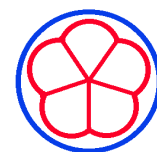


Taiji Quan Qi Gong

Chen Pan Ling

太極拳 氣功



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APPROVED



Chinese Kuoshu Institute (UK)

Healthy Mind ☯ Healthy Body ☯ Healthy Life

Vauxhall Recreation Centre
Gypsy Lane, Luton, Beds. LU1 3JH

Beginner to Intermediate (Adults): Sundays 10:00 – 12:00

Information

Website: www.kuoshu.co.uk

Telephone: 01582 876700

Chen Pan Ling Taiji Quan and Qi Gong

The modern classic of Chen Pan Ling Taiji Quan emerged after the 1940's. The form, supported by scientific theory, incorporates the best from the Taiji Quan styles popular, in China, at that time. Chen Pan-Ling was an advocate of standardisation and systematic teaching. In his efforts to develop a synthesised form Chen Pan-Ling was conscious to combine applications which were effective and properly representative of the three schools of Taiji of which the synthesised form is comprised. The result was a form which captured the undeniable martial arts nature within the most beautiful movements. The Yang and Wu styles are the most obvious in terms of incorporation and contribution to the development of the Chen Pan-Ling form. There has been some debate on the significance of the influence that Chen Taiji Quan had on the development of Chen Pan-Ling's form. The Chen Taiji Quan influence is regarded as being apparent within the Chen Pan Ling form itself and the degree of spiraling rotation on the vertical axis - silk reeling energy.

Class Structure

Start of the Class: Students line up in rows of six (one arms length apart) facing the Instructor. Out of respect, the Instructor and students salute each other; and the Student Code is recited. The student Code reminds us why we practice Chinese martial arts; and the principles to which we should aspire.

During the Class: The warm up drills are designed to be gradual and sufficient to increase muscle and core temperature without causing fatigue. Over time the students' endurance, stamina and flexibility will increase. Techniques are used to develop the students understanding of biomechanics and the principles of effective combative and self defense training. Over time the student will be able to adapt their techniques to eliminate threats and to protect themselves and make use of weapons.

End of the Class: Students line up in rows of six (one arms length apart) facing the Instructor. Students then participate in a closing Qi Gong exercise. Out of respect, the Instructor and students salute each other.

About the Chinese Kuoshu Institute

The Chinese Kuoshu Institute (CKI) is an apolitical and non-profit making organisation. Established in the United Kingdom in 1990, as a Chinese Kuoshu (martial arts) school: over that time, the CKI has developed a reputation for producing some of the finest martial artists in the country – many of whom have represented Great Britain internationally.

As a CKI student, you will have the opportunity to: train alongside both national and international champions; learn from Masters with World-renowned reputations; and attain qualifications in Chinese martial arts that are ratified by the appropriate International governing bodies and recognised Worldwide.

The training regime will include the practical application of the skills acquired during the lessons. Depending on the style being studied, students may emphasise certain aspects of the key elements: Da, Shuai, Na, Dian and Cui.

We make every effort to train students to be the best they can be in martial arts and extol the principle of: De, Zhi, Qian, Wu (Virtue, Wisdom, and Humility through Martial Arts).

Instructor

Master Rob Simpson (Yuan Xiang) is a Master Instructor with the Chinese Kuoshu Institute and holds a 6th Tuan (Degree) from the World Kuo Shu Federation (TWKSF). Master Simpson is: TWKSF Referee General; A Class International Judge; and the BCCMA Head Judge for Tao Lu. He has trained National, International and World Champions; and has travelled extensively in the Far East. Master Simpson teaches Bao Ding Shuai Jiao (Chinese Wrestling) - Chang Tung-Sheng lineage; Tien Shan Pai (Northern Shaolin) - Huang Chien-Liang lineage; and is an exponent of Chen Pan Ling Taiji Quan, Tian Gang Qi Gong, Xing Yi Quan, and Ba Gua Chang.

More Information

CKI Website: www.kuoshu.co.uk
MAS Website: www.mas.kuoshu.co.uk
E-mail: admin@kuoshu.co.uk
Telephone: 01582 876700

Frequently Asked Questions

Where is the nearest class?

Vauxhall Recreation Centre
Gypsy Lane
Luton
Bedfordshire
LU1 3JH

When can I join?

There are four intakes during the year: October, January, April, and July.

When are the classes?

Men and women of all ages are welcome.
Sundays: 12:00 – 14:00

What do I wear?

Unrestrictive clothes: preferably a plain black tee shirt or vest, black martial arts trousers or track suit bottoms, and flat shoes.

Will there be physical contact?

Student often pair up and engage in striking and/or throwing drills and techniques which may involve Tui Shou (Push Hands) practice. Working in pairs gives the student the opportunity to develop core power, the working with moving targets to uproot, unbalance or throw enables the student to develop awareness, coordination, balance and core stability.

How are the classes run?

The classes run for two hours and are instructed in Grade Groups: Beginner to Intermediate and Advanced to Instructor.

Is it easy to learn?

Yes, but it does require practice to perfect skills.

Will I be licensed and insured?

Yes, through the Sport England recognised governing body: the British Council for Chinese Martial Arts (BCCMA). There is an annual membership fee for the Chinese Kuoshu Institute which covers the licence and insurance fee.

How much will it cost per session?

Adults: £6.00 Students: £4.00.