



Tai Chi & Qigong Union for Great Britain

www.taichiunion.com

New Health Committee FB page including COVID guidelines



As the new health committee continues to develop its work, Tina has setup a Facebook page to share latest COVID guidelines etc. and can be found at <https://www.facebook.com/TCUGB-Health-Committee-103961201747938>

Plus the Union website COVID page at <https://www.taichiunion.com/coronavirus-covid-19/> which is currently being updated with risk assessments, guidelines, PAR Q forms etc.



Articles page on Union site

As we continue to develop the website, we have added an articles page which can be found at: <https://www.taichiunion.com/all-articles/>



Marnix pt 1 & 2 articles

Marnix Wells is a Director of the Union and a graduate in classical Chinese from Oxford. I asked him to write a series of articles on the history and development of internal martial arts. Part 1 & 2 can be read online at:

Taiji roots <https://www.taichiunion.com/taiji-roots-part-i/>

All Tai Chi is Qigong, but not all Qigong is Tai Chi
<https://www.taichiunion.com/taiji-roots-part-ii/>

Membership renewal invoices

Some of you will have already received your membership renewal by email and will note the changes.

We have started using QuickBooks online to modernise and standardise the accounting process. The software provides simple and quick reporting to assist the Board in reaching decisions on financial issues and can also be used to maintain data on membership numbers.

It would greatly assist us and save money, if all renewals and communications could be sent by email (to treasurer@taichiunion.co.uk); with payments made online direct to the bank account, so saving postage and the time needed for someone to take the cheques etc. to the bank. The reduction in Bank branches and waiting times resulting from the COVID restrictions makes banking a time consuming process.

As you may imagine transferring all the membership records to the new programme was a significant project that will roll out over the coming months. Although we took every effort to get it right, we do ask that you make us aware of any errors in your details when you receive your renewal documents.

Please take this time to check if you have an annual standing order to the correct account ending 3060, and for the correct amount. This will help you avoid overpayments, and the time needed for us to issue refunds. If you are unsure, please email Aileen at treasurer@taichiunion.co.uk

How to start your qigong journey

Sue Dunham, a Union member, wrote a really interesting article on how to start your qigong journey. It was posted as a news item, and on social media, and received some really positive comments. You can read it at <https://www.taichiunion.com/how-to-start-your-qigong-journey>

World Tai Chi & Qigong day 24th April 2021

This year we'd love you to share the news of what you're doing for world tai chi & qigong day as we can be back outdoors and joining in

<https://www.worldtaichiday.org/ABOUTwtcq.html>



Tai Chi and Qigong for Health and Wellbeing

As more of the population are living longer, tai chi and qigong can play a key part in an active and healthy lifestyle. To strengthen this, a project was started to identify a route forward.

Q - *Who are the potential initial TCUGB clients?*

A - **12 million over 65's (20 million over 50's) plus less able etc.**

Q - *What do they need/require?*

A - **Improved health, wellbeing, lifestyle and longevity.**

Q - *What are the TCUGB doing to achieve a greater slice of these markets?*

A - **Forming a partnership with CIMSPA to provide professional instructor standards.**

Q - *Why are standards considered necessary?*

A - **So TCUGB instructors can be approved by the UK Government, NHS etc. as quality providers**

Q - *What is the driving criteria?*

A - **The mission statements, aims and visions highlighted at this year's AGM.**

Q - *What has taken place?*

A - **Setting up the TCUGB/BCCMA/ CIMSPA partnership to develop the standards.**

Q - *What do we need?*

A - **Quality Assurance, Health Questionnaires, Marketing Forecasts, Programme and Lesson plans, Database, Document Management, Scientific Evidence and Systems Lists. Most of these have initial proposals on the table.**

The proposal at the 2016 AGM, and subsequent decisions, have created a Process Chart with Shibashi qigong Set 1 and CMC Tai Chi elements as base line systems, with Falls Prevention and Cardiac Rehabilitation being identified for action initially. Other areas and recognised systems to be incorporated as it develops.

