



SUN SHI TIMES

“When you focus, it is easy to excel” – Sun Lu Tang



MASTER LEI SHITAI VISITS BLACKPOOL

Big thank you to all who attended the visit of my teacher Master Lei Shitai, It was a memorable day made even more special because Lei Laoshi decided that he would show all the differences between his way of practising Taiji and the version we had previously learned. I hope all the people who attended appreciate the gift they have been given and as I said on the day this is the start for us as an Association, I am sure with his guidance we can grow from strength to strength. Mr Lei Shitai has indicated that Bob Melia is his only student in Europe and is the only person qualified to teach and show the differences in his version of Sun Shi. Bob is the only person to be given this honour.

the Tower Ballroom as Mr And Mrs Lei are keen on all types of dancing and Blackpool Tower Ballroom is famous all over the world. We went up to the top of the tower and took the walk of faith across the clear panel, and we even went to the highest point. It was a good evening and I had even taken them on a tram ride there and back and we had managed to see some of the Illuminations.

MR AND MRS LEI VISIT

Friday 8/9/2006

The day started early for me at 5.00am, I was excited as this was the day that I had been dreaming and planning for the last 6 months. I was travelling to Leicester to pick up my teacher Lei Shitai and his wife. I arrived in Leicester at 8.45am and was told that Lei Laoshi was outside waiting for me with Dave Martin; it seemed that my day would also include a lesson before we left for Blackpool.

The car journey from Leicester to Blackpool was uneventful and

I tried as best I could to pick out anything of interest, but with most car journey's it was a little boring and tiring. We arrived at our destination, the Brioni Hotel on Queens Parade in Bispham and shown to our rooms which were very nice. I told Mr Lei that we would be eating at Peter Farrell's house and we would be leaving the Hotel at 4.45pm. Peter put on a great meal for us and we made very welcome by his family which was very important in making Mr and Mrs Lei feel at ease as they did not speak English very well.

For the evenings entertainment we had arranged to go and visit

Saturday 9/9/2006

The day started at 6.30am when I began training with Peter on the sea front. Mr Lei joined us at about 7.00am, once Peter had left to help set up for the day's training my own began in earnest with Mr Lei and by 8.20am when Mrs Lei shouted us in for Breakfast, my legs were crying out in pain.

After Breakfast we travelled to Carleton Memorial Hall and I wish I had my camera out when Mr and Mrs Lei walked into the room as their faces were amazed at the amount of people who were there and your faces (you know



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who you are) looked like you were going to pass out.

The training was more than I had hoped for, initially I had only asked him to show us his form and to teach a small amount of the form to the group, but he was so impressed by the skill and enthusiasm, that he decided to show all the differences. The form he demonstrated was his own shortened version and he believes that this version contains everything we need to practise Sun Style Taiji correctly, without being complicated by the repetition of the long form and having to remember all the movements. Everyone will have the opportunity to learn this form if they wish.

The afternoon session concentrated mainly on the correct way to practise San Ti Shi and also Tui Shou (push hands), everyone pushed hands with Lei Laoshi and myself and I think got a lot out of the afternoon session.

Sunday 10/9/2006

Part of the reasoning in having an afternoon session was that our usual Sunday session was cancelled to enable us to film Lei Laoshi doing the Taiji so that we could look at producing a DVD. We

managed to get the shortened and long versions on film and will be editing and looking at producing some DVD's in the near future. After filming we were treated to a breakfast by Pete and then said our goodbyes so that I could take Mr and Mrs Lei to Leicester.

Thanks must go to Peter, Dave P, Martin, Jane and Nuella, for the organising of the accommodation, presents and food; also thanks to all who attended I am very proud of you all.

WEBSITE

For the past 6-8 months myself and Dave Pollard have been working on designing and launching a new website dedicated to my teacher Lei Shitai and his lineage within Sun Style. I am pleased to say that we are hoping to publish the website on the 18th September 2006 (get your finger out Dave), Lei Laoshi has provided us with the written content for the explanations on Sun Style Taiji, Xing Yi and Bagua, as well as allowing us to use photographs and video. Dave has also designed a discussion forum which will be open to all Sun Shi Taiji Association members to talk about all things to do with our style as well as ask questions of the teacher(s). Lei Laoshi is an administrator on the forum and

has said he will look at it as often as he can.

T-SHIRTS

Thanks to Martin and Dave P for the organising and distribution of the t-shirts, I believe there are still some left for sale, please see any of the guys above if you are interested.

PUSH HANDS CLASS

I am intending to start a fortnightly or monthly Push hands class for those that might be interested, can anyone who might be interested please let me know or your instructor(s) so that I can gauge the interest. It will probably be on a Saturday afternoon with a cost of approx £10, minimum of 8 people needed.



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