

# Tai Chi News

# 太極拳

November 2006

## Term just completed

Another successful and enjoyable term has been completed.

## Winter Term

### Dates

The new term will run for five weeks. The dates are as follows:

- Week 1 11th November
- Week 2 18th November
- Week 3 25th November
- Week 4 2nd December
- Week 5 9th December

The fifth week will coincide with the end of the beginners' class that is currently running.

## Fees

The fees for the 5 weeks will be £21 which are now due. The fees break down as follows:

5 Club Sessions @ £1 each .....	£5
2 Peter Sessions @ £2 each .....	£4
1 Bob Session @ £7 each .....	£7
Club Instructors @ £5 .....	£5

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Total  
£21

Fees can be paid either by cash or by cheque made payable to Fylde Chi Gong Association. When you pay your fee, please make sure you sign the sheet. This is your record of payment.

## The New Term:

A special note regarding the new term we have organised with Bob for him to hold two workshops this term instead of his usual one. Due to conflict in scheduling we didn't have a session with Bob last term even though we paid for it so we have booked Bob for two workshops this term. The dates are as follows 18th November and 9th December.

## Christmas Party:

A small reminder about the Christmas party which will be at The Cliffs Hotel Blackpool, on Saturday 2nd December, 7.30pm for drinks and food at 8.00pm. Put your dancing shoes on and be prepared to boogie until 2.00am (For those that can last that long that is!)

## Useful Contact Numbers

- Alan ..... (01253) 763 112
- Martin ..... (01253) 357 930
- ..... (07939) 806 740
- Maureen.....(01253) 890 052

- any information for newsletter



## Origins of Tai Chi

The origins of tai chi go back many hundreds of years. The person who is traditionally credited as being the 'founder' of tai chi is the monk Chang San-feng, who was stationed at the Wu Tang monastery, and, depending upon sources, lived somewhere between 960AD and 1460 AD, although some scholars question his existence at all, ascribing him to a mythical figure.

The theory is that Chang San-feng originated a style that combined both existing combat techniques and other movements, primarily designed to increase the flow of chi energy through the body, thus creating a form that was a physical manifestation of Taoist thinking.

Going back even further, the ancestors of tai chi can be seen in the sixth century: Bodhidharma visited the Shao-lin monastery, and developed a system of exercise for the monks, who he saw in poor physical condition from too much meditation. This was known as the Eighteen Form Lohan Exercise. Later, in the eighth century, this was developed into a 37-form 'Long Kung-Fu', which unlike other schools of Kung-fu, was based upon a 'soft' or internal approach, rather than a 'hard' external one.

Looking back even further than this, we can see that in the third century, the physician Hua-tu'o created a system of exercise to aid digestion and circulation, based upon the movements of animals and birds. The effect of this system was to move every part of the body.