



# DEYIN TAIJIQUAN INSTITUTE (GB)

## News Bulletin

Summer Term 2006

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### Editorial

There has been so much happened during April and May, I don't know from where to start the update.

As many of you knew, Tary led a group of 30 people to China for tai chi training and sightseeing during Easter holiday. Their destinations included 7 days training in Beijing, 5 days touring Wu Dang Mountain and Shao Lin Temple (they are regarded as the birth place for Southern and Northern Style of Chinese Martial Arts). The feedback from members of the party after the trip was fantastic, the training was high quality, Wu Dang Mountain was very spiritual and deeply inspiring, and Shao Lin Temple was just incredible with hundreds of martial arts schools nearby. If you'd like to browse some of the photos of Tary's China trip, please use this link:  
[www.taichilink.co.uk](http://www.taichilink.co.uk)

At the end of last term, I produced a questionnaire for you to voice your view on your tai chi practice. I had 125 forms filled in and returned to which I have done a summary of findings (see page 2). Thank you for your participation in this and your opinion will be very much considered in how the future workshops, newsletters and other learning resources are focused.

In competition, Mike, Nicola and Kevin competed successfully at 18<sup>th</sup> British Open Tai Chi Championships at Oxford in April. Nicola came 3<sup>rd</sup> for tai chi hand form and 4<sup>th</sup> for weapon form. She has now built up a collection of medals. Mike and Kevin both did very well in their own category. Well Done!

Finally, the new Deyin uniform is available now. I'd like to suggest that everyone should get one and wear it in the weekly class.

Yours truly  
Faye Li Yip

### Deyin Institute at the Seni06 Show

We would like to thank Nicola Smith, Mike Williams, Diane Brindley, Kevin Sweeney, Fred Handchard, Rowena Mattocks and Jaz for demonstrating, waving the Deyin Flag and manning the shop for us in Seni show in the NEC on the 6<sup>th</sup> and 7<sup>th</sup> May. A great weekend and a great event! We received lots of compliments on the demonstrations and lots of admiration on the standard of our association. Many people asked information on Deyin workshops and seminars.

We also had a stall in the show supplying training weapons, training DVDs etc. The sales were better than we anticipated. We had made enough sales to cover our costs.

Everyone said they would love to come back to the show next year. We feel this is a very good opportunity to let tai chi enthusiasts know about the quality of Deyin Institute and that our lineage is second to none.

By Tary Yip

### Forthcoming Events 2006

#### June 25<sup>th</sup> 2006 (Sunday) Taiji in the Park

Deyin Institute will participate in this national co-ordinated event to promote Tai Chi in our local community. Everyone is encouraged to come along to enjoy a day of Tai Chi in the West Park in W'ton. Separate leaflet will provide all relevant details.

#### July 8<sup>th</sup> & 9<sup>th</sup> 2006 (Saturday & Sunday)

##### *Professor Li Deyin Weekend!*

Sat. 10 – 12.30 24 Step Taijiquan

Sat. 1.30 – 4pm Taiji Kung Fu Fan Form

Sun. 10 – 12.30 Sun Style Short Form

Sun. 1.30 – 4pm 42 Step Combined Taijiquan

#### September 24<sup>th</sup> 2006 (Sunday)

BCCMA National championship at Bletchley, Milton Keynes (check details at [www.bccma.com](http://www.bccma.com))

#### November 19<sup>th</sup> 2006 (Sunday)

10 – 12.30 Basics of Xing Yi Quan with Tary Yip

1.30 – 4pm Xing Yi Sword Form with Tary

#### December 17<sup>th</sup> 2006 (Sunday)

Evening Annual Christmas Party

(details and booking form to follow)

*NB. Booking is essential to all of the events as places are limited.*

### Deyin competition & Seni demo footage on dvd

At the 18<sup>th</sup> British Open Tai Chi Championship and the Seni06, Barry Watkiss, a tai chi student of Deyin for many years, very kindly offered his time and support to come as our very own camera man. He captured on camera all our competitors in action as well as Deyin Institute's performance at Seni06.

If anyone is interested to take look at this dvd footage, please speak to Faye.

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### Questionnaire Findings – This is what you said...

**Total returned forms: 125**

#### Q1. What do you find the most difficult to improve in your practice?

- 63 people said remembering the sequence is the hardest thing.
- 20 people said balance is difficult to improve.
- 16 people also mentioned co-ordination of hands and feet.
- 12 people said they'd like to practice more if they had time and space.
- 8 people felt difficult to improve on breathing.
- 3 people pointed certain postures are hard like wave hands like clouds & snake creep down
- 3 people said the foot work is a problem.
- 2 people mentioned about applications.
- Other answers include: lack of mirror, relaxing, everything and feeling just fine.

#### Q2. What sort of help would you like to get?

- |                             |    |
|-----------------------------|----|
| • Recommended Reading       | 33 |
| • Extra Classes             | 51 |
| • Workshops                 | 32 |
| • Competitions              | 6  |
| • DVD/Video                 | 7  |
| • Home Work                 | 2  |
| • Audio Tape of the form    | 1  |
| • Local Group Practice      | 1  |
| • Master class/Longer class | 1  |

#### Q3. In what area would you like to understand more about Tai Chi?

- |                        |    |
|------------------------|----|
| • History/Background   | 32 |
| • Philosophy/Principle | 45 |
| • Applications         | 45 |
| • Relaxation           | 93 |

Thank you for taking the time to give your answers. There are many good suggestions have been made and as a reflection of your views, we will include a section of **book review** in all future newsletters, as you will read in this issue. There are more ideas in the pipeline for near future on recommended reading & extra practice.

**Also a big thank you to our Deyin instructors who are doing a great work with dedication and enthusiasm.**

**Well done & keep it up!**

### Book Review

As from this issue, we are reviewing selected books on Tai Chi. The book can be about history, philosophy of tai chi or martial art applications of tai chi postures. We also welcome your contribution in this section.

#### A Guide to Taijiquan

24 & 48 Postures with Applications  
By Liang Shou-Yu & Wu Wen Ching  
ISBN 0-940871-29-7  
YMAA Publication Centre

This book provides very good all-round information for people who are currently working on the 24 Step tai chi form.

Aside from going through all the movements of the routines in much detailed text and photos, Mr. Liang, a professional wushu & tai chi teacher from China, and Mr Wu, a top student of Dr. Yang Jwing-Ming in America, have also illustrated certain posture for their combat applications. I am sure some students will find this helpful in understanding and remembering the movements.

For those who would like to do a bit of self practise, this book also explained some useful warm up exercises and basic footwork like bow stance, horse stance & empty stance etc.

For a bit of extra bonus, this book also covers the theoretical foundation of tai chi including yin-yang theory, five element theory and the concept of Qi (chi), although none of subjects were discussed in depth nor in length.

*Both Reviewed by Faye*

#### A Study of Taijiquan

By Sun Lutang  
Translated by Tim Cartmell  
ISBN 1-55643-462-6  
Published by North Atlantic Books

This book was originally published in 1921, by one of the most influential martial artists of all time, Sun Lutang at the age of 60. He was the first of the Chinese masters to publish works on the Internal styles during the golden age of Chinese martial arts in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries. The Sun style is one of the five orthodox styles of Taijiquan. It is unique because it combines the best of the three internal styles – taijiquan, xingyi and bagua.

In my opinion, this is a must read in your collection, for it's well translated informative work. The biography of Su Lutang in the book also makes interesting read.