

Questions & Answers

You will inevitably have many questions which your class instructor will be only too pleased to answer. We have however answered a few of the more common ones below.

QUESTION: What will I learn when I first attend classes?

ANSWER: At first you will learn the basic movements of the Solo Form. This is a series of 37 groups of movements, referred to as POSTURES. It can take approximately three to four ten week terms to complete the whole form.

At the same time you will be learning about balance, body alignment, and mental and physical relaxation, through the practice of both gentle individual and two-person exercises.

QUESTION: I have heard that Tai Chi is a martial art, is there any danger involved?

ANSWER: Yes Tai Chi is a martial art and an extremely effective one, yet it's main principle is relaxation so that the way in which the student learns to defend themselves is very different from other systems such as Karate. You will never be placed in a situation in class where you have to practice moves against potentially dangerous attacks, unless you so choose! The student determines the nature of their training experience at the more advanced levels of the art. There are, however many students who learn Tai Chi for it's health benefits or it's meditative aspects, and who do not wish to delve too deeply into the martial applications. This is the wonderful thing about Tai Chi, it really does have something for everyone.

QUESTION: What should I wear?

ANSWER: You may wear anything that is loose and comfortable. The only thing that is a necessity is a pair of flat-soled shoes. However, club T-shirts and Sweat-shirts are available, so please ask your instructor.

QUESTION: I have a recurring injury/health problem, can I still practice Tai Chi?

ANSWER: Because of the gentle nature of the exercises, it may be practised by almost everyone. In China it is practised by those with respiratory problems as well as patients with heart problems, and varying degrees of physical disability. If you have any doubts, please speak to your instructor and your doctor.

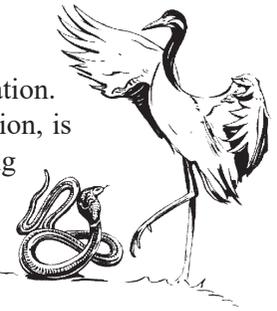
WHY LEARN TAI CHI?

When asked by a student "What is the most important reason to study Tai Chi Chuan?" Master Cheng replied "The most important reason is that when you finally reach the place where you understand what life is about, you'll have the health to enjoy it."

太極拳

The Origins of Tai Chi

There are many different stories concerning its origins and creation. The most popular legend, which has little factual substantiation, is that of **ZHANG SAN FENG**, a Daoist who, already having mastered Shaolin boxing, caught sight of a crane fighting a snake. Intrigued by the yielding, smooth evasion and darting counter-attacks of both creatures, he was inspired to develop a form of boxing which would embody the natural philosophy of the Dao.



Legend aside, in the middle of the eighteenth century a soft boxing was being taught in the village of Chenjiakou, in Henan province. This soft boxing was finally popularised by **YANG LUCHAN** (1780 - 1873), who, through diligent effort, learnt the Chen family boxing, and then went to Beijing, where he taught the art to the Manchu court. This **YANG** school of boxing was destined to become the most popular form of **TAIJI (Tai Chi)**, with the help of **YANG CHENG FU**, the most widely known descendent of Yang Luchan. It is characterised by large, smooth, flowing movements with an unbroken even tempo, avoiding strenuous over-exertion.

CHENG MAN CHING became a disciple of Yang Cheng Fu after studying Tai Chi with him and his health improving significantly. From his knowledge of Chinese medicine and further research, Cheng Man Ching simplified the form to make *Tai Chi* more accessible. We teach Cheng Man Chings style and approach to tai chi chuan

Having learnt how to control his or her body through the practice of the solo form, the student then goes on to learn **Push-hands** (Tui Shou), a two person exercise, and can progress from there to Tai Chi sword (Jen) and fan (San) forms etc.

Qigong (Chi-Kung)

Qigong literally translates as 'breath exercise' and is included in general classes as well as specific workshops. It focuses on controlling your movement and awareness with relaxed breathing. This improves the efficiency of your respiratory system and oxygenising of the blood.

It is said that correct breathing is the miracle which calls back in a flash our dispersed mind and restores it to wholeness so that we can live each moment of life.

氣功

Our Family

Many of our instructors have been with us for 20+ years, having originally started as students. Some came for the martial art, some for health and all stayed for their shared love of the art of tai chi chuan.

Many have their own classes now and we all meet every month to continue training and deepening our understanding. Maybe one day you'll choose to be part of this too.



The principal instructor of Kai Ming, Mark Peters, is the honorary President of **Tai Chi Union For Great Britain** and regional officer for **British council for Chinese Martial Arts**, vice president of the **World Tai Chi Federation** (headquarters in Taiwan) and member of **Traditional Wushu Association**.

Institute instructors are always available to run seminars or classes on all aspects of the art.

How to find us..

We can be contacted for details of classes throughout the Midlands

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LEARN THE ANCIENT ART OF TAI CHI CHUAN

AN ANCIENT ART FOR MODERN DAY LIVING



KAI MING ASSOCIATION
FOR
TAI CHI CHUAN