

## Kai Ming Association Newsletter

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

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### Kai Ming Christmas Party

Christmas is almost here and more importantly, so is the Annual Kai Ming Christmas party....!

All are welcome so bring your family and friends. The night costs £20 each to include a Chinese Buffet and disco...

Please get your deposits in quickly. Full payment due by the first week in December.

Party held at Tin-Tin's Chinese restaurant, Brindley Place, Birmingham on Sunday 19th December.



## Russian Wrestling

One day open Workshop  
With  
Master of Sport

Vadim Kolganov

This is a rare opportunity to gain insight into an excellent art with a highly respected coach. The workshop will be held at Shenley Court Hall, Selly Oak, 10-4pm on Saturday 20th November.

The cost is £25 members & £35 non-members. Places are strictly limited so book now.

### Club Costs

We have not changed our fees for a number of years, regardless of increases in running costs. Unfortunately from next term we have to make a small increase. For clarification I have detailed costs below:

10 week terms £40 (from next term); weekly payment alternative £5 per lesson; Additional classes in conjunction with 10 week payment are at £4.00 each. Attending two sessions on the same night (e.g. 7-8pm & 8-9pm at Selly Oak) costs only £2 for the second hour.

Membership costs still £15 per year (there has been no increase in 4 years), includes insurance and entitles you to **members discounts** on all books, merchandising and workshops. **ALL** student **MUST** become members when they start training, to fall in-line with Sports Council regulations.

**Club shirts:** there are various shirts and sweatshirts available, please ask your instructor. Following our last meeting it has been agreed to encourage the wearing of club shirts. This will take effect after Christmas at which point all students will be required to purchase a club top at the beginning of their second ten week block.

If you have any questions please do not hesitate to contact me on [markpeters@kaiming.co.uk](mailto:markpeters@kaiming.co.uk)  
tel: 01527 835557

sincerely  
Mark Peters - Principle Instructor.

### 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.  
01527 835557  
[markpeters@kaiming.co.uk](mailto:markpeters@kaiming.co.uk)*

### Trainee Instructors

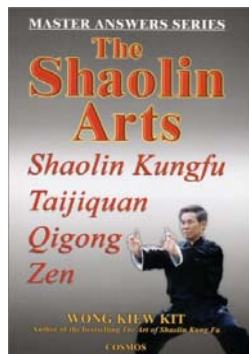
We ran our first even trainee instructor day on Saturday 23rd November. The aim of the day was to give those interested, an insight into what is involved in teaching and training at this level. The course was well attended and both the standard and interest high. We were so pleased that we have decided to run a trainee program which will lead to an instructor grading after approx. 12 months. We currently run monthly classes for instructors only but now feel a separate training session is needed for prospective instructors; we aim to run this monthly, commencing Sunday 16th January, and will be giving further dates in the New Year. Students will be expected to attend a percentage of the years sessions to be entitled to grade; the sessions will run for 2 hours and cost £10. More details will follow in future newsletters. All those prospective instructors attending the current instructor training days will, from January, attend these new sessions; the instructor sessions will be for instructors only. This will be the first group of students actually taught in this way and will be a continual assessment rather than just a single grading day. Kai Ming strive to keep the standards high and we now feel this is a natural development of our nationally highly respected organisation.



### Chi-Kung workshop Saturday 8th Jan 2005

We have rescheduled this workshop from 20th Nov. The course will run 10-2pm at Selly Oak and cost £20 members £25 non-members. Videos and DVD's will be available so no excuse not to keep up your practice. You will learn the 18 Tai Chi Chi-Kung movements which are suitable for all levels of fitness. No previous experience is required.... Start the New Year as you mean to go on

- **January Instructor Training**
- Sunday 16th January
- 9-12 Instructor training
- 1-3pm trainee instructors
- Dates for the whole year to be issued soon



*Master Answers Series : The Shaolin Arts*  
**By Wong Kiew Kit**  
*Publisher : Cosmos*

This book publishes a selection of questions written to and answered by Grandmaster Wong Kiew Kit, covering the disciplines of Shaolin Kungfu, Taijiquan, Qigong and Zen Buddhism. Wong Kiew Kit is a celebrated Shaolin Grandmaster, and as such, his wealth and breadth of knowledge of the arts is impressive in terms of both history and substance. By covering an array of different disciplines, it is interesting to see how inter-related these subjects are.

