

## Shen Hongxun College 2008

<b>Chinese New Year Party Saturday 16 February, London</b> Join together for a buffet supper at The Bull and Last Pub, £12	
<b>16 – 17 February 2008</b> <b>Yi Jin Daoyin I</b> Parliament Hill School/London £120	<b>17 - 18 May 2008</b> <b>Yi Jin Daoyin II</b> Parliament Hill School/London £120
<b>20 – 24 March 2008</b> <b>Meditation</b> Harper Adams University College, Newport, Shropshire 5 Day Residential course cost £140 accom & food £190	
<b>19 – 23 July 2008</b> <b>*TaijiWuxigong I*</b> Harper Adams, Shropshire 5 Days course £250 accom & food £190	<b>25 – 29 July 2008</b> <b>Taiji 37</b> Harper Adams, Shropshire 5 Days course £230 accom & food £190

### \*Professional TaijiWuxigong Training in London

The Professional TaijiWuxigong training courses for current and future teachers are also open to students who wish to deepen their understanding of TaijiWuxigong. See over page. There is a reduced rate of £900 for payment of full course fee at the beginning

* <b>TaijiWuxigong II</b>	* <b>TaijiWuxigong III</b>	* <b>TaijiWuxigong IV</b>	* <b>TaijiWuxigong V</b>
20 – 21 Sept. 2008 £120	29 – 30 Nov. 2008 £120	31 Jan.–1 Feb. 2009 (tbc) £120	14 –15 March 2009 (tbc) £120

**\*TaijiWuxigong VI**  
 18 – 22 July 2009  
 Newport, Shropshire  
 5 Day Residential course £250

**SHEN HONGXUN COLLEGE UK,**  
**c/o 35 Kensal Road, Bristol, BS3 4QU**

**For all UK course bookings and information please email:**  
**[buqibristol@buqi.net](mailto:buqibristol@buqi.net) or call 0117 377 0103**

## INTERNATIONAL COURSES 2008

<b>6 –10 August 2008</b> Advanced <b>Animal Daoyin</b> for treatment of health conditions  Gent, Belgium	<b>29 October – 2 November 2008</b>  Advanced Treatment <b>Spirit Diseases</b>  Gent, Belgium
<b>International Lessons with Master Shen Jin</b>	
<b>TaijiWuxigong</b>  <b>1-5 August 2008</b>  Gent, Belgium	<b>E-mei</b>  <b>21-24 August 2008</b>  Antwerp, Belgium

**International courses contact: BUQI INSTITUTE BELGIUM**  
**email: [info@buqi.net](mailto:info@buqi.net)    [www.buqi.net](http://www.buqi.net)**

### **Come and join the 'Second Spring of Qigong'**

2008 will be a special year for Qigong (including Taiji), to which Dr. Shen Hongxun likes to refer to as the 'Second Spring of Qigong'.

Eight years ago a 'Chinese winter season' began for Qigong, as there were many problems related in one way or another to the Qigong movement in China. On one hand, there were political reasons that led to a Chinese government opposition to Qigong, on the other, many ill-informed Qigong teachers, who did not really understand the concept of Qi in Qigong, and thus they did not know what they were teaching.

Incorrect teaching led to abnormal and adverse reactions in Qigong practitioners, causing ill health in very many cases. Resulting concerns for public health led the Chinese government to call a halt to all Qigong practice, which then affected Qigong development worldwide.

Now however, with a new government and the Olympic Games approaching, the winds are changing. Many Westerners travelling to China are interested in Qigong and would like to know more about it. In anticipation of great demand for information, the Chinese Sports Ministry has created a body called the 'Health Qigong Control Group'.

## **Second Spring of Qigong continued...**

This new organisation has published four books with Qigong exercises and they have even sent a delegation to different western countries, in order to propagate this 'China Government Qigong'. That in itself is good news. The bad news is, that they have completely omitted the most important aspect of Qigong or Qi exercises, and that is the concept of Qi itself.

Two of these newly published books are titled '**Wu Qing Xi**' ('Five Animal Play') and '**Lie Zi Jue**' ('Six Sound Formula'). In Buqi, we study these two methods, as the Animal Daoyin and the Sound Daoyin. Dr Shen teaches us very clearly about the *internal movement* of both methods, as they were originally intended. Regarding the Sound Daoyin, it was Dr Shen Hongxun who first understood and corrected grave misunderstandings of the method as it has generally been taught since the 1980s.

The confusion came about because someone translated ancient Chinese text into modern-day Chinese, but put their pronunciation in the context of contemporary Mandarin. This was done without awareness of the original meaning of the characters and their ancient pronunciation.

For example, the ancient Character for one of the exercises would nowadays mean the equivalent of 'to whistle' – known only if one understood the ancient language. Instead of the act of whistling, the teacher of these exercises, taught his students to repeatedly say the word 'whistle, whistle, whistle ... etc. The same mistake happened with other parts of the Sound Formula, like the verb 'to blow', and so on. Of course, practised in this way, the Sound Formula cannot possibly have much effect let alone create internal movement.

Buqi practitioners and students have had the chance to study both methods in their authentic meaning – to gain a deeper understanding, and thus greater effect, all that is needed is more exercise. It is important that many who are part of the Buqi group continue to deepen their study, so that they can become teachers themselves and pass on their knowledge to others as soon as possible.