MISSION

In line with the mission, aims and visions it is essential for the TCUGB to become a (the) major provider of Integrated Complementary Therapies (CAM). Charts have been produced with potential partner therapies, such as Prana and Yoga. Others include Acupuncture, Osteopathy, Physiotherapy, Mindfulness and many more.

COLLABORATIONS

To ensure the TCUGB lead all Tai Chi and Qigong Health and Wellbeing opportunities throughout the UK, it is considered essential to form collaborations with prominent organisations throughout the world. At present, discussions are progressing with representatives from Australia, USA, SE Asia, South Africa as well as Canada with others in the pipeline.

Details cannot currently be released as we need to honour commercial sensitivities.

However, from these potential collaborations we anticipate sharing information regarding scientific evidence, accreditation and certification, which will have significant benefit to instructor's future business, and meet the objectives of the newly formed Health Directorate and its Committee.

Surely the next 4/5 years must be among the most challenging and rewarding regarding the growth of the Union and the UK population's Health, Wellbeing and Lifestyle.

These are thoughts by the author of this section of this newsletter, Keith Sharp - 19th March 2021

A progress/purpose statement (Jan 2021) can also be read at <https://bit.ly/3IARmra>

AUTHENTIC TAIJI QIGONG SHIBASHI



'Taiji Qigong Shibashi' is possibly the most popular form of qigong practised in the UK today; yet few instructors or practitioners know its true history, or authentic Lineage. There are myths and much misinformation, so most people are not aware that its sole creator, Professor Lin Housheng, is still alive and now living in the USA. Professor Lin is a remarkable master of internal arts and of medicine. In 2011 he took on two indoor students, Canadians named Fabrice Piché and François Caron. They are the only lineage indoor students that Professor Lin Housheng has taken in the West and to whom he has transmitted extensive and detailed knowledge of his Taiji Qigong Shibashi.

When Professor Lin was given an iPad for Christmas, he was able to see for the first time videos of his 'Shibashi' posted online by a great many people. He realised then the extent of the 'variations' being practised and even certificated. He was both delighted to see that so many people have taken up Shibashi, but he was also concerned about the lack of depth and accuracy of the forms presented. Professor Lin Housheng would very much like people to be able to have access to his Authentic Shibashi, with all of its depth, and has tasked his two Indoor Students with passing on the detailed system that he created.

We asked TCUGB Associate Member Fabrice Piché to write about Taiji Qigong Shibashi and his journey to find the root of the authentic lineage and how practitioners can start to find out more about it. This is his first article in a series for TCUGB. Any scientific/medical claims made do not currently have any Western research to support or not the claims made, so we are just sharing for your consideration.

Professor Lin Housheng, creator of the very popular 'Taiji Qigong Shibashi' system, is generally unknown in the U.K., yet he was one of the first pioneers to push

qigong into the spotlight. Born in Fujian Province of China in September 1939, he always enjoyed physical activities and sports. At age 15 he began his martial art and qigong training with a former Shaolin monk. The Zhan Zhuang Qigong system he learned would become the root of his qigong skills development.

He graduated from the Shanghai Physical Education University in 1964 with a Major in aquatic sports and Wu Shu. Thanks to his passion and good grades, he soon started working as a researcher at the Shanghai Physical Education Science Research Institute.

"In 1968, at age 29, during his practice, an abnormal feeling suddenly began running throughout his body. His nervous system suddenly became extremely stimulated. He became excited, full of intense feelings of what it meant to be alive. The entire world around him turned into magnificent golden light. He felt his life energy (qi), like a flowing spring, running inside his body, smoothly circulating through the Governing and Conception Vessels [the energy meridians in the back and front of the body]. Then suddenly, this circular flow split into two strong pathways of qi, each flowing down from his shoulders, and out of his two palms. He realized this was exactly what his teacher had told him before about External Qi." *[translated by John Voigt from Lin Housheng's 'Qi Gong Shi Jie,' 1992, for his article about Lin Housheng*

<https://www.linhousheng.com/articles/taiji-qigong-shibashi-and-lin-housheng-by-john-voigt>]

Material Foundation of Qi

This experience was the spark that ignited his deeper research interest in qi. After the end of the Cultural Revolution, Lin Housheng became the test subject of the top nuclear research scientist in China, Gu Hansen. Between 1977-78, Lin Housheng and three other qigong masters, Cheng Zhijiu, Liu Jinrong, and Zhao Weifa participated in various experiments to demonstrate the materiality of qi.

