

*Mountain River*

*Tai Chi*

*school*



established 1993





## Mountain River Tai Chi School

Imagine integrating postural, cardiovascular, aerobic, relaxing, rejuvenating, philosophical & meditative workouts. Rolled up inside a tranquil and fun self defence system.

Are looking for a one stop solution; one way, a path, an Art for all; a panacea? Would you like to restore balance, find & align your true core / centre. Along with softening the body to relieve stress, while stretching the ligaments, tendons and mind to improve movement as we grow older. Tai Chi is reputed to have profound benefits on our unhealthy lives.

Relaxation and balancing stress is a prime goal of this self development program. One's whole life can change by enhancing just these skills. Tai Chi was the national exercise of China and is now very popular here in the West. Yang Che'ng Fu repeatedly instructed students to Sung, meaning to Relax and Loosen while remaining sensitive and alert at all times. Classes are held weekly to guide potential "Heros" & "Heroines" as they take their tentative first steps. Indeed revisiting how we walk is part of the first lesson.

This time-out from our daily rushing to & fro together with the basic principle breathing energy exercises (Chi Kung) teaches us better balance. From this we progress into learning the Form (Chuan) or set of movements. The Form is both the blueprint and toolkit for learning the Martial Art of Tai Chi Chuan.

Once we have learnt about ourselves, we should understand how we inter-act with others. This initially takes the format of a preliminary self-defence (awareness) exercise called Push Hands. Push Hands can also be described as Listening and or Sensing Hands.



Keith Robertson founded Mountain River Tai Chi School following the public retirement of his first teacher; Chu King Hung, 3rd disciple of Yeung Sau Chung. Since then he continues his studies with the Yeung Ma Lee Student Association. Yeung Ma Lee (or Mary Yang) is the 2nd daughter of Yeung (Yang) Sau Chung.

Keith continues his studies both in the UK and abroad, visiting the USA and Hong Kong to train with the best exponents of Yang Family Tai Chi. He is instructed to share the information taught by the family in Hong Kong; guided by his elders Jim Uglow, John Conroy and Joe Balthazar. Authorised directly by Yeung Ma Lee.



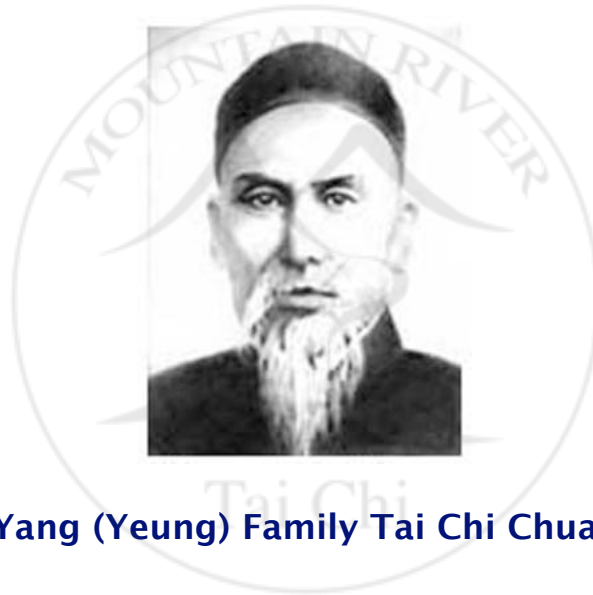


## Weekly Classes

Weekly classes can build lasting friendships. Allowing us a safe environment, where we can explore our nature, and how we interact and interdepend on others. Learning the Solo Form can take years, so our first steps involves diligence, perseverance and dedication.

In our busy lives training for the future, is often put onto the back burner, and can slip through the best of intentions. Indeed being able to attend a class every week is often a challenge in itself. To that end Mountain River Tai Chi School offers a broad a range of classes. Therefore, there are evening, daytime and monthly weekend classes. An annual retreat and private one to one tuition completes the syllabus. Mountain River Tai Chi is based and focuses on West (, South West & Central) London.

Please see website [www.mountainriver.co.uk](http://www.mountainriver.co.uk) for class schedules



### **Yang (Yeung) Family Tai Chi Chuan**

The Yang Family are the most famous family within Tai Chi circles (renowned not so much as liking to fight but as liking to win!).

Yang (Yeung in Cantonese) Lu Chan, the Founder of the Yang Family system, learnt Martial Arts at an early age, then spent ten years with the Chen clan, whom previously taught no outsiders. He furthered his studies spending four more years as if a hermit. The family decided that Tai Chi should be for the greater good of the Nation, and set about sharing Tai Chi across China to strengthen the masses. His sons and now his descendants' daughters have and are continuing that theme world wide. The Yang Family were famed for their skills at the Martial side of Tai Chi, undefeated, unbeaten & never bested. Their disciples also found fame with the lessons learnt from the Family.

The Yeung Family in Hong Kong continue that quest today. It is their lineage that has touched millions by their stroke of genius displayed within this Art. The huge interest in Tai Chi across the world is living proof of this legacy.

Unfortunately much watering down, or to use a modern term, much dumbing down; of the true teachings has proliferated. This and the obvious need to be cautious with sharing too much too soon, means that without direct and full input from the Family; Tai Chi as normally taught is not the whole idea. Until this century The No.1 family has never showed all their skills, preferring to give each disciple and student just enough for them to progress to their highest ability. Thus until now Yang style Tai Chi practitioners have not learnt the Yang Family Tai Chi complete system.

Mountain River Tai Chi School is very fortunate to have access to formerly Yang Family secrets, unknown to even their favorite disciples. More so in that now the inner circle within the Yeung Ma Lee Student Association, are instructed as to how to pass the real Principals, behind the Art, on to their more senior students.



### **Taoism, Yin & Yang philosophy**

The greater idea of the yin and yang symbol or Tai Chi, is to enrich life. Preferably to enhance the life span. As we age we slowly retire within ourselves. Growing our mind and body whilst remaining tranquil, calm and relaxed is surely a worthy quest. Perfectly balanced whilst centered in everything we do. Applying our minds and bodies to a goal that all taoists seek.

The journey can be as much fun as any idea of getting there. To study nature both our own and all the universe is such a perfect plan. It could even be the meaning of life! The bigger the idea, the larger the aim; the longer the journey. If you miss by an inch at the beginning you will be miles off course soon enough.



Please see [www.mountainriver.co.uk](http://www.mountainriver.co.uk) or [www.mountainriver.org.uk](http://www.mountainriver.org.uk) for more details.

Or use the QR smart phone link below:-

