

Painting the Rainbow Newsletter

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

Community Based Tai Chi & Chi-Kung for everyone

Improvement cannot always be measured, it is something you feel

<https://www.taichinewsletters.co.uk>

call/whatsapp: 07831 743737

e-mail us: kaimingtaichi@outlook.com



Tai Chi Poem

I love my Tai Chi classes underneath the trees
Doing my impression of a Lotus in the Breeze
And then I Paint my Rainbow swaying to and fro
Trying to be elegant, trying to make it flow
We're told to stay relaxed and calm in every move we do
And when they think we've got it right we move to
something new
The "They" are our patient instructors who with patience,
faith and hope
Convince us eager pupils that we're ready and can cope
So when we do the Chinese form It's incredible to know
We're doing the moves the Chinese did so many years ago
It's graceful, therapeutic and beneficial too
I'm certain if you tried it, it would appeal to you.

Barbara Parker - Lichfield Beacon Park Class

Want to learn something new?

Cheng Man Ching's 8 Exercises for Health



Thursday 14th August 1-4pm live on zoom £35

This set was taught by Prof. Cheng Man Ching in New York City between 1965 and 1974 and transmitted by Tam Gibbs. Rarely taught in the UK, I am offering this set for the first time ever on zoom.

Prof Cheng developed the set to give easier access to aspects of tai chi that would improve balance and mobility for some of students and friends. The eight movements are practiced walking and are based on movements from the tai chi form. The day is open to everyone from complete beginner to more experienced. The session will be recorded live and available to all who book.

You can book and pay online at: <https://shorturl.at/XK6cS>

Stand Up For 3 Hours A Day But Why?

Jogging for miles, daily gym workouts, or as the Government advises half an hour a day, five days a week doing moderate exercise (whatever that may mean!) are these really achievable targets for the average person to fit into an already busy routine?

Statistics show that barely 7 % of men and 4 % of women met that advice.

So three cheers for Dr Mike Loosemore, lead consult in exercise medicine at the Institute of Sport, Exercise and Health who feels that the official guidelines on exercise were impractical for many people and gave an interesting and insightful alternative.

If we cannot, or do not feel able to commit to the guidelines then even small amounts of exercise such as standing, can have significant health benefits. If you keep doing small gains, they will improve your health. It is easy to do and you make it part of your lifestyle. It does not have to be about tracksuits and gyms. It is just about adding a little bit of activity.

Dr Loosemore who was lead medic for the GB boxing team at the London 2012 Olympics says even just standing up is good for you.

When you are standing, you are using all the small muscles in the legs and many of the rest of the muscles in the skeleton just keeping yourself upright. If you stood up like this and worked standing up for just three hours a day, five days a week, then that would be the equivalent of running TEN marathons a YEAR!

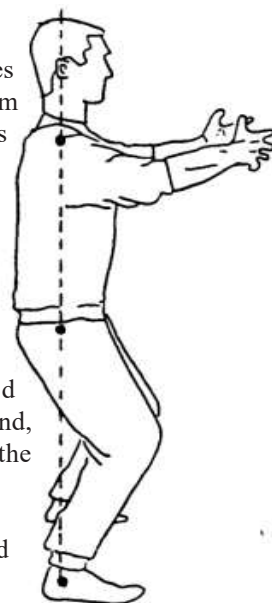
His main message is small amounts of physical activity may not reach the Government guidelines but are still doing you some good.

In the late 1990's there was a TV series "Stand Still, Be Fit" with Master Lam Cam Chuen; maybe some of our readers remember it.

It taught an aspect of tai chi & qigong called Zhang Zhuang (standing like a tree). It is still available on YouTube for anyone interested, or ask your instructor.

Standing is key to our health and balance. For anyone not able to stand, postural alignment and connect to the ground can still be practiced.

Information compiled from Weekend Mail and BBC 4's Today programme



Everything in Moderation?

Think you deserve a good rest after your daily exercise? According to new research in Canada every 30 minutes you need to get up and walk around.

