



# SUN SHI TIMES

*“Progress comes to those that train;*

*Reliance on secret techniques will get you nowhere.” – Guo Yun Shen*



## WELCOME

*Welcome to this edition on Sun Shi Times, I want to welcome everyone back from their holidays and hope we can continue the good work started earlier this year.*

On a personal note I have been training in Martial Arts for 30 years this year, and to commemorate this I would like to organise a trip to Samye Ling Tibetan Buddhist Temple in Scotland. Jane has been sorting out if we can get a mini-bus and driver and anyone interested in going can you please see Jane, Dave or Martin to express your interest, we will not know cost but at least with numbers we can negotiate a deal. Hopefully the day will include a vegetarian lunch and a nice visit in a beautiful and tranquil place. Since our last visit Phase 2 of the development has been completed.

## WORKSHOPS

This year I would like to concentrate on all groups learning the Tai Wu sword, it is a very important part of the Sun Style and if any groups wish me to come down and do a workshop please see your local

Instructor. I will be teaching the first sword workshop in Blackpool on 15th September, all welcome, just see Martin for cost.

We have a new class starting on 24th September at Poulton YMCA, this class is run by the YMCA and Martin will be the regular Instructor supported by Dave and Jane. The class will be on a Monday evening 6-7pm if you know of anyone who wishes to learn Sun Style please ask them to contact Poulton YMCA.

I had the opportunity to visit Mr Lei in France and receive correction on everything I have learned so far, due to the detailed instruction needed to learn Xing Yi and Bagua I feel I can only do justice to these arts if done on a private basis either in small groups or one to one, anyone wishing to learn or improve please contact me to arrange lessons.

If anyone wishes to attend the early Saturday morning group and gain a deeper understanding of the Sun Style Arts, let your local Instructor know or see me directly.



*Embrace Tiger  
Return To Mountain*



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