

## WHAT IS WING CHUN?

Wing Chun is one of the most popular Chinese martial arts. Originally a fighting skill, today it is used for self defence, personnel development, health benefits and having fun.

The skill is based on the principle of using an opponent's energy in order to control and overcome them. It does not require strength or power, instead using sensitivity and footwork in order to be effective. It is suitable for both women and men whatever their natural build and energy.

Regular practice of Wing Chun helps develop relaxation, strong legs, self confidence and mental strength. Its principles can be applied in everyday situations to solve problems and deal with stress.

## ORIGINS OF WING CHUN

The Wing Chun skill comes from the Buddhist southern Shaolin temple some 400 years ago. It is named after a lady (Yim Wing Chun) who learnt the skill from a Shaolin Abbess. The skill was passed down to the late Grandmaster Ip Man who made the skill famous worldwide. Today Ip Man's eldest son, Grandmaster Ip Chun, based in Hong Kong, continues his father's teachings.



## INSTRUCTOR

Christine Barbier is an authorised instructor of the Tse Qigong Centre. Founded in 1990 by Grandmaster Tse, it offers genuine and traditional Chinese skills - [www.tseqigongcentre.com](http://www.tseqigongcentre.com).

## WEEKLY CLASSES

### **On-line – every Wednesdays**

Qigong:	6.30pm – 7.30pm
Tai Chi:	7.30pm – 8.30pm
Chun Yuen:	7.30pm – 8.30pm
Wing Chun:	8.30pm – 9.30pm

**In-person – ad-hoc schedule** (see [www.northeastqigong.co.uk](http://www.northeastqigong.co.uk) → classes” for details of classes in Hexham area)

Beginners welcome at any time during the year. Classes are suitable for all levels of fitness. No special equipment is required, just comfortable clothing and footwear.

Attending your first class: contact me to obtain Zoom details / book for In-person class

Tel: 07786 175 883  
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[www.northeastqigong.co.uk](http://www.northeastqigong.co.uk)

May 2021



# Qigong Tai Chi Chun Yuen Wing Chun

**Weekly classes**  
**On-line & Hexham area**

## WHAT IS QIGONG?

氣功

Qigong, pronounced “chee gong”, is an ancient Chinese health exercise. There are many styles of Qigong and the style taught in this class is the “Wild Goose” Qigong.

Qigong benefits health by increasing relaxation, flexibility, balance, coordination, and strength. Qigong works with the natural energy of the body through acupuncture points and meridians. It helps remove blockages by using movement to affect the internal parts of the body. It is a complete system, encompassing both movement (yang) and meditation (yin).

### ORIGINS OF WILD GOOSE QIGONG

Wild Goose Qigong was created over 1800 years ago in the “Kunlun” mountains north of Tibet by Daoist and Buddhist monks living there. Observing the natural beauty, strength and longevity of the wild geese, they learnt from their movements and combine that knowledge with Chinese medicine to create the Wild Goose system. In the 1980’s, the 27<sup>th</sup> inheritor of the Wild Goose Qigong skill, Grandmaster Yang Meijun, started to teach the skill to a wider audience in China. She was a lady who lived to the age of 104 and left a legacy of a genuine and unique skill.

## WHAT IS TAI CHI?

Tai Chi, traditionally written as “Taijiquan”, is an ancient Chinese martial art. Its practice is widely known to bring health benefits, although this is not its sole purpose as it is also a powerful self defence skill.

There are several styles of Taijiquan and the style taught in this class is the original “Chen” style. It is characterised by its unique spiral energy which is used to deflect an opponent’s attack.

Regular practice of Chen Taijiquan helps develop relaxation, good posture, promote the circulation of Qi in the body and remove blockages. It helps develop strong legs and a relaxed and light upper body.

### ORIGINS OF CHEN TAIJIQUAN

Originally, Taijiquan was created in the 16<sup>th</sup> century by the head of the Chen family, a warrior called Chen Wang Ting. He was a man famed for his martial skill, which he combined with Daoism principles to create the new art of Taijiquan. The skill was passed down through the generation to the current inheritor Grandmaster Chen Xiao Wang, who in the 1990’s brought the Chen style to a worldwide audience.

## WHAT IS CHUN YUEN?

Chun Yuen Quan is a traditional Chinese martial art skill that is practiced for its health benefits. Chun Yuen Quan makes the body light by developing good posture and strength in the legs and lungs. This is particularly important as we grow older and the body becomes heavier, less fit and loses mobility. It is also very good for developing strong blood circulation, and bringing warmth to the feet and hands.

The system comprises many forms, which each consist of a series of connected movements that can be performed slowly or fast, with high (easy) or low (stronger) stance depending on the level of the learner.

### ORIGINS OF CHUN YUEN QUAN

Chun Yuen Quan originated in the Northern Shaolin temple hundreds of years ago, where Buddhist monks developed martial arts for self defence. From the temple, the skill passed down into the Chinese Opera, which was traditionally performed outdoors. In order to convey the stories to the public, the Opera performers used very clear and dramatic movements, including traditional martial art.