The research team followed the activity levels of 278 patients with Coronary heart disease who had been through a cardiac rehabilitation programme that had taught them to improve their fitness by engaging in 24 minutes of moderate –to-vigorous exercise daily.

The patients in the study wore activity monitors that measured how long they were active or sedentary during the day.

Unexpectedly, the detrimental effects of sitting were apparent regardless of how much time the volunteers who took part in the trial spent exercising.

On average, eight hours each day were spent sedentary—either sitting or reclining. Regardless of how long the patients might have spent exercising, the researchers found that higher BMI and lower fitness levels were directly associated with the time they spent sitting.

The less time the patients spent sedentary, the better their markers of health.

These relationships remained even when they controlled for an individual's age, gender, or physical activity levels.

Even just standing up and stretching to break up the sitting is beneficial.

Although the research was focused on Cardiac Rehab patients, it can be applied to us all especially after a busy lifestyle has become retirement (*unless like me you are busier than when you worked!!! LOL*)

As a footnote: we have carried out research with University Hospital Birmingham and Birmingham University into tai chi & qigong. UHB was tai chi for cardiac rehab and showed such significant improvements in patients that the first ever tai chi DVD for patients was funded and made available on the NHS.

With Birmingham University, we did what is now often referred to as the “Tai Chi v Zumba Study”; this looked at exercise in the active older population. This too showed the benefits of tai chi and actually proved it was as aerobic as Zumba which surprised the researchers as they only expected it to show tai chi improved balanced and reduced anxiety. The full research is available on request.

Become a Painting the Rainbow

Tai Chi Qigong Instructor

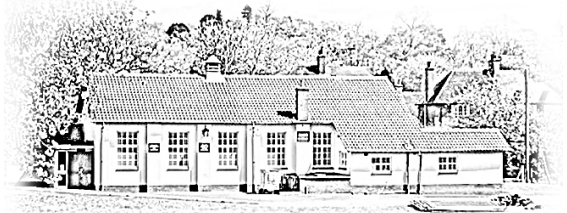
Have you ever thought you'd like to help out at your tai chi class? Have you ever wondered what is needed to start the journey of becoming an instructor? Would you like to help other people, maybe even have your own class?

Maybe this year is your year to get involved... We're always looking for keen, personable people as there are so many people out there that can benefit from attending classes, but we need more people to make that possible.

If you are interested, please contact Jenny or Mark on 0121 251 6172 or maybe speak to your instructor.

The requirements are:

1. Should have been Attending a Kaiming class and/or Painting the Rainbow (PtR) class for a minimum of 1 year
2. Observe and help at a PtR class
3. Attend PtR workshops on medical condition awareness. Plus attending September weekend “camp”
4. Attend a resuscitation course (CPR).
5. Following successful completion of the years training, you will be required to attend CPD day at least once a year for update and continuing development.
6. Have at least 3 hours a week to commit to PtR
7. Part sponsorship by Kai Ming / PtR may be available to attend the Rehabilitation course recognized by CIMSPA for keen trainees who join the PtR team.



Tai Chi & Qigong Camp Sunday 7th September

This year the day will be split into two sections:

Morning 9am to 12.30pm – tai chi straight stick

The form uses a straight stick approx. bellybutton height. Rattan cane ideally, but a cut down broom handle will be OK. The form was originally taught to Mark in Muar, Malaysia, by Master Liang He Ching.

Afternoon 1.30pm to 4pm – strengthening qigong

This qigong set uses hand weight for added strength training. We use hand weights with a hand strap, so won't be dropped. A limited stock will be for sale at £12 per set. You can also buy them on Amazon or mad-hq.com and they are called 'pro hand weights'. Ideally 0.5kg or 0.75 is recommended.

Price: half day £35 whole day £60

Location: Weoley Hill Village Hall, Bournville. B29 4AR.

To book: speak to your instructor, email kaimingtaichi@outlook.com or call Mark on 07831 743737