

Welcome to the August/September 2022 issue of the TCUGB newsletter.



Issues 66 is here and can be viewed online at <https://taichimag.org> and click the **cover image** of the issue you want to read.

This issue includes:

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- [Health page – Tina Faulkner Elders](#)
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Please note, the site is now https so you should not receive any security warning messages.

We are already compiling content for issue 67 and look forward to receiving your submissions. Email them to us at editor@taichimag.org

AGM event for your calendar – 8th October

The AGM will be live on zoom this year. This went well last time as more members were able to attend than ever before. An official notice with zoom login details, call for questions etc. will go out shortly to all members of the TCUGB. The date for your diary is Saturday 8th October 11am-1pm.

Calling for photos and photographers

To refresh our website, improve social media and develop marketing material for our members, we need quality images. There are a number of photographers, both amateur and professional, within the TCUGB membership and we'd like to pull this together, so we call all support each other. If you have photos you're willing to share, or are interested in being part of this project, please email us at chair@taichiunion.com and we will send you more details.

CIMSPA national standards update

<https://www.taichiunion.com/>

This has been a long, hard project and has caused some controversy with some members over what it may mean to them. Please remember that it is not intended to restrict the practice or teaching by TCUGB members as it does not cover the whole arts, just improve quality control in specific sectors. We are building a Q&A that will be issued shortly; it will cover costs, who it's for, how it will work, and so on. If you have any specific questions, please send to enquires@taichiunion.com

Qigong Steering Group

The TCUGB Board recently authorised the formation of a Qigong Steering Group (QSG) under the lead of TCUGB Director Jane Launchbury. The QSG has members with a wide range of qigong and internal arts knowledge covering many systems, from fitness qigong through to medical/clinical qigong used prescriptively by those with diagnostic qualifications in Chinese Medicine. The group has plenty of enthusiasm and is already developing many ideas to present to the board and TCUGB members.

The Qigong Steering Group has been formed with the broad aims of:

- increasing the profile of Qigong and knowledge of its many health benefits
- increasing knowledge of Qigong's relative benefits (compared to Yoga/Pilates etc, Breathwork, Mindfulness & Massage) amongst all segments of the UK public and amongst a broad range of public & private UK organisations.
- supporting and increasing the number of TCUGB instructors offering Qigong

Are you aware we have added a Qigong section on the TCUGB website at: <https://www.taichiunion.com/what-is-qigong/>

Health Committee

AS we continue to develop areas to support our members with PAR-Q, risk assessments, collating research, specific health benefits etc. the health committee was formed to best support this. It was very active during COVID peaks issuing guidelines. They can be contacted, and details found at: <https://www.taichiunion.com/health-committee/>

Help with insurance

We listened to feedback and needs of members and worked with a number of insurers to develop insurance policies to meet your needs. Details of policies can be found at: <https://www.taichiunion.com/join/insurance/>

Members mailing list update

We are cleaning down and moving the email list to separate members and non-members. This means non-members will no longer receive the updates or member specific information e.g. journal, events etc. If you are not currently a member then now is the time to join. Whether you're an instructor, student, or just somebody interested in tai chi, qigong and more, you can join easily. Details can be found at: <https://www.taichiunion.com/join/>

Advertise in the TCC&IA Journal?

Feedback on the new look journal has been excellent, and it's really heartening that members are listing events again. Maybe it's now also time to advertise your workshops, course, and products in the journal as members receive a substantial discount. If you are interested in finding out more, you can email the editorial team at editor@taichimag.org

Best regards,

The board of TCUGB

<https://www.taichiunion.com/>

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