

Kai Ming Association Newsletter

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We have decided to introduce Instructor's tops to help new students easily identify who is hopefully in charge and to signify the efforts instructors and trainee-instructors put in to their training to reach these heady heights!

From September onwards all instructors will be wearing navy-blue polo shirts with INSTRUCTOR embroidered on the front. If you catch them letting standards slip, please let them know or better still LET ME KNOW! This should give a smarter more unified front for Kai Ming.

Kai Ming was first established in 1995 and has steadily grown to be the largest officially recognised Tai Chi organisation in the West Midlands. In addition to running regular evening classes, workshops and training events we are also the main supplier to schools, the NHS and the City Council through our sister organisation Painting The Rainbow. We are always striving to improve our learning and understanding of tai chi through diligent practice, visiting teachers, research and application. When I first started tai chi some 20+ years ago my main focus was on tai chi as a martial art. We still teach the complete system without watering it down but I have come to realise that that self-defence is more realistically defence-against-self meaning we do

ourselves far more daily injury through stress and strain than from outside attack. By learning to balance and relax, by being mindful and aware, tai chi really does give you the health and strength to enjoy life... oh and being able to physically defend yourself becomes a bonus prize!

I hope you enjoy your classes and enjoy reading the newsletters; we are always looking for contributions from students so please do not be shy and send something through. It can be a poem, your experiences, cartoons, book reviews etc etc. We all love tai chi and your classmates would love to see your thoughts and ideas shared. Hunt regularly provides great illustrations and Don (with a gentle nudge) has been providing recipes. Jenny's article in the June issue, 'keeping your balance' was well received with lots of feedback.

This month has a light-hearted piece by Ron Davies who teachers at Bournville and Kings Heath. Many people know Ron and it will be a sad loss to us all when he moves to Wales this month. Because of his unique approach we have termed his art Roni-gong and he wrote the piece himself. We do hope to link up on Ronnie-cam and that he will start a class for Painting the Rainbow in Wales; maybe Painting the Rainboyo..... ☺☺☺

Taiji zhàng T'ai Chi Cane Short Form



Were you at the training workshop in June for the T'ai Chi Cane Short Form? You missed a treat! This new

form, devised by Mark Peters and using a curve-handled walking stick, is fun, easy to learn, and satisfying to do, and it's original and unique to Kai Ming. I think we have here an exercise that could be a "signature" form for Kai Ming, and I hope Mark repeats the workshop in some way, and that other members take the chance to learn it. We at the Handsworth class are attempting to pass it on to our students, and it's proving popular. Walking sticks are fairly easy to get hold of, from charity shops or perhaps aged relatives - we've already collected seven or eight of the things at Handsworth.

To my mind there is a opportunity to develop the form posture names from those mark provided; here is an extract:

11. Turn to strike down
12. Block, kick & strike
13. Circle cane & thrust
14. Turn and block high
15. Hook right, left, right & step
16. Coil, hook & pull

and so on. Confused? I was!

One of the things that makes our usual Chen Man Ching form so attractive and lively is the picturesque names given to many of the moves. "White Crane Spreads its Wings", "Carry Tiger Back To Mountain", "Repulse Monkey"

I think the names are a great help to students learning the form. The new Cane Short Form has one colourful term: move number 4. "High crane". When that is called out, students know where they are. Another of the moves has already acquired a name: 18. "Turn cane to strike up with tip" has become known as "Charlie Chaplin". What I'd like to suggest is that we have a competition to provide memorable names for some or all of the other moves in the form. I'll start by suggesting that 15. "Hook right,

left, right and step” become “Drive three golfballs”. I’m sure you can think of others.

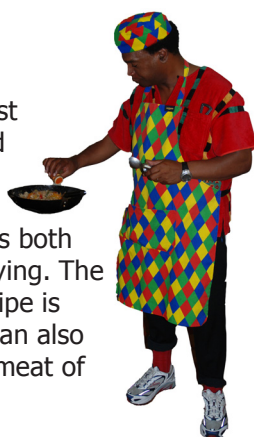


So, get thinking, and email your ideas to Mark. Depending on the response to this, there could be a prize!

