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# **Chinese Martial Arts**

## **Internal - Taiji Quan and Qi Gong**

*achieve your potential ...*



**University of Bedfordshire**

in association with

**Institute for Chinese Martial Arts (ICMA)**

Healthy Mind ☯ Healthy Body ☯ Healthy Life

**Hightown Community Sports and Arts Centre**

Concorde Street, Luton, Bedfordshire LU2 0JD

Saturdays 11:00 – 12:00

**For More Information:**

ICMA Website: [www.icma.kuoshu.co.uk](http://www.icma.kuoshu.co.uk)

Telephone: 01582 876700

## Taiji Quan (Chen Pan Ling) and Qi Gong

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 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.

Qi Gong exercises have three components: a moving or stationary posture, breathing techniques, and mental focus on guiding qi through the body. The prerequisite is a calm relaxing state of mind. Qi Gong is now practiced throughout China and worldwide, and is considered, by some, to be exercise and by others to be a type of meditation. From a philosophical perspective Qi Gong is believed to develop human potential (body and mind) and allow access to higher realms of awareness.

### Class Structure

**Start of the Class:** Students line up usually 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, strength and flexibility will increase. Techniques are used to develop the students understanding of biomechanics and the principles of effective combative and self-defence training. In 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 ICMA

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

As an ICMA 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.

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).

### Our Instructors

As well as being qualified internationally in the respective styles, all Instructors with the Institute for Chinese Martial Arts (ICMA) are trained in: First Aid, Coaching Children and Vulnerable Adults; and Health and Safety (including Risk Assessment). All ICMA Instructors have Enhanced DBS checks to ensure that they can coach children and young people. All ICMA Instructors received continuous professional development training to ensure consistently high standard in teaching. All Instructors are trained to national standard for Chinese martial arts tournaments and championships with many trained to International Judge and Referee standard.

### More Information

ICMA Website: [www.icma.kuoshu.co.uk](http://www.icma.kuoshu.co.uk)  
Facebook: [www.facebook.com/CMASBedsSU](http://www.facebook.com/CMASBedsSU)  
E-mail: [admin@kuoshu.co.uk](mailto:admin@kuoshu.co.uk)  
Telephone: 01582 876700

### Frequently Asked Questions

**Where and when are the nearest class?**

**Hightown Community Sports and Arts Centre**  
Saturdays: 11:00 to 12:00

Private Qi Gong and Meditation classes are also available.

**When can I join?** There are four intakes during the year which follow the Academic year: October, January, April, and July.

**Who can join?** Men, women and children (from age 14) are welcome.

**What do I wear?** Unrestrictive clothes or martial arts uniform: white tunic and black martial arts trousers with trainers or martial arts shoes. You can order your uniform at class.

**Will there be physical contact?** Student often pair up and engage in striking and/or throwing drills and techniques which may involve hitting pads and bags and sparring. Full and semi contact sparring is limited to Adults only. Light contact sparring is available for children from age 14 years.

**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 improve 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 Institute for Chinese Martial Arts which covers the licence and insurance fee. See website for details.

**How much will it cost per session?**

Waged Adults: £6.00  
Concessions (Unemployed/Students): £4.00  
Get into Sport Participants (Chinese Martial Arts): FREE  
BedsSU CMAS Members: FREE (subject to SU fee)