trip to China

### November

15th (Sat) Sun Style Tai Chi Introduction Seminar with Faye Yip @ Cumbria contact Hazel Hunt

29th (Sat) Sun Style 13 Step Short Form with Faye yip @ W'ton

### December

6-7 (Sat/Sun) Deyin Instructor Course module 4 with Tary yip @W'ton



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