"To reveal the material nature of qi, the Traditional Medicine College of Shanghai, Shanghai Research Institute of Traditional Chinese Medicine and Shanghai Atomic Nuclear Research Institute cooperated in their research on the External Qi (Wai Qi) by Qigong masters with modern (1977) scientific instruments. The scientists found out that External Qi was material. Modern instruments received messages of infrared,

static electricity, magnetism, and certain fluid. Whether the messages are the essence of Qi or the carrier of Qi is something that needs further research.” *Lin Housheng and Luo Peiyu, authors of ‘300 Questions on Qigong Exercises’, Guangdong Science and Technology Press.*

“It is the first time that the physical nature of qi was proven. The publication of the results of the experiment created waves within the country, aroused interest and drew the attention of numerous scientists towards qigong research. Their heroic undertaking had a determining effect on the rise of qigong in contemporary China.” *David A. Palmer, author of ‘Qigong Fever’, Columbia University.*



A Qigong Superstar!

The prestigious Nature Journal of Shanghai published Lin Housheng’s research thesis in 1978, which was later referenced by the UK’s Nature Journal. Lin Housheng also published the first book about qigong after the Cultural Revolution, titled *‘Qigong Makes People Healthy’* (气功使人健康). But it was on the morning of May 9th 1980 that he became a “Qigong Superstar” by performing the first Qigong Anaesthesia, during the surgical removal of a tumour of the thyroid gland.

“On the morning of May 9th, 1980, in the operating room of the Number 8 People's Hospital in Shanghai, doctors proceeded to successfully utilize qigong (administered by Lin Housheng) as a surgical anaesthetic in the performance of a thyroidectomy. The patient was nervous prior to the surgery, with elevated blood pressure and ice-cold hands and feet. The patient reported continuous pain when the medical staff injected saline into her foot. At this point, “external qi” was initiated on acupoints on the face. Several minutes later, the patient began to calm down.

Twenty minutes later, the leading surgeon, Mao Guanyang, made the initial incision in the skin, creating an incision of 8-10 centimetres, at which point the patient's face appeared calm and her blood pressure was stable, and no pain was experienced or reported. Over the course of the two-hour surgery, only the throat experienced occasional discomfort, and virtually no pain was experienced when the skin was sutured shut.

This was the first example of qigong being successfully used as an anaesthetic, thus establishing a foundation for future use and development as a surgical anaesthetic and increasing faith in this technique. Research was subsequently initiated as a collaboration between the Number 8 People's Hospital in Shanghai, the Shanghai School of Chinese Medicine in affiliation with the Dawn's Light Hospital, the Zhuhai People's Hospital in Guangdong province, the Shanghai Number 1 Medical School in affiliation with the EENT Hospital, and Shanghai Zhongshan Hospital, in which qigong anaesthetic was used in 25 surgical cases, all of which were successful. These consisted of 19 surgical excision of thyroid tumours, three surgical excisions of hyothyroid tumours, and three subtotal gastrectomies. Under qigong anaesthetic, patients are still fully conscious and lucid, able to speak. They are post-operatively functional without assistance, generally recover more quickly, and feel more satisfied with their physicians.” *Lin Housheng, author of ‘Shaolin Qigong Illustrated.’*

Lin Housheng was then permitted to create a qigong form that would benefit the general population. In 1979 he created the internationally acclaimed Taiji Qigong Shibashi Set 1. Since the form was well received by populations all over Asia, Lin Housheng created Shibashi Set 2 in 1988 and continued to develop his system until 2010 when he created the Jing Hua Ban (Quintessential Form) also known as Shibashi Set 8. The full Taiji Qigong Shibashi system is composed of eight forms: six containing 18 individual movements (giving a total of 108 movements), one form for therapeutic use and the form that contains the essence of his system, the Jing Hua Ban.