PS. In order to deflect possible criticism, I should say that I’m not dismissing Mark’s original instructions. They work, and of course, in any form, the Practice is far more important than the Names. Nor do I think we should be looking for a definitive set of names - just a lot of silly or semi-serious suggestions.

Hunt Emerson – Handsworth Wood Instructor

Well winter is fast approaching and I think this is a nice recipe for a soup base that is both filling and satisfying. The base for this recipe is vegetarian but can also be done with a meat of your choice.



ADUKI BEAN SOUP WITH VEGETABLES

- 200g Aduki beans (washed)
- 1 medium onion
- 2 large carrots
- 1 medium sized sweet potato
- 100g trimmed fine beans
- 1 diced sweet pepper
- 1.5 inch square of creamed coconut (from a block sold in most supermarkets)
- 1 vegetable stock cube
- 1 bay leaf
- 3 large sprigs of thyme
- 1 tsp salt
- 1/2 tsp black pepper
- tbls soy sauce

METHOD

- 1 in a large pan fry off the onions until softened
- 2 add aduki beans and 2.5 pints of cold water and bring to the boil, cover and simmer on a medium heat for approximately 1hr checking frequently that the water has not dried out. The beans should break down when squeezed between your fingers (DO NOT OVERCOOK)
- 3 remove the beans into a container and put to one side.
- 4 into the cooking liquor add;
 - a) 1/2 tsp salt and black pepper
 - b) vegetable stock cube
 - c) thyme
 - d) bay leaf
 - e) coconut block
 - f) soy sauce
- 5 remove lid and taste add extra seasoning as required
- 6 add the saved aduki beans to the pot and bring to a simmer adjusting the consistency by either adding more water or simmering with the lid off until thickened and reduced
- 7 taste and further season if required

FURTHER NOTES FOR BEST ENJOYMENT/RESULTS

- 1 will improve with taste the next day
- 2 add any chilli and/or garlic to your taste
- 3 add meat of your choice if desired.

Kind regards Don

THE QUIET CORIER

Do not stare into the eyes of your opponent; he may mesmerize you.

Do not fix your gaze on his sword: he may intimidate you.

Do not focus on your opponent at all: he may absorb your energy.

The essence of training is to bring your opponent completely into your sphere.



Master Willie Lim Workshop

Sunday 25th September - Birmingham
Tai Chi is an art of the feel and flow of one’s own ‘inner balance’ of vitality and all of its teachings have to go hand-in-hand with its martial art defense applications. Moves do not make Tai Chi . . . Tai Chi is a process where we evolve within a single form, rather than the collecting of individual forms.

Willie Lim is a student of Yek Sing Ong who was in turn a senior student of Huang Hsing-hsien (WG) or Huang Xingxian (py).

His approach is open and realistic. This is a rare opportunity to train with a modern master. The course is open to ALL practitioners of Tai Chi.

£80 members or £100 non members

Location : Hopwood Community Centre, Redditch Road, Hopwood. Birmingham



San Shou workshop

Sunday 5th November

San Shou (free hand) is a rarely taught set from traditional Yang style Tai Chi. it consists of two sets (A&B) each of 44 moves. These can be performed as a two person set but also have their value as solo forms, teaching footwork, application and fajing.

This workshop will focus on the two person practice of San Shou and the day will include a revision of the solo-forms. Please ask your instructor for more details.

£60 members £75 non-members

Meditation Part 3



I hope the summer has been good for everyone and you have enjoyed practicing your Taichi & Qigong outdoors! Also, you may have had a go at formal sitting meditation? If so, what did you experience? How did it feel to you? What is your aim?

This final question is important and the subject of this article – What is the point of Meditation?

There are three main areas to look at: Physical, Psychological and Spiritual.

