



Chinese
Internal
Arts
Association

The Chinese Internal Arts

the newsletter of the Chinese Internal Arts Association

Issue 47; March 2007



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About the CIIA

The Chinese Internal Arts Association promotes the Chinese Internal Arts of Taijiquan, Yiquan, Baguazhang, Xingyiquan and Qigong. Members receive several benefits:

- regular copies of the CIIA Newsletter
- discounts on Seminars
- discounts on Workshops and other similar events
- membership of the British Council for Chinese Martial Arts (the Sports Council Governing Body).

The annual membership fee is £35.



Disclaimer

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Please note that views expressed in the articles are those of the authors of the articles, and not necessarily those of the Editor of the Newsletter.

We welcome articles and letters to the Editor.

Please send all correspondence to the address on the cover.

Robin Kinsman

Editor

Karel Koskuba

Chief Instructor

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Christmas in China

I always have a feeling of excitement when travelling and this is especially true when visiting China. This is my second trip to Beijing, although December might not be the best time of year to go. Christmas has been embraced by the Chinese and decorations are up in almost every shop. It is all very festive. However, hearing *Silent Night* in the restaurant with a disco backing beat was a bit disconcerting.



Master Du

This visit was also my second time to train with Master Du Xian Ming in Tian Tan Park. It is one of the more popular ones in Beijing and many of the local people visit it early in the morning, before work, to exercise. So it is filled with people dancing, playing all sorts of games, just enjoying themselves or practising Taijiquan. On the east side of

the temple, several hundred people can be found singing popular songs with the passers-by joining in for a few verses. Chinese people are very friendly and many of them are happy to talk and share their time with you.

With the temperature varying from 3 to -4 °C, it was going to be a little difficult to train with Master Du under four layers of clothing. In fact, the first day was cancelled as it was just too cold for everyone. Master Du is now nearly 90 and sits on the bench giving out words of wisdom and guidance. As befits a man of his years, he decides how and in what way he wants to answer your questions. For a man of his age, he is still very strong and likes to surprise you with sudden punch or kick.

I was also privileged to train with some of his students who have been with him for many years. It's an education to be uprooted by a gentleman in his 70's with the slightest of turns. It made me appreciate how much more I need to practice. One of the more memorable students is Sunny who is studying English which she wanted to practice on me. She also persuaded me to visit her English Language School at a nearby library and give a talk on Christmas. It was a bit of a challenge to explain some of our festive traditions such why we bring trees into the house at this time of year.

I am very lucky that my wife, Li Lu, can translate for me and my thanks go to her for braving the cold every morning in the park. If you ever get a chance to go to China, I would highly recommend it.

Tom Sapsed



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Embracing the Moon with a Golden Rooster whilst standing on one leg (or something like that!)

The first ever workshop of Eva's - Chen style Taiji Fan form took place on 27th and 28th January 2007. There were a good number of students; certainly enough to make the fan-cracking practice seem like standing on an artillery range. However, we all quickly realised that as satisfying as it was to crack your fan loudly, if we wanted to last the two days we would have to be a bit more judicious in our practice otherwise we'd end up with damaged wrists ... and elbows ... and shoulders.

We started with some warm-up exercises, particularly wrists, arms and shoulders, although not neglecting the body and legs and then moved into some exercises using the fan. I suspect that the moves that we first did may have appeared in the form later but I was concentrating so much on what was left, what was right – and even what was up and down – and where my fan was in all of this that I'm not able to even recall this exercise! As a fellow participant pointed out, it makes you realise what new students coming to their first taiji class probably feel like, which was a good lesson to learn.

However, with clear demonstrations from Eva, lots of repetitions and lots of support from those in the workshop who had done sabre and sword forms, we were, by the end of the day, able to do the first ten moves of the Fan Form. This meant we could perform moves such as the dramatic *Black Dragon Flicks its Tail* or the beautifully controlled *Three Circles round the Sun* to a more or less polished degree.



Immortal points the way

The second day followed a similar pattern, but we knew we had to learn fourteen moves in order to complete the form. We reprised the first ten moves and I was gratified to see how much of the previous day's workshop I had recalled. I did wonder whether we would complete the

form – I know it shouldn't matter, but it did – but rather miraculously an exercise which we had practised earlier in the day, became not one of the moves of the form, but three!. With *Golden Rooster Stands on One Leg*, *Yellow Eagle Swoops Down* and *Ancient Tree Wraps its Roots* under our belts, we moved into the final six moves, one of which, *White Crane Spreads its Wings* we had already learned earlier in the form.