Readers who are expecting a technical step-by-step guide, will be disappointed. This book acts more like a pointer to what one should look for, and as such makes the reader question whether he/she has actually been practising true taijiquan (or other field), or just empty movements. Wong Kiew Kit elucidates on many stories of how true taijiquan exponents have easily defeated practitioners of other martial arts. But he makes it clear that in his experience, those who practise true kungfu are few and far between. Where the author really excels is in the areas of qigong and Zen Buddhism. He provides anecdotal case studies of his students who have suffered from serious ailments such as diabetes and cancer. After practising qigong, their health improved dramatically. However, I have personally found that from a Western perspective, it takes a leap of faith to accept in such stories.

Those who have participated in one Wong Kiew Kit's courses will gain the most from reading this book as his students pose many of the questions and so they can directly relate to his answers. To the rest of us, this book

only offers tantalising glimpses of what is achievable, and as such, while a great read, it can be a frustrating experience. Personally, it has made me examine my own practise and ultimately this has to be a great lesson in itself. Many of the answers to the questions are to actually find a good Master to learn from and while this type of answer can seem quite nebulous, it is actually very good advice. The great taijiquan masters always had great teachers! The qigong aspects of taijiquan are often overlooked but are actually an integral part this art. Bearing this in mind, this book can offer some pertinent information to the complete kungfu student.

**Reviewed by Raj Dandia**



**Inside U : How to Become A Master Of Your Own Destiny**  
**By Byong Yu**  
**Publisher : Hay House**

This is the extraordinary tale of how Byong Yu rose from being labelled a mentally and physically disabled child to gain a PhD and become a 9th degree blackbelt and Grandmaster in the martial art of Taekwondo. During his lifetime, he overcame numerous hardships, which would have crushed any normal man, yet he found the courage to not only go on living, but also to reach the pinnacle of his art.

The first part of this book is Master Byong Yu's autobiography. I found this to be bravely honest in so much as that he is not afraid to show the dark side to his character. While reading this book I got the definite feeling that although Master Byong Yu overcame many tribulations imposed upon him, his greatest battles were actually with himself, stemming from his own ego. It was through a combination of self-analysis and remembering the wisdom of his own Master that he was finally able to come to terms with his own spirit.

In the second part of this book, Master Byong Yu, attempts to synthesize a series of lessons that can help anyone deal with the trials of life. These are similar to those found in many popular

psychology books found in bookstores today. The difference is that these are lessons learned from his own life experiences. Indeed, here is a man who has gone beyond the physical martial aspects of his art, to the higher spiritual aspects.

At first glance, this book does not appear to be directly relevant to the practise of our own art of Tai Chi. However, look deeper and you'll find much that is relevant in the learning of any martial art or indeed the pursuit of knowledge in any field. How many of us have attended class only to treat it as a social gathering place rather than as a centre of serious learning. Or, how many of us have abandoned the practise of Tai Chi at home, simply because we simply can't be bothered or because it is easier to pursue activities of leisure. When I feel I am getting complacent, I think of the sheer tenacity of Master Byong Yu to spur me on. More importantly, this is a man who has recognised his own imperfections and has tried to rectify them. In the end, this is the best that any of us can hope to achieve in our lives.

**Reviewed by Raj Dandia**

### Time

Imagine that there is a bank, which credits your account each morning with £86,400. It carries over no balance from day to day: every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every penny of course..!

Each of us has such a bank its name is "TIME". Every morning it credits us with 86,000 seconds. Every night it writes off, as lost, what ever you fail to invest. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the days deposit, the loss is yours. There is no going back. There is no drawing against tomorrow. You must live in the present on today's deposit. Invest it so that you get the utmost health, happiness and success!

Treasure every moment that you have! And treasure it more because you spent it with someone special, special enough to spend it with you.

Remember that time waits for no one. Yesterday is history, tomorrow is a mystery. Today is a gift, that's why its called the present.