

## Newsletter November 2007

### Return to Blighty

So here I am back in the UK. As I write it is a sunny day in Manchester, although the temperature is slightly lower than I am used to. This month's newsletter is primarily going to focus on seminar course notes.

December, of course, sees the Master Liang He Qing Memorial Championships and preparations for the event are now well under way. Please can I remind all those of you who are interested in participating to pre-register (forms and details are available on the website). Remember too that as well as the Party on the evening of December 1st, there is also what promises to be a very interesting and informative course on December 2nd, featuring Guru Zainal Abidin, Don Harradine and myself. So make a weekend of it, meet old friends and make new ones – I'm certainly looking forward to it.

Next year as many of you will know is the 20th Anniversary of the Association and we have a series of events planned. In September we will be holding the Anniversary celebrations in Penang and have invited a wide range of world-renowned masters to participate. This means that in addition to the usual in-depth training in taijiquan there will also be the opportunity to train in Malay Silat, Filipino Eskrima and Chinese Baguazhang and Xingyiquan. Such an opportunity to train with such a range of world-class teachers is rare and the price which includes training, accommodation in a luxury four star beach hotel, deluxe breakfast and admission to the Celebration Banquet is the same as that charged for the 15th Anniversary. Truly a bargain! So book now and ensure your place.

In the UK we will be holding a series of events including an Intensive Training Camp. So I am looking forward to seeing you all on my travels and at the Master Liang Memorial Event. Until next month – train hard and have fun!

### Seminar Notes

#### Key Skills of the Taijiquan Form

Song

Structure

Centre

Footwork

Song

- Physical
  - Looseness - swinging
  - Connection – standing post
  - Flesh hanging off skeleton
  
- Mental
  - Whole body connection – lying/sitting/standing
  - Sensitive skin
  - Inside to outside
  - Blending with environment

- Individual rhythm blending with group

## Structure

- Heaven Earth Man
- Attain structure
- Break structure
- Constant return like elastic
- Identifying and controlling the X within the I
- The above solo and pushing hands
- Use of circle and straight lines

## Centre

- Dantian tendency towards one leg or the other
- Moving centre
- Centre leads hands
- Hands lead centre
- There are no hands

## Footwork

- Five Directions
- Taking the side H
- Circles in straight lines
- Straight lines in circles

All of the above in the context of the constant cycle of Gong>Quan>Yong

## Ling Yai Krabi Krabong

### Agile Monkey School of Sword and Shield

#### Module 1

- 8 Krabong blocks
- 8 Krabi attacks
- 3 Attack/defence set

#### Module 2

- 12 Krabi attacks
- Krabi defences
- Krabi attack and defence set
- 5 and 7 Attack/defence sets
- Breathing set 1-3

# Knife

## Part One

**Handling** – becoming familiar with the blade

The learn through play concept

**Fundamental Skills** – drilling the slashing and stabbing movements

Diagonal cross up and down leading to figure 8

Horizontal cross

Stab

Practice all of the above on a hanging cloth target and then on a human target, at first static then moving

Use of empty hand

## Part Two

**The Elements of Knife Movement** - heaviness, lightness, penetration

Using these three feelings with the above drills

Interception with lightness

Striking with combinations of the above

Use of the empty hand – the natural shield

## Movement – THE Key

Tapak Two – working the H

Circling

Freeform

## Part Three

### Lintar- the flow

Pushing hands with knives – using lightness and heaviness

### General Issues

Mindset - receiving damage, inflicting damage

Finishing

Power