Golden eagle swoops down

We did complete the form and the further sessions in March and June will help consolidate the moves I hope, as well as moving us forward. What amazed me, in hindsight, was how many ways you could hold the fan and how many things you could do with it. The form is lovely to do and I hope that at some point I will be able to execute it in a flowing fashion, but at the moment I guess, it's just one step at a time.

The workshop was fun, everyone was really friendly and ready to help out with moves, the teaching was excellent – perhaps the only thing to grumble about was the sore arms!

Sonia Balmont

Eva's comment:

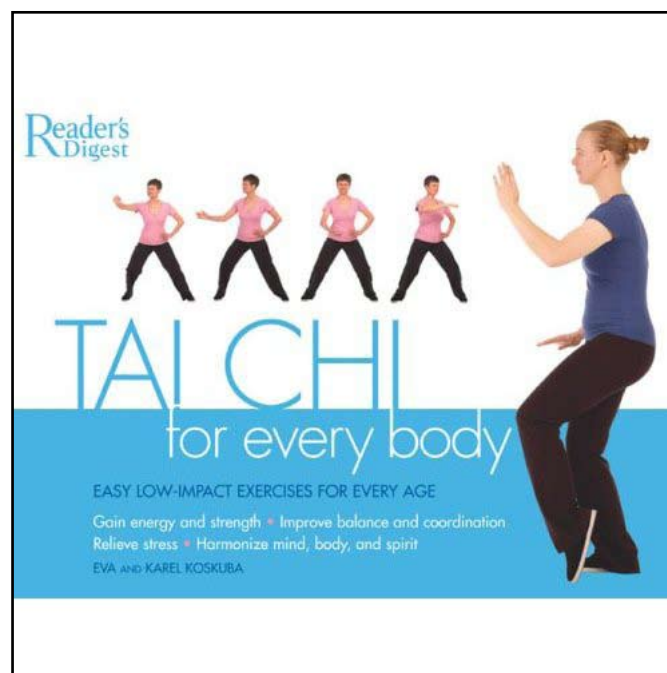
Several students could not come to the January workshop due to prior commitments and so they have already booked for the next years' workshop in 2008 when I shall teach the whole form. However I have also organized two evenings (13th July and 14th September) where students can come and learn some of the movements from the form. I shall teach the basic skills how to hold, open and close the fan, quickly progressing to short sequences with steps. This can give you plenty of material to practice and improve.

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Tai Chi for every body a new book authored by Karel & Eva

This basic course starts from first principles and takes the reader step-by-step through a series of movements covering the first 15 movements of the Chen Laojia form. Short exercises, which improve posture and link the body and mind, are combined into one continuous, flowing movement called a form.



Many Taiji movements are subtle and discreet and all are performed while standing, they can even be practised while waiting for a bus, standing in line or out shopping without drawing attention.

Over 500 step-by-step photographs, all specially taken for this book, show you how to learn and progress through each movement. Special continuous-motion photography is used to show the flow of movement.

Taiji is relatively easy to master, thoroughly enjoyable, and has amazing benefits regardless of your age or existing level of fitness.

You can buy the book from Amazon (www.amazon.co.uk) and from Eva in our classes.

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Winter sun

Morocco December 2006

The first thing to strike me about morocco was that the stars were amazingly bright.

Run by the lovely Latifa, *Riad el aissi* is superb venue for a *training holiday*. Kind of in the middle of a sandy nowhere, this banana / olive / orange farm is like a lush oasis cradled by the Atlas Mountains.

The courtyard where we trained each day featured colourful flowering plants and banana trees and was home to a multitude of wildlife: hundreds of chattering birds, pondering tortoises, geckoes and mischievous cats. Morning and evening practice took place on a large flat roof and almost every day we would witness an epic sunrise and sunset. From this elevated position one could observe the amazing panorama of mountains and sky. Quite inspiring! Furthermore, the weather was excellent. Every day was warm and sunny.



Training was fairly intensive ... in a relaxed way. We all got to work on the particular things we wanted to as well as doing lots of form work, weapons and push-hands.

