

## Kai Ming Association Newsletter

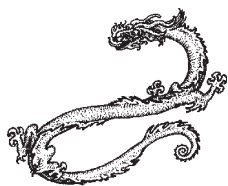
<http://www.kaiming.co.uk>

e-mail us: [info@kaiming.co.uk](mailto:info@kaiming.co.uk)



4 oz. can not deflect one thousand pounds.  
But there is a key word — **leading**.  
If a cow weighs one thousand pounds and a rope on the cow's nose weighs 4 oz., a boy can walk the cow with the rope.  
But if the rope is on cow's leg, do you think the cow will go with the boy?  
In practicing push-hands, it is for us to find out where is the cow's leg and where is the nose

Prof. Cheng Man Ching.



Issue 8. Feb 2005 of Heartbeat, the NHS Cardiac newsletter, has an article on the new East Birmingham cardiac rehab program. I was really pleased to see Tai Chi being introduced as part of the new program... Fingers crossed more will follow.



Tai Chi is just 'flow & feel, feel & flow'  
Sifu Willie Lim

### Workshops for 2005

Held at: Shenley Court Hall,  
Selly Oak, Birmingham

#### China's Traditions:

Courses will be taught by David Mcloughlin who is the senior lecturer in Theology at Newman College.  
For details of content, booking etc. please e-mail

Daoism	30th April - 11am to 1pm
Confucianism	14th May - 11am to 1pm
Buddhism	4th June - 11am to 1pm

£10 each (members)

£15 (non-members)

Taiji original 13 Qigong: This was originally taught to Mark Peters by Master Liang He Ching of Muar, Malaysia

30th April - 1.30pm to 3.30pm

£10 (members)

£15 (non-members)

Exploring Bowen and Reiki. Workshop will be run by Bill Dancock and is designed to explore and enhance your feeling of the bodies Bio-electrical magnetic field. Will also include a meditation Qigong exercise.

14th May - 1.30pm to 3.30pm

£10 (members)

£15 (non-members)

Cheng Man Chings 8 exercises for life: Originally developed by Professor Cheng as a simple Qigong/exercise set

4th June - 1.30pm to 3.30pm

£10 (members)

£15 (non-members)

Yang Style Broadsword: The whole form will be covered in this weekend, to include applications  
Swords will be available by advanced order, please ask for more details.

1st October 10am to 4pm

2nd October 12pm - 4pm

£50 members £65 non-members

### Tai Chi and Health

Keeping healthy is one of the main aims of those who practice Tai Chi. Hence it is most appropriate to pose the question: how does Tai Chi contribute to my health and wellbeing? In the warm up exercises (Chi Kung), the rhythmic movements help the muscles and joints and keep the circulation active. The breathing exercises are vital for the lungs. The regular deep breathing energises the systems and increases the oxygen intake of the body. At all times breathing should be through the nose not the mouth. Breathing should be coordinated with the body movement, while still remaining natural; this will naturally regulate the body.

The regular exercises help create the feeling of well being. It is a known fact that exercises produce endomorphines. Production of endomorphines in the brain induces the sense of well being and happiness. Of course some people are happier than others during the classes; this depends on the level of endomorphines, beside other factors. Doing the exercises in the open air is another benefit. Fresh air contains more oxygen, and is more energising to the individual. Practising the form at home is better if you have more space to move. If these practises are carried out in open space as in the garden, the benefit will be greater. However, avoid slippery surfaces.

Tai Chi helps you to be more aware of your surroundings. The more you practise, the more aware you are of the environment around you. To increase this awareness, you can practise parts of the form with eyes closed. One needs to be careful when changing orientation such as in turning and kicking with the sole and sweeping in the lotus movements (when you turn 180°). If you practise Tai Chi on this deeper level, your process of "anticipation" will increase through

your increased awareness of your surroundings.

Posture is emphasised in all Tai Chi sessions, especially in "the form". Maintaining a straight back cannot be stressed enough. The spine should be held straight and vertical. One of the scourges of our present day life is backache. Training oneself to straighten the back is a great asset in life, more so as one advances in age. Tai Chi practitioners should use the chance of practising the art to acquire the habit of having a straight back. The more self conscious you are about that most important posture, the more it becomes a habit.