Physical & Psychological

Stress – the ‘S’ word – is a major problem in the west today. Some medics and scientists believe that up to 80% of illness (presented at GP surgeries) is stress related – often chronic. Illnesses such as Hypertension, Cardiac disease, Ulcers, Skin disorders, Diabetes and even some Cancers are linked to stress and our habitual ways of coping with it. There are numerous psychological conditions linked to stress too, Depression, Panic Disorder, Obsessive Compulsive Disorder, Alcoholism etc. All of these are caused by and/or exacerbated by stress.

Stress is normal. Unavoidable. It is a part of life but if it is not managed well, can lead to the above. The ‘stress response’ occurs as a consequence of our Autonomic Nervous System (ANS) being activated. Briefly, when we are threatened, our bodies prepare for fight, flight or freeze via activation of the sympathetic nervous system (one branch of the ANS). This is a survival strategy left over from our mammalian days when, before conscious thought or awareness, we had to act, we had to stay safe. So,

this was useful if a sabre tooth tiger jumps at you! Today, it may be a street attack, car accident, or more commonly, an argument at home, difficult boss, deadline to meet etc. Our brain, at the level of biochemistry, bioelectricity and hormones does not discriminate – it doesn’t know the difference. So, if we are constantly becoming activated (for fight or flight or freeze), we are releasing many different chemicals into our bloodstream, and unchecked, these cause the problems. We do naturally ‘calm down’ via the activation of the parasympathetic nervous system (the second branch of the ANS) – but we leave this largely to chance – often too late, causing us to cycle round, stop and start in a circle of panic activation or low level irritability.

And that’s the problem, we have our feet on the accelerator and the break at the same time – sometimes using drugs, alcohol, bad foods etc to try and cope or manage.

We know from research that the breath has a major effect on our bodies. Slow, regular, diaphragmatic breathing, and a calm mental focus, can activate the parasympathetic nervous system and facilitate the release of calming, feel good chemicals and help us back into a state of ease. This relaxes our bodies, and helps focus our thoughts and has innumerable benefits for our immune system and psychological functioning.

Spiritual

This is where we have to think about the world’s great ‘religions’ and ‘spiritual’ systems. Each have meditation in different forms, in Catholicism and some other Christian systems you have petitionary prayer, contemplative prayer and other ritual – sometimes profound visualisations and spoken pieces. In Hinduism, Buddhism and Daoism you have ritual also, but also other forms of meditation – some including movement and forms such as Indian Yoga and Chinese Qigong.

The spiritual point, above and beyond the Physical and Psychological (arguably prerequisites) is the attainment of ‘Insight’, ‘Awakening’, ‘Liberation’, ‘Mastery’, ‘at oneness’, ‘Merger’ etc and these concepts are firmly rooted in the philosophy of the spiritual systems.

In Christianity it may be about communion with God, achieving ‘Christ Consciousness’.

In Buddhism, it is mainly about the cessation of suffering and the achievement of Nirvana, an escape from the endless cycles of death and rebirth. Being ‘Awakened’ means seeing reality as it is. Without Ego, grasping and categorizing. Sometimes, we meditate on certain forms, invoke qualities of these forms or deities for our own development or to support us through difficulties (similar to petitionary prayer). This is similar in Hinduism and Jainism, India’s other great spiritual systems. In Daoism, it is about ‘the Way’ – following nature, our human nature, the world, being in harmony and ‘flow’ with all that is. Inter-connected. Daoism is often called the ‘Watercourse way’.

There are different emphases on Physical or Psychological health and mastery within these (The legendary Bodhidharma, first Zen Patriarch teaching movement forms to Chinese Shaolin – eventually becoming Buddhist Qigong?

Given our interests in Taichi and Qigong, we have to acknowledge that both Buddhism and Daoism heavily influenced the development of what we do and why we do it. Some Qigong sets are evolved from Buddhist origin (Yi Jin Jing, Ba Duan Jin), others from Daoist (Microcosmic Orbit, Five Animal Play etc).

Again – I am happy to answer questions or engage in discussion around these concepts. In the next article, I will explore Daoist meditation and Qigong in more depth, and introduce another meditation practice from this tradition.

