

Newsletter

Sept 2009

Broadsword (Sabre) Workshop



The sabre workshop took place at the Birchwood Leisure Complex on Sun 6th Sept. The sabre is one of the short weapons of Chen Taijiquan. While the form is not very long it is explosive and physically demanding! Chen Taijiquan is a wide-ranging system made up of handforms, weapons forms, push hands and various training drills. People with limited knowledge often make comments that “taiji doesn’t give an aerobic workout” or that “the legs work hard but the upper body is not exercised as much”.

Anyone who trains with the sabre beyond the level of just learning the movements would laugh at the idea that half an hour’s serious training was not just aerobically hard work, but also hard work for the shoulders and upper back.



Laojia Yilu trains lower body stability and strength, and upper body pliancy, softness and relaxation. It also establishes body structure and trains the spiral movement that is required to do Chen Taijiquan correctly. The sabre form is one method of expressing these qualities explosively. The workshop was well attended with lots of sweat and hard work and it was good to see everybody able to do the complete the form.



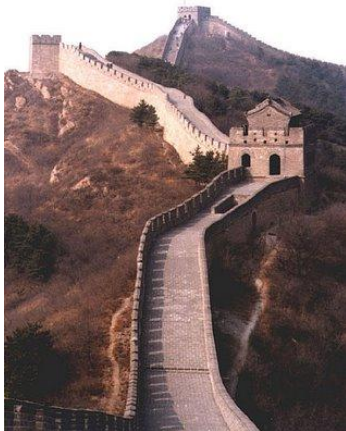
Bratislava Seminar

Davidine conducted an intensive 4-day Taijiquan Training in Bratislava, Slovakia in August. Topics covered Laojia Yilu and Chansigong & Foundation Exercises. Regular instructor Dana Gelatova takes the day-to-day classes, while Davidine goes over bi-monthly for more in-depth teaching.



Club China Trip 11-27th October 2009

This year's Training trip to China is fast approaching. The group will be spending 12 days in Chenjiagou Village, including 10 days training with Grandmaster Chen Xiaoxing in the Chen Village Taijiquan School. They will also be visiting some of China's most famous sites including the Shaolin Temple, Longmen Grottoes (a wonderful Buddhist site where many thousands of Buddha figures, from several inches tall to many metres high, have been carved from rockfaces, the Great Wall etc.



During the training visit to the Chen Village we may be able to bring back some Taiji merchandise at substantially lower prices than available in the UK. We will be giving out a list of items that were available last year and I expect it will be much the same this time. If you have any requests let us know in class and we will see what we can do.

www.squidoo.com/chentaijiquan

Check out our new web lens: *Chen Family Taijiquan Training Methods*. It features lots of inspirational videos of some of today's leading Chen Taiji teachers. Students often get mesmerised by the sheer number of people doing Taiji on youtube. The site will be regularly reviewed and updated to show the best available examples of all aspects of the system. The first videos featured include: Chen Xiaowang displaying the Laojia Yilu; ChenYu on Taiji Applications; Chen Bing on Taiji Grappling; Chen Ziqiang on Combat Push Hands; and Chen Xiaoxing on Laojia Erlu etc.

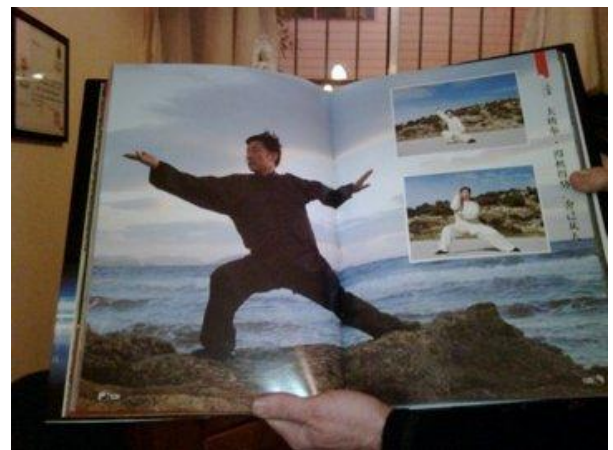
There will also be a regularly updated feature presenting training tips on how to get the most from your practice. The first is titled "Taijiquan is practiced slowly for a reason!"



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BOOK RELEASE

Grandmaster Chen Xiaowang's monumental new book *Chen Family Taijiquan* is now available. Almost 350 pages long and in large format, this beautiful hardcover limited edition presents a dramatic visual portrayal of Chen Family Taijiquan.



The books are available for purchase at £79. 40% of the proceeds go to the Chen Village Restoration Project.

Taiji Trip to Exotic Malaysia October 2010



The School will be leading a group to exotic Malaysia for a trip combining a week of Taijiquan in the foothills of Mount Kinabalu, SE Asia's highest mountain, and a week of holidaying by the South China Sea!

The last Malaysia Taiji trip took place in 2007. As before the training part of this trip will be held at the Kinabalu Pine Resort. The resort is located about 6,000 feet up the Kundasang National Park where the temperature is cooler and ideal for training. Staffed by the local Kadazandusan people, the resort has won many awards for its eco-friendly nature.



Kinabalu Pine Resort

There will be a mixed training programme, with Qigong & Silk Reeling in the mornings and Form training in the afternoons. Training is held in the resorts conference centre – built in the traditional stilted style, with stunning views of the surrounding Crocker mountain range.

We will have a chance to visit the nearby Poring Hot Springs, built by the Japanese for the rest & recuperation of their soldiers during the Second World War. Poring's natural hot springs are driven by the same volcanic forces that fashioned Mount Kinabalu. Here there is also a suspended Canopy Walkway, where you can stroll 41 metres above the rainforest floor!

The second week offers a chance to holiday in one of the world's most

colourful and diverse places. In 2007 the group experienced activities such as a boat trip searching for probiscus monkeys and fireflies, snorkelling over beautiful coral reefs off one of the regions most beautiful off-shore islands, and visiting the Monsopiad Cultural Village – a site dedicated to one of Borneo's most famous headhunters etc. Who could forget the sight of Dave Thomas' Eagle dance with the locals!



2007 Group at the Monsopiad "Headhunter Village"

This time we are planning to include 1-2 days in Singapore at the end of the trip. Singapore is a super-modern bustling metropolis, where the national pastime is said to be eating. There are lots of fantastic attractions, including one of the finest zoos in the world, unparalleled shopping malls, Sentosa Beach Resort etc..



2007 Group Taijiquan practice

At the moment we are putting together the final itinerary. All those who would like to know more about the trip please register your interest in class.