During his Medical Qigong career, Lin Housheng assumed the role of physiology teacher at the Shanghai University of Traditional Chinese Medicine, Director of

the Medical Qigong doctors of the Shanghai Qigong Research Institute and then became the General Director of that institute. He is still generally known by his title Professor Lin Housheng, as well as being an internationally known Qigong Master.

He has travelled the world teaching Taiji Qigong Shibashi seminars to crowds ranging from 500 to 10,000 participants. After retiring from the Institute, Professor Lin moved to the United States in 2000, regularly travelling between L.A. and Shanghai and became a US citizen in 2010. In 2011, Professor Lin accepted his only two Indoor Students in the West, François Caron and Fabrice Piché. He tasked them to spread his deeper teaching to the West after noticing many inconsistencies in the plethora of 'Shibashi' videos online.



An upcoming article will share the story of how I met Prof. Lin and share the experience of what it is like to learn from a modern Qigong Living Treasure.

Lin Housheng official website: www.linhousheng.com

By Fabrice Piché

Indoor student and Representative of Prof Lin Housheng, creator of Taiji Qigong Shibashi. Owner and Head Instructor: www.Qigong18.com



An Insight into Internal Arts Through Autism

Within Tai Chi, Bagua and Xingyi Quan there are many different styles. Reacting and responding to how the movements make you feel, following your own direction and rhythm. It can be very similar to listening to music and tapping out a beat or a groove. But in martial arts your body responds to your own inside rhythm. In autism and other associated sensory conditions, I sometimes struggle to make a connection through communication and giving

what is deemed as a corrective response to individuals. This can be so frustrating and can be soul destroying leaving me feeling frustrated, angry, lost, isolated and disconnected. However, through the beautiful form of Tai Chi and the twirling waves of Bagua's song it all becomes so clear and unblocks my pathways and channels. The movements allow me to completely let go of the constant missed signals to my brain for the corrective response to a conversation or situation. I do not know what it is to be a non-autistic entity. I have always been autistic and my brain functions differently especially in social situations and communication. It does not mean that I am slow or stupid it just means that I communicate in a different way to others. So when I am performing the form whether it is Tai Chi, Bagua or Xingyi Quan my internal pathways clear and I relax and let go.

My mind, body and spirit unfold fast and softly, or slow and graceful like weaving an untold web or a rainbow of dance, groove and rhythm. No matter what size I am or what injury my body has, I become unbroken, unhinged like a butterfly through a world of cosmos and unimaginable grace. Different environments also contribute massively to my mind connection to my body and spirit direction. If it is stormy and gusty my movements are fast and precise, unpreserved and practiced forever flowing like clear running water into a stream, river or ocean. Riding and surfing the powerful waves of an unchained melody of sequences and movements. The soft graceful flowing touch of Yang Cheng Fu's yang style Tai Chi its raw step by step integrated movements of beauty or Wang Shujin's smooth elegant whirlwind dance of Bagua Linked Palms. The internal arts enable me to strip away my stress, anxiety, anger, worry and isolation then I become focused, determined and centred. Separated from any autistic frustration and disconnection.