Roni-gong Tai Chi is here!!

And its done in two Tai Chi venues

1. United reform church hall, selly oak
2. The friends meeting house, kings heath
Roni-gong is a mixture of all Kai Ming exercises I would like to ask all the up and coming instructors to try Roni-gong, so come on, give it some thought and join Roni-gong group



1. The air hostess exercise
You must point out all the nearest exits and open windows this is done in a calm manner not to panic the class
And Relax

2. commencing form and regulating breathing
as you know with hands in front going up and down you must keep this going for some time until you hear heavy breathing and when it comes to gasping you must stop you can see the way the class as gained good breathing
And Relax

3. open the chest
you must not say this it upsets the people with bypasses so you ask them you open up the arms nice and wide so much they can feel the surgeon's knife cutting into the chest once more
And Relax

4. Painting the rainbow
this is very good for arthritis in the shoulders, done the Roni-gong way so much better; you can see the class likes it so much it brings tears to the eyes, its Tai Chi Roni-gong
And Relax

5. Parting the clouds
circling the arms get the class started tell them to carry on with it and go out for a rest and a fag come back with mobile in hand
And Relax

6. I love this one - lion plays with ball
show class how its done start of nice and slow then you go faster and faster until you're a blur

And Relax

7. Rowing boat
to achieve the Roni-gong way they must circle arms and bend over as low as possible you will have that much wind you can call it a sail boat
And Relax

8. The Chinese character drifting
fragrantly we call it a Chinese roof, palms facing arms waist high palms moving in and up towards the face this can keep the wind from the boat going up your nose
And Relax

9. Standing on one leg
I like this one; have the class stand on left leg after some time when some fall over stand them on right leg until they feel the river of strength going down the leg (you may call it incontinence)
And Relax

10. Fairy shows the way
point to left with both hands two fingers like a gun and curtsy and touch the floor with knee you can hear joints cracking it's so good
And Relax

Some of the guarded secrets of Roni-gong and only instructors my read this

we have three main men in Roni-gong group
First is young Chaz we call him Charlie he was a teacher we have given him the hard part, Tai Chi Kai Ming form he is so good can do a running commentary on the form in one breath, we don't mind picking him up from the floor after he has passed out, Charlie also supplies T Shirts we have no E in Roni-gong because Charles pencil is running out of lead, it's not like it use to be

And Relax

Next young Clive he has the job of security, Clive was in the military police Camel Corps but never gets the hump when displaying Kai Ming form, Clive has no sword for the security job, no staff, no Tai Chi fan, no walking stick but he has a truncheon well hidden, but he must have his blue tablets. Clive can speak Chinese and likes to say 'Ron you sooo cwap'. He likes to sing his camel corps

songs to us they are so enlightening, he laughs at me when I stand on one leg

And Relax

And now its Ron, he knows his name because its on his T Shirt, I cant say to much about him, forgets a lot makes a lot of mistakes doing the exercises, "they cant say that about me its Roni-gong"

And Relax

We have a young instructor in the Thursday group, by the name of Mark Peters, we would like him to join Roni-gong, but he says he has a lot on, going to hospitals lectures conferences all over the country all to do with Kai Ming Tai Chi, also spends time at a place called Hopwood Hall he would like you to believe its for seminars, we know different, its a factory for making strawberry pies and jam this is sold country wide in all places visited by him

And Relax

So please Jenny have him do what he can do best Kai Ming Tai Chi, he could become a well known figure in the future. I must finish now and say all the names has been changed to protect the Roni-gong group.

If you would like to come to the addresses below for 1-to-1 no It must be 3-to-1 lessons with Roni-gong
The old selly oak hospital
Raddelbarn road
Chuckling ward
Happy house department
Come between 12 midnight and 2 am
Please bring a ladder to get over the fence
And relax



**for details of our house in France visit
www.frenchdream.co.uk**

for details call Mark & Jenny on

0121 251 6172

or e-mail markpeters@kaiming.co.uk