In the evenings I often badgered Karel to practice push-hands with me on the flat roof. One time when we were practising Karel said:

Huh! Your pushing-hands is becoming quiet good now.

I felt really pleased; maybe all the hours of practice were paying off at last. A few moments later Karel seemed to be pushing me all over the roof.

What am I doing wrong?

I asked.

Hmmm ... hips are wrong, legs are wrong, arms are wrong. Well, everything is wrong. Just keep practising!

said Karel. Typical!!

Being keen, I usually started my training pretty early in the morning before our first class. I was always amazed by two things: how quiet it was and how cold it was! The only sound would be the distant chanting of morning prayers.

Meal times were an excellent break from practice. Breakfast was always my favourite. By 9 am the sun would be high enough to provide some welcome heat as we dined on pancakes, pikelets, scrambled eggs, fresh jams and syrup, bananas and orange juice from the farm and strong Moroccan coffee.

Karel would often try to use his unique power of *psychological push-hands* to ensure he ended up with all the jam / croissants / eggs, but after a few days we became used to this and were mostly able to neutralise him. Usually, I ended up eating too much but this helped me to develop a new understanding of having a full Dantien!

Karel and Eva were on top form and much humour and ridiculousness ensued throughout the trip. Training hard but in a light-hearted way is definitely in the spirit of Taijiquan.



All in all, I had a brilliant time. Not only did I get to greatly improve my own practice and teaching but also had a great laugh everyday!

Sam Moor

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Winter Sun Residential training; December 2007

(one week or longer)



An intensive Internal Martial Arts training (Taijiquan and / or Yiquan, but also Baguazhang or Xingyiquan) in sunny Morocco. The program will vary depending on the participant(s), but is likely to be along the following lines:

- Morning** 1-2 hours practice
breakfast
3 hours individual instructions and practice
lunch (and rest)
- Afternoon** 3 hours weapons, revision and practice
supper
- Evening** up to 2 hours free practice

This training / holiday is likely to appeal to serious practitioners (6-8 hours training a day).

- When** from 2nd to 26th December starting on any Sunday or Wednesday
- Where** Morocco - at the foot of the Anti-Atlas Mountains, outside Taroudant (80 km east of Agadir) at a family hotel with a swimming pool and surrounded by orange and olive groves. Average daily Sun: 7 hours; average December temperature 22 °C / 72 °F.
- Cost** £475 per week from 2nd December / £525 per week from 16th December.

The fee includes accommodation, full-board, training and transport to / from airport (Agadir). Participants arrange their own transport to / from Agadir (at June 2006 Gatwick-Agadir-Gatwick was £130, inclusive of taxes for return journey via British Airways; www.britishairways.co.uk).

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Regular weekly classes 2007

Fees for 2007

The 10-week fee is payable on or before the first lesson of each term. Taiji exercises and Qigong can be started at any time.

	session	10-week term	
1 hour	£8	£60	<i>25% saving</i>
1½ hours	£10	£80	<i>20% saving</i>
2 hours	£15	£100	<i>33% saving</i>
3 hours	£20	£120	<i>40% saving</i>

Beginning of a the new term 2007

New term will start during the week beginning 19 March, 28 May, 6 August and 15 October.

End of term 2007

The last dates of Taiji, Bagua & Yiquan classes in 2007 are:

- Monday in St Michael's Centre on 17 December
- Tuesday in Alfred Sutton School on 18 December
- Wednesday Bagua and Yiquan on 28 November
- Thursday classes in Martins Heron on 29 November

Three-year courses 2007

Taiji instructors course; Chen Style

With Karel & Eva.

Beginning February each year; part-time.

Minimum requirements for this course are two years practice and knowledge of a Chen Laojia form.

When	First day 11 Feb 2007
Time	10:00-17:00
Where	The Large Gallery, Fawley Court, Marlow Road (A4155), Henley-on-Thames

Qigong practitioners course

With Karel & Eva.

Beginning March each year; part-time. The first day of the monthly course is Sunday 11 March.

The first weekend of the residential course is Friday 30 March.

When	First day 11 Mar 2007
Time	10:30-16:30
Where	The Large Gallery, Fawley Court, Marlow Road (A4155), Henley-on-Thames

Taiji instructors course; Yang Style

Beginning April each year. Minimum requirements for this course are two years practice and knowledge of a Yang Style Taiji form, either 24-step or 108-step form. Dates and location on application.