Often I feel tired and drained if I have attended a massive social event and experienced lots social interaction. When I went to Hong Kong last year with Ashley James Cheeseman friend, Sifu and teacher, and other friends from our Tai Chi school we would go out in the day and have fun packed events full of adventure and thought. Then of an evening most people would want to go out for a meal and explore the beautiful night sites of Hong Kong. I spent several evenings in my hotel room resting away from others. Not because I wanted to be away from my friends but because of the sensory overload of the humidity and heat of Hong Kong. As well as the massive journey I made from the United Kingdom to a such an amazing city that touched my heart in more ways I could ever explain and opened my autistic mind even further, to create Tai Chi Simplicity and my teachings of the internal

arts and Qigong to people who have learning disabilities, physical disabilities, sensory associated conditions, mental health, dementia and autism. To be able to build a bridge of two worlds to come together and make one. To give people the knowledge and opportunity to learn something new, magical, ancient and wonderful. To bring the internal arts and autism, disability, mental health, dementia, sensory associated conditions into an equal world of kindness and wonder. Some my friends and students would often say to me I did not know that you were autistic and many people would say it only affects you very mildly. My reply would be that is because I have worked so hard for my autism to only affect me mildly. But that is what it appears to be on the outside. On the inside my brain can go into overdrive especially in social situations, and not give the correct social response to others. This may seem that I am being rude or uninterested with people, this is not the case as my brain functions very different to others. And I often get trapped in a mind bubble of isolation and awkwardness due to my poor response sometimes to social and intimate situations. Through Tai Chi meditation and relaxation, I am able to invoke a relaxed reaction through stillness, mindfulness and physical movement to prevent me from being overloaded with a sensory emotional and environmental response.

When I went on a day trip to Lantau Island I remember feeling so drained and tired due to the heat, sensory overload and social discomfort but I was driven on by wonder, adventure and support from my friends. Being surrounded by the iconic beautiful mountains and views to the old buildings and magical ways of life, my travels took me up to Po Lin which is the world's tallest Buddha statue and if I wanted to get closer and join my friends up the top of Po Lin I would need to climb two hundred and sixty-eight steps in extremely hot and humid conditions. This was then in my mind I started to build the bridges in to two worlds coming together. After sweat, sweat and more sweat I managed to get to the top of Po Lin and I saw such a wonderful beautiful touching site. I stood by three smaller Buddha statues and looked out across the mountain peaks I thought to myself my chains are unbroken and an autistic mind in Hong Kong seeing the world so differently. A place that had touched my heart and made me understand so many things and my connection with the internal arts and Qigong. Ashley stood next to me like a teacher would his pupil and he said, as a friend, I am so proud of you and the journey you have had and what you have become and for what you are about to do. That moment I felt whole, proud and complete. My friend Richard has also stayed by myself and supported me along my hard longful journey never once doubt my teachings to him or the internal arts I taught him. Forever

loyal both men and friends gave me hope in being accepted by society as an autistic internal martial arts instructor and mostly accepted by myself as more than an autistic entity but as a teacher, friend, student and most importantly as Nicky.

By Nicky Fawcitt

Your input really helps

A big thank you from the board to all our members who have taken the time to get in touch with Wes to share their constructive thoughts and ideas on how the Union can continue to develop and improve going forward. It is very much appreciated. We are a broad church and it is very helpful to gain a general understanding of what our members think about what it means to be a member of the TCUGB in 2021 - what aspects they regard as positive and helpful, and what aspects they feel are in need of change.

We have had very positive feedback regarding our new, more regular and re-formatted newsletter, so thank you very much for that - and we have had some very interesting and insightful views and ideas regarding membership, the magazine and making the union more attractive to potential members. Every contribution helps the board continue to shape the Union with the improvement of the membership experience and the promotion of the Chinese internal arts as it's primary goals and, although progress is not always immediate, we would like to keep hearing from you, as we begin to implement our short, medium and long term objectives to ensure these goals are met.

The topic we would like to hear back from you this month is: What do you think would help improve our website? You can email Wes at:

equinoxtaichi@gmail.com

As the world continues to unlock, it is clear that many of us will be training using a mix of 'live online' and 'face-to-face'. The technology developed massively over the last 12 months and actually was shown to increase the number of sessions per week attended. I am enjoying the opportunity to share and practice more; maybe you can share your stories for the next newsletter issue.

Best regards,

Mark Peters
Chairman

On behalf of the board of TCUGB