

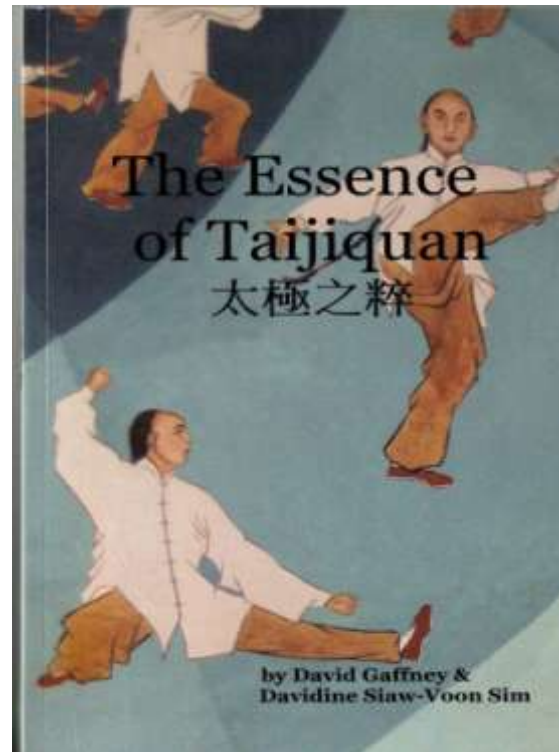
January 2010

The Essence of Taijiquan Foreword by Chen Xiaowang

The second book by David Gaffney and Davidine Sim is now ready! Endorsed by Grandmaster Chen Xiaowang, *The Essence of Taijiquan* covers many areas including:

How to understand Qi in a practical way – Chen Zhaopi's 5 positive and 5 negative types of Qi; Chen Taijiquan's unique progressive training syllabus; Chen Taijiquan as a combat art; Interviews with some of the leading Chen Taijiquan teachers including Chen Xiaowang, Chen Xiaoxing, Zhu Tiancai, Chen Zhenglei, Chen Ziqiang, Wang Haijun etc...on the many different aspects of Chen Taijiquan; An examination of Chen Wangting's Canon of Boxing – the oldest text on Chen Taijiquan, preserved in the Chen Family Temple and much more!

Book Release!!!



ORDER YOUR COPY IN CLASS £14.99

Training in the Chen Village

The annual training trip to Chenjiagou (Chen Village) has come and gone. Since 2003 students from our school have travelled annually to practise in the ancestral home of Taijiquan. In October our group stayed in the village for 12 days, training for 5 hours a day with Grandmaster Chen Xiaoxing.

The topic of study this year was Zhan Zhuang (Standing Pole) and the Old Frame First Form (Laojia Yilu), Chen Taijiquan's traditional foundation form. Standing Pole teaches one to recognise and apply fundamental postural and energetic principles. While it appears simple, the exercise requires deep concentration and can be very demanding on the legs.

Daily training was divided into two two and a half hour sessions, with each session beginning with 30 minutes of standing. Chen Xiaoxing rigorously corrected everybody's posture to find the most rooted, stable and relaxed position. The ultimate aim is to be able to maintain all of the many postural requirements in movement. Grandmaster Chen Xiaowang, the current Gatekeeper of Chen Family Taijiquan was once asked what he considered to be the single most important aspect to consider when training replied emphatically, "posture, posture, posture". People often find reasons not to train this aspect of Taijiquan, preferring to rush through lots of different movements; others are uncomfortable with the need to be still and quiet. If Taijiquan is to be done correctly it requires a base of mental calmness. The discipline of Standing Pole training is one of Taijiquan's time honoured means of realising this calmness.

The rest of the time was spent training the Laojia Yilu Form. This is the foundation form we practise in class, which lays down the spiral, "silk-reeling" type of movement unique to Chen style Taijiquan. Chen Xiaoxing went meticulously through the whole form. Usually he would demonstrate a short section, then each member of the group would do it individually under his watchful eye. After he had corrected everybody there would be a period of time drilling those movements to try to train the corrections into one's body.

In Chenjiagou practitioners have long been familiar with the need to train with great mindfulness and precision. Even the children train slowly and carefully. They have the advantage of seeing role models at each stage of the training process. In the West people are often in a hurry to perform the powerful movements of Chen Taijiquan without laying down a solid foundation of correct body structure and effective movement patterns. One of the great benefits of going to the village to train at the source is the chance to see the progressive nature of traditional training at first hand.



Our group in front of the Chen Family Temple with Chen Xiaoxing.



Learning Resources

Old Frame First Routine (Laojia Yilu) DVD with Grandmaster Chen Xiaowang
4DVD set demonstrating and explaining the foundation form that we do in class.

Cost: £15

2010 Workshops – The Chen Village comes to our school!

Chen Taijiquan is one of the most traditional of China's martial systems with an unbroken history of almost 400 years. Our school was set up with the mission of promoting Taijiquan as practised in its birthplace Chenjiagou. This year our school will be hosting seminars with 3 of the foremost Chen Taijiquan exponents in the world. Few schools in the UK offer this opportunity to train Chen Taijiquan with such high level teachers. Even in China few people get the opportunity to be taught by them. If you want to deepen your understanding of Chen Taijiquan, then keep the following dates free in your diaries!

Chen Xiaowang – Gatekeeper of Chen Family Taijiquan

On 9&10th June Grandmaster Chen Xiaowang, the 19th Generation Gatekeeper of Chen Family Taijiquan will be conducting his annual visit to the school, to carry on from where he left off last year working on the Laojia Yilu (Old Frame First Form) – foundation form of the system upon which all other skills are built. Chen Xiaowang is the most famous living Taijiquan master and was named as the Inside Kung Fu Man of the Year last year. He has students in over 50 countries and is known for his patient and methodical teaching approach.



Chen Ziqiang – Chief Instructor of the Chenjiagou Taijiquan School

After his successful first visit to our school last year – Chen Ziqiang's first visit to the UK - this dynamic young teacher will be returning at the end of June to conduct another week-long seminar. Chen Ziqiang is the Chief Instructor of the Chenjiagou Taijiquan School and. As well as being a multiple Chinese national champion, he has coached many of his students to success in China. Exact programme and dates to be confirmed.



Chen Xiaoxing – Principle of the Chenjiagou Taijiquan School

Chen Xiaoxing is responsible for teaching many of the best of the next generation of Chen family practitioners in China. Those members of our school who have joined us on the annual visit to Chenjiagou will be familiar with his approachable nature and great attention to detail. Chen Xiaoxing retains the air of a village master only travelling abroad to teach in the USA and South America in the last few years. He will be staying with us towards the end of Sept/beginning of Oct. This will be his first visit to Europe.



To watch these 3 teachers in action visit the schools weblens at:

www.squidoo.com/chentaijiquan

We need your support to make these events possible, so put these dates in your diary!

Taiji Trip to Exotic Malaysia October 2010

The School will be leading a group to exotic Malaysia from 8 - 23rd October 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!



At the "Headhunter Village"

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.

Cost for the trip will be £1850, register your interest in class as soon as possible.