Continuous Professional Development 2007 in Chen Taijiquan (Laojia) with Karel and Eva

3 whole day sessions

Open to those who already teach Laojia form. We will proceed with the CIAA syllabus

When	10:30-17:30 Sundays 5 May, 25 Aug, 18 Nov
Where	To be announced
Cost	£50 per day session

2 evening sessions

Open to those who already teach Laojia form. We will proceed with the CIAA syllabus.

When	18:00-21:00 Sundays 15 Jul, 19 Aug
Where	Father Time or in the Large Gallery, Fawley Court, Henley-on-Thames
Cost	£30 per evening session

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Monthly classes

Xingyiquan

With Karel.

When	08:30-10:30 Second Saturday of every month Mar 2007 - Oct 2007
Where	Palmer Park, Reading close to the playground
Cost	£15 per session £80 for 8 sessions if paid in advance

Baguazhang

With Karel.

When	08:30-10:30 Third Saturday of every month Mar 2007 - Oct 2007
Where	Palmer Park, Reading close to the playground
Cost	£15 per session £80 for 8 sessions if paid in advance

Chen Style Taijiquan Laojia

With Karel & Eva. Anyone is welcome to come along for the day to improve their form.

When	10:30-16:30 Third Saturday of every month
Where	Alfred Sutton Primary School, Reading
Cost	£45 per Saturday £40 CIAA members CIAA members may pay for 6 lessons in advance in either January / July at a cost of £180 - a 25% saving

Chen Style Taijiquan Xinjia

With Karel & Eva. Anyone is welcome to come along for the day to improve their form.

When	14:30-18:30 Third Saturday of every month
Where	Alfred Sutton Primary School, Reading
Cost	£45 per Saturday £40 CIAA members CIAA members may pay for 6 lessons in advance in either January / July at a cost of £180 - a 25% saving

Yiquan

With Karel; Yiquan is a simple yet effective internal martial art & an excellent system for health cultivation. In this course we shall practice the system as taught by Yao Chengguang.

When	10:30-16:30 Usually the second Saturday of every month, but please check the <i>Diary of Events</i> on our website There are also weekly classes on Wednesday evenings in Wokingham
Where	Alfred Sutton Primary School, Reading
Cost	£45 per Saturday £40 CIAA members

Chen Taijiquan in London

With John Henry.

See <http://london.samyeh.org/london> for more details

When	10:30-16:00 22 Apr, 20 May & 10 Jun
Where	Tibetan Buddhist Centre, Kagyu Samye Dzong, just across the river from the Houses of Parliament
Cost	£25 for whole day £12.50 for a half-day

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2007 Weekend Seminars

Double Broadsword

Students will have an opportunity to learn the whole form over the six days.

When	10:30-17:30 3-4 Mar, 24-25 Mar & 28-29 Apr 2007
Where	Alfred Sutton Primary School, Reading
Cost	£240 for six days £200 for CIAA members

San Shou Revision

Only for those who have already learnt the form.

When	14:30-19:30 17 Jun 2007
Where	Fawley Court, Marlow Road, Henley-on-Thames
Cost	£45 £40 for CIAA members

Short Yang 24-step Form Revision

This is open to those who already teach the form and students who already know the form.

When	10:30-16:30 1 Jul 2007
Where	Reading Canoe Club, Reading (hopefully!)
Cost	£45 £40 for CIAA members

Taiji Fan Exercises

Eva will teach the basics of the form: holding, opening and closing the fan plus some short sequences.

When	19:30-21:30 13 Jul 2007 & 14 Sep 2007
Where	Martins Heron Community Centre, Bracknell
Cost	£20 per session £15 for CIAA members

Taiji Fan Revision

Only for those who attended the two-day workshop in January.

When	13:30-16:30 10 Mar 2007 and 9 Jun 2007
Where	Martins Heron Community Centre, Bracknell
Cost	Already paid for.

Chen Weapons Revision

Sabre, Sword, Spear, Dadao, Double Broadsword revision.

When	10:30-17:30 30 Jun 2007
Where	St Michael's Centre, Bracknell
Cost	£45 £40 for CIAA members

Chen Taiji Joint Locks

Qinna.

