



# Tai Chi & Qigong Union for Great Britain

[www.taichiunion.com](http://www.taichiunion.com)

**Welcome to the June 2021 issue of the TCUGB newsletter.**

## The Digital Magazine Trial

Last month we trialled the first digital version of the magazine (the Journal) and asked for your thoughts. There was a slight preference for, and greater satisfaction with, the pdf version over the flipbook version. For now, we will continue to offer both. For those who would like a printed magazine, there is the option to purchase single copies at £5.99 and 10 or more copies at £4 including P&P. They will be printed in the UK on 100% recycled carbon neutral uncoated paper. We have made arrangements with ASKPrint online and setup an online shop at:

<https://www.fluidic.co.uk/c/6143/tai-chi-qigong-union-for-great-britain>

## By, and for, the Members

What content would you like in the magazine? What interests you and your students? Articles on different aspects/elements, poems, illustrations, book reviews, workshop details? [Let us know](#). We are looking to produce the magazine 3 times per year in April, August and December with copy deadlines March, July and November. We are also keen that the members contribute to their magazine. Please send items for consideration to Mark at [enquires@taichiunion.com](mailto:enquires@taichiunion.com)

## A Deeper, More Interactive, Experience

Members may know that, in recent years, the Union has typically run at a loss. We've been living beyond our means. And magazine related costs were the biggest part of this. The move to digital will therefore help the Union to stay in

business and achieve its goals (more on this later). But it's not just about cost cutting (although that is necessary). It's also about bringing the magazine and newsletter up to date to better serve our members in the 21st century.

How many times have you read an article and *thought "Ooh this is interesting! I must do a bit more reading on this"*? But you never get around to it. Or *thought "hmmm...I'm not 100% sure what these photos are showing me."* And so lose interest in the article? We are excited that our move to digital could change this.

As the magazine project develops, we will encourage authors to include live hyperlinks in their articles. For example, maybe a link to a video of a technique or a form. Or a link to more information for a deeper understanding. The chance to read about something in the magazine – follow a link to practice it – come back to the article and continue.... We hope this will be of benefit and add value for the reader. We're looking forward to finding out together.

## Community Interest Company

The Union became a Community Interest Company (CIC) back in 2018. It's fair to say that this continues to be a steep learning curve for us all. In some ways nothing has changed – the Union still acts to bring instructors and the public together. But we'd like to see more instructors teaching more of the public. The Board is now considering how to bring these great arts into more communities across the UK. Effectively we have to review our marketing and promotion. We've been lucky to benefit from Tai Chi and Qigong. We want lots of people to experience the health benefits and more. Savings from the magazine will help to some extent with this work. The Board very much

appreciates the support and suggestions of the members in this.

### **The Newsletter**

We will continue with the newsletters to keep you up to speed with time sensitive issues and Union business.

If there is anything you'd like included in the future, [please let us know by clicking here to email](#),

### **Magazine Issue 62**

The magazine will be posted on the new dedicated magazine website, and a reminder will be published in the monthly newsletter. Click on the image or visit <http://taichimag.org> and click the cover image of the issue you want to read. More issues will be added over time.

Issue No 62, out now, includes:



### **Editorial by Mark Langweiler**

### **Chairman's Report by Mark Peters**

### **Radical Relaxation**

Brendan Lee, assistant to Peter Ralston on being relaxed in the art

### **Four Resemblances**

From a Question and Answer session with Madam Sun Jian-Yun in the 1980s

### **Tai Chi Roots**

Marnix Wells *explores the origins of the tai chi we practice*

### **The Chi Pyramid**

Not feeling chi-flow. It is not you it is tai chi says Al Simon

### **The Six Harmonies**

Stuart Agars reveals the Six Harmonies, Eight Methods of Liu He Ba Fa

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### **The Chi Full Diet**

Food is an important energy source used by the body's cells. But food is also a source of a much more subtle energy, says Charles Shahar

### **Tai Chi Utopia**

Taiji Quan, as described in the Classics, is a utopian practise says Fred Behar

### **Teaching Tai Chi in Wales**

Dan O'Grady's tai chi school in the valleys

### **Tai Chi and Autism**

An insight into the internal arts through autism by Nicky Fawcitt

### **Open Heart**

Rachel Davies on Sheng Zhen meditation

### **Behind Closed Doors**

Tai Chi Chuan from Behind Closed Doors by Shifu Wang Yunkuo and Brian Corless

### **Learning to Love the Plateau**

Patrick Foley shares his views and experience of learning to enjoy the plateau as part of development.

### **Meet the Teacher**

The Tai Chi of Keith Abraham



### **Communications**

Looking at how to improve communications further, we want to identify regional officers to act as hub points/contacts. They can help connect members and potential members in their area, maybe help with technical panel recommendations, be involved with regional events in the future etc. Current regions, as used on Union Instructors page, are:

- London/South East
- South & West
- Eastern Counties
- Midlands
- North
- Wales
- Scotland
- Ireland

- Isle of Man
- Channel Islands

We will need more officers in some regions and are happy to add additional regions as needed. If this is something that appeals to you, please let the Chairman know. ([enquires@taichiunion.com](mailto:enquires@taichiunion.com))



### It's the Union's 30<sup>th</sup> Anniversary

so we thought it would be a nice idea to have a 30<sup>th</sup> Anniversary logo competition. The winning logo will be used on the website, social media and press releases. The winner given full credit for their work, plus it will be available on commemorative merchandise (e.g. t-shirt, hoodie, tote bag etc.). Submit entries to [enquires@taichiunion.com](mailto:enquires@taichiunion.com)

**Magazine Stock Clearance**  
 We are having a [Magazine Stock Clearance](https://www.taichiunion.com/magazine-stock-clearance/) of back issues of Tai Chi Chuan & Oriental Arts magazine.  
 Multiple copies are heavily discounted. Go to the [Magazine Stock Clearance](https://www.taichiunion.com/magazine-stock-clearance/) page for details.

**click the image to access stock clearance page or visit <https://www.taichiunion.com/magazine-stock-clearance/>**

### Announcement by the TCUGB re CIMSPA Project

At the 2021 AGM, we stated one of our aims to be: The TCUGB to be the primary organisation for Tai Chi (Chuan), Qigong and internal martial arts throughout the UK. Part of this vision is for applicable Tai Chi and Qigong to be the primary complementary therapies alongside the Department of Health and Social Care and all other providers of health care as well as insurance companies and corporate organisations.

### Pertinent Actions

The 2016 AGM confirmed an investigation following the submission of a proposal regarding the Over 65's which total 12 million in the UK (around 20%) by Keith Sharp.

2017 Chartered Institute for the Management of Sports and Physical Activity (CIMSPA) chosen as TCUGB Partner.

2020 January First and only meeting of Professional Development Committee (PDC) to create Professional Standards.

2020 September Positioning Statement confirming Tripartite partnership between TCUGB/CIMSPA and British Council of Chinese Martial Arts (BCCMA), as the BCCMA is the National Governing Body

### Status on the Professional Standards

- Tai Chi for Health and Wellbeing
- Qigong for Health and Wellbeing

2021 January, both Professional Standards ready for distribution.

Unfortunately, due to a number of internal issues, CIMSPA decided to hold off until they had investigated the situation.

Eventually CIMSPA issued a 20-point report, to an unknown number of people, requesting responses by the 18th June. The official TCUGB response was submitted on the 14th June. An acknowledgement was received, and we now await the reestablishment of the PDC to move forward.

**Note:** delays and disruptions have been due to other organisations trying to get involved to sway the standards away from the original aims of TCUGB/BCCMA/CIMSPA, those of quality and inclusivity.