Another book published within this series of four is '**Yi Jin Jing**'. People often think that the teachings contained in this book originate from the Indian monk DaMu, but the earliest edition of 'Yi Jin Jing' can be traced back to the Ming Dynasty. Much of the Yi Jin Jing exercise system contains elements similar to some exercises of the 12 E-Mei Daoyin. 'Yi' means 'Change', Jin' indicates the 'Muscles and 'Jing' stands for 'book'. Thus the 'Yi Jin Jing' is a book that introduces the reader/practitioner to an exercise method to render the body supple by changing the muscles.

Then there is the fourth book, the '**Ba Duan Jin**' ('Eight Pieces of Brocade'). This is an introduction to a set of gymnastic exercises. The original method is from the Ming Dynasty, with each exercise being drawn on a piece of brocade (particular type of thick silk with a raised pattern). There were a total of eight pieces of brocade, so this is where the method takes its name.

*We invite Dr. Shen and Shen Jin to teach the 'Yi Jin Daoyin' on 16 – 17 February and 17 – 18 May in London. On February 16<sup>th</sup> there will be a Party to celebrate Chinese New Year, and for all Buqi friends to meet and have a good time together.*

## **YiJin Daoyin**

The YiJinjing is an ancient book of muscle strengthening exercises. The word 'Jing' means 'Sutra', and YiJin translates as 'Strengthening the Muscles'. It is said that YiJin exercises are particularly useful for 'purifying the energy body and thus strengthening the physical body'. We call these exercises 'YiJin Daoyin'.

Dr Shen Hongxun's teaching respects the ancient principles of these techniques, yet he teaches the exercises in such a way that they meet the needs of the modern times and conditions that we live in. In this way the YiJin offer both an excellent general fitness regime and can also be used to treat various contemporary health problems.

YiJin exercises differ greatly from the practise of most Taiji forms or QiGong exercises. Many of the principles of the YiJin can be traced back to the E-Mei Daoyin, and similar systems yet the YiJin are less complex which makes them easier to learn. The exercises are performed one by one, and they strongly engage the practitioner's muscle force; this is why one can achieve noticeable results like increased muscle tone and stamina in quite a short time. One does not need a lot of muscle strength in order to be able to do the exercises. Those who are desk-bound, spend too long in front of the computer or TV, driving etc., can greatly benefit from the YiJin, as they counter the negative effects of a sedentary and physically inactive lifestyle.

YiJin exercises can be performed according to individual abilities, and the level of practise can rise gradually, achieving a steady improvement in people of all physical abilities. They are also an excellent means of improving body posture and correcting postural and joint problems. Importantly, when learned correctly, they can help undo the negative side-effects often experienced following incorrect practice of various QiGong or Meditation techniques. YiJin are a tonic for the body and mind that lead to an improved energy, physical fitness and strength.

## **YiJin Teacher Training**

The course is open to all and runs over two weekends that can be attended individually. The eight YiJin provide a valuable tool for teachers and therapists requiring a safe, effective exercise system to develop strength and suppleness.

For those wishing to become a teacher of YiJin exercises, both weekends need to be fully attended and followed by an exam, after the successful completion of which a certificate allowing practitioners to teach this technique at the level of 'probationary teacher' will be given. The rapid results of YiJin will no doubt create popular classes.

This will be followed by a two year long probationary period during which teachers will be expected to attend additional training in disciplines taught by Shen Hongxun College in order to further their own development and understanding. There will be a second exam before final official teacher status will be granted, in adherence to the regulations of Buqi Institute International.

## **Professional TaijiWuxigong Training**

This second spring of Qigong offers a great chance for aspiring Qigong teachers to take their first steps. Many people within the Buqi group have a good and profound foundation in TaijiWuxigong practice and now is the time to take it one step further and to rise to teacher level.

Shen Hongxun College now offers **Professional TaijiWuxigong Training** to support current and future teachers that will run over the course of one year and will start with a five-day residential course taught by Dr Shen in Shropshire. This will be followed by four weekends in London, and end with another five-day residential in Shropshire in the summer 2009 (18 – 22 July 2009).

It is vital for the continued growth and validation of TaijiWuxigong that a program of professional training is provided. Existing teachers will be able to develop their skills and understanding to a higher level. Assessing your students levels of development, their physical and energetic blocks and how to most effectively use the TaijiWuxigong system to benefit specific health conditions will be covered in this training. We will also learn how to guide our classes through the different stages of TaijiWuxigong and how to deal effectively with any adverse reactions.

During this seminar there will be a practical and theoretical exam, upon successful completion of which qualification as 'probationary teacher' will be given, in accordance with the rules and regulations of Buqi Institute International. For those wishing to teach, it is a requirement to attend the complete training. Students not intending to gain teacher qualification are welcome to join the full course or attend individual seminars.

Students who are new to this system, please note that although this training will be intensive and give deep insight into TaijiWuxigong, it may be necessary to attend further training to deepen their experience of this work before teaching qualification can be granted. Future seminars will offer the opportunity for continued study and self-development.

*In addition to these two new projects above, we are pleased that Dr Shen will teach a course of Taiji 37/Taiji Forces following the TaijiWuxigong training in Shropshire. Another area that is of special interest to many is Meditation. You will be glad to hear that Dr Shen will continue to give Meditation seminars. The next Meditation will take place in Shropshire over the Easter Bank Holiday period in March this year.*

With very best wishes for a Happy New Year from Dr Shen Hongxun, Shen Jin and all the Buqi team. We all look forward to seeing you again soon.

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