Tai Chi has a calming effect on the individual, and in our present day stresses and tribulations that is an asset. Here, concentration and proper regular breathing during the sessions is of help. To get the full benefit of the sessions, a calm mind and a relaxed body are beneficial. In turn, the practise of Tai Chi will increase the calmness and relaxation.

People will notice that as they practise Tai Chi, and for that matter any other self defence art, they will be more aware of what they eat and drink. One hopes that those practising the art will realise the futile habit of smoking. Those who attend the summer-long weekend training held in Unstone Grange will notice the healthy food provided.



Muscles and bones benefit from the exercises and form. The muscle tones well, rather than enlarges, owing to the gentle nature of the form. The bones are rendered firmer and healthier. As a matter of fact, Tai Chi is beneficial for sufferers of osteoporosis, though the exercises in these cases should be carefully monitored by the trainers. Related to the above point is the help Tai Chi lends to balance. More about this can be found in the dissertation by Mark Peters on the web site:

<http://www.kaiming.co.uk/>

Under the title:

**"Tai Chi Reduces Falls in the Elderly by Half."**

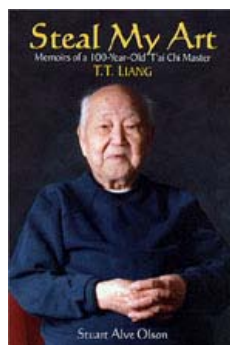
Master Cheng Man-Ch'ing (who simplified Tai Chi to its present form) was a doctor and professor of Chinese Medicine. He directed many of his patients to take up Tai Chi. He believed that such practice would help his patients in combating their illnesses and enhance their recovery.

The basis of Chinese Medicine is the Ying and Yang, the same has great significance for Tai Chi. There has been much research in Tai Chi and Health and the benefits have been proven through vigorous scientific methodology.

References:

1. *Teach yourself Tai Chi*. Robert Parry. Teach Yourself Books, Hodder and Stoughton, London, 2001.
2. *Tai Chi – The Supreme Ultimate*. Lawrence Galante. Samuel Weiser, York Beach, Maine, 1981.

Article by Ahmes Pahor - Student



Steal My Art –  
The Life and Times  
of Tai Chi Master  
T.T. Liang  
Stuart Alve Olson

This book is a "warts and all" account of one of Tai Chi's great Masters. Liang's Tai Chi pedigree speaks for itself. Olson referring to Taiwan of the 1950's as the "Golden Age" of Internal Martial Arts, stating "Liang's resumé of teachers reads like a Who's who of Tai Chi." Indeed Liang went on to become Prof. Chen Man Ching's Ta Shih Hsiung, (number one chief disciple).

The book is divided into sections each dealing with the main aspects of Liang's life and character. The first section tells of his early training and the masters that influenced his development and understanding of Tai Chi.

The second section expands upon these influences and explains the history and principles of Liang's teachings.

The third and final section tells us about the man himself, his character and rather unorthodox training methods. We can probably glean an idea of Liang's character from the section title, "Old Rogue". In fact Olson's introduction, Setting the stage, provides us with a glimpse of Liang's humour.

Liang has Olson drive him to the bank to withdraw some cash. Having made the withdrawal he hands the money to Olson saying "hold it for safety". Liang then shouts in a very loud voice "this young man has robbed me. He forced me to write a cheque. Arrest that man, he is a bank heist". Fortunately for Olson the bank staff were quite used to this sort of behaviour from Liang. This is just one of many instances cited by Olson as examples of Liang's humour.

Olson, quite intentionally introduces Liang to his readers with this example, he clearly wants to show Liang as an ordinary man and not the esoteric depiction usually associated with Tai Chi Masters.

Olson writes a very honest account of his thirteen years spent living and training with Liang.

Steal My Art is more than a student eulogy to his late master, Olson has very strong memories of his former master, although one can't help but feel a little embarrassed by some of the situations Liang left him in.

A thoughtful, well-written book that should grace any Tai Chi practitioners bookshelf.

Review by Keith Lake



## 7th annual Unstone Training Weekend

29th - 31st July 2005

Itinerary is yet to be agreed so now is your chance to ask your instructors...

Maybe we could add in a straight-sword workshop... and further work on whole body/mind connection.

Get your names down now..... Camping also available.

### PRIVATE LESSONS

Want to train in other aspects of the art or delve deeper than a regular class?

A limited number of private lessons are available, Call Mark to discuss.

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