When	10:30-17:30 7 Jul - 8 Jun 2007
Where	Alfred Sutton Primary School, Reading
Cost	£90 for the weekend £80 for CIAA members

Qigong

Yin Yang Qigong (Yijinjing).

When	10:30-14:30 15 Jul 2007
Where	Fawley Court, Marlow Road, Henley-on-Thames
Cost	£45 £40 for CIAA members

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2007 Weekend Seminars

Pao Chui Revision

This is open to those who already teach the form and students who already know the form.

When	14:30-19:30 22 Jul 2007
Where	Fawley Court, Marlow Road, Henley-on-Thames
Cost	£45 £40 for CIAA members

Qigong

Yigong (Intent / Mind exercises) and Taiji ruler.

When	10:30-16:30 11 Aug 2007
Where	Alfred Sutton Primary School, Reading
Cost	£45 £40 for CIAA members

Yang Style Long Form Revision

Only for those who have already learnt the form.

When	10:30-16:30 28 Oct 2007
Where	Reading Canoe Club, Reading (hopefully!)
Cost	£45 £40 for CIAA members

Chen Pushing Hands

Various pushing hands patterns; stationery and with steps.

When	10:30-17:30 1-2 Sep 2007
Where	Alfred Sutton Primary School, Reading
Cost	£90 for the weekend £80 for CIAA members

Outside events

	Who	When	What	More information
Brighton	Karel & Eva	24 Feb - 25 Feb	Chen sabre	Sam Moor 0127 373 7321
Oxford	Karel & Eva	10:00-13:00 14:00-17:00 18 Mar 21 Oct	Qigong (am) Pushing hands (pm)	Emma Westlake 0771 076 8810
Bristol	Karel & Eva	7 Apr	Principles of Taijiquan Yiquan & Pushing Hands	Mark Leonard 0117 977 5193
Edinburgh	Eva	10:00-17:00 14 Apr - 15 Apr 30 Jun - 1 Jul 1 Sep - 2 Sep	Laojia Taijiquan Qigong	Elizabeth Duncan 0131 332 6894
Somerset	Eva	7 Sep - 8 Sep	Chen Fan	Malcolm Droy 01935 826 597
Brighton	Karel & Eva	3 Nov - 4 Nov	Chen Style Pushing Hands	Sam Moor 0127 373 7321

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CIAA residentials

Yiquan & Qigong

Open to all.

When	30 Mar 2007 - 1 Apr 2007
Where	Fawley Court, Henley-on-Thames
Cost	£195 inclusive of tuition, accommodation and full board payable 3 weeks in advance £215 for late payments

Chen Taijiquan

Also open to graduates of our previous courses.

When	11 May 2007 - 13 May 2007
Where	Ullswater Hotel, Bournemouth
Cost	£195 inclusive of tuition, accommodation in twin rooms and half-board payable 3 weeks in advance £215 for late payments

3-year Qigong course

Also open to graduates of our previous qigong courses and advanced Qigong students.

When	27 Jul 2007-29 Jul 2007
Where	Fawley Court, Henley-on-Thames
Cost	£195 inclusive of tuition, accommodation in single / double room and full board £215 for late payments

Yiquan Stage II / Qigong

Open to students who attended at least one weekend of Yiquan / 6-month training in weekly / monthly classes.

When	9 Nov 2007 - 11 Nov 2007
Where	Fawley Court, Henley-on-Thames
Cost	£195 inclusive of tuition, accommodation and full board payable 3 weeks in advance £215 for late payments

CIAA retreat

Internal Arts week-long retreat



Marjorie & Eva practising sabre form with Taiji Ruler (to avoid being shot by the local police)

Focusing on in-depth study in one or several of:

- Chen style Laojia
- Taiji Fan
- Pushing Hands
- Zhan Zhuang & Chan Si Gong

Open to those who know some Chen Style Laojia.

There will always be two programs running in parallel. Students will be separated according to their experience, sometimes coming together for common practice.



Elizabeth, Sam & John demonstrate Laojia form

When	11 May 2007 - 18 May 2007
Where	Bournemouth
Cost	£550 inclusive of tuition, half-board in twin-bedded rooms, payable 3 weeks in advance. Single room supplement is £60

Day visitors may also attend for as few or as many days as desired at a cost of £50 per day. Eva is taking bookings for all the retreats on a *first come, first serve* basis.