

# Chi Kung

(of the Yang family Yeung Sau Chung line)

Study, Tuition & Practice

*Open Course(s)*



*initially 13 weeks starting Chinese New Year 2012*

in association with  
Happy Qi Hong Kong  
Yeung Ma Lee Student Association

For the first time in the West, the full preparatory system, introducing the ideas behind Jam Chung (Zhan Zhang / standing post), enabling students to feel the Chi, learn to move with Chi and to be able to control the Chi#.

For the biggest Self Defence reason of them all, Good Health. Offering the potential of being less stressed, more aligned, calmer and generally less tense. A healthy exercise system to balance our stressful lives.

Less complicated than Tai Chi Chuan, yet an integral part of it for those who seek more. Students only need to be able to stand to gain health benefits. Unlike Tai Chi, these classes, whilst still building upon each other cumulatively, can be learnt a little less sequentially. This makes accessing Chi Kung a bit easier for busy people. Classes run weekly and there are monthly alternatives, either to review and clarify, or can be taken to facilitate more distant learning. Sessions provide a toolset for students to practice daily etc. Thus the system can be easily integrated into one's daily routine.

Mountain River offers three options to study QiGong:-

Wednesday evenings in Chiswick W4

Thursday mornings in Hampton TW12

OR once a month on Saturday mornings also in (Chiswick)

Discounted initial payment of £125 for three months weekly classes, no joining fees and includes statutory individual insurance.

Saturday classes can be used as "free" catch up sessions, or can be taken in there own right (fee £20 per session)

Classes are for 90 mins, except Saturdays which are two hours.

# Chi Kung

Study, Tuition & Practice

*Open Course with Mountain River Tai Chi*

in association with  
Happy Qi Hong Kong  
Yeung Ma Lee Student Association



*Brand new for 2012 starting with the Chinese New Year*

**Weds 25<sup>th</sup> January 2012 7pm**

an intensive introductory course in 3 month tranches at the

**Friendship Club  
Oxford Road North  
London  
W4 4DN**

*nearest station Gunnersbury*

**Weekly on Wednesday evenings**

*Authorised detailed instruction in the Art of Yang family Chi Kung.*

*This introductory course in 13 family Chi Kungs and associated preliminary exercises; can be taken as a stand alone exercise system.*

*Simple moving Chi Kung exercises to build into a healthy exercise program. Easier to learn than Tai Chi Chuan, yet designed to enhance Tai Chi training, so equally valuable to all Tai Chi practitioners (discounts apply for Mountain River students). Suitable for all adults who can stand for an hour (& a half)*

*For details please visit or download*

[www.mountainriver.co.uk/happyqi/CK.pdf](http://www.mountainriver.co.uk/happyqi/CK.pdf)



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*Open Course with Mountain River Tai Chi*

in association with  
Happy Qi Hong Kong  
Yeung Ma Lee Student Association



*Brand new for 2012 starting with the Chinese New Year*

**Thurs 26<sup>th</sup> Jan. 2012 9:30-11:00am**

an intensive introductory course in 3 month tranches at the

**Hampton Methodist Church**

**Percy Road**

**Hampton**

**TW12**

**Weekly on Thursday mornings**

*Authorised detailed instruction in the Art of Yang family Chi Kung.*

*This introductory course in 13 family Chi Kungs and associated preliminary exercises; can be taken as a stand alone exercise system.*

*Simple moving Chi Kung exercises to build into a healthy exercise program. Easier to learn than Tai Chi Chuan, yet designed to enhance*

*Tai Chi training, so equally valuable to all Tai Chi practitioners (discounts apply for Mountain River students). Suitable for all adults*

*who can stand for an hour (& a half)*

For details please visit or download

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*Open Course with Mountain River Tai Chi*

in association with  
Happy Qi Hong Kong  
Yeung Ma Lee Student Association

*Brand new for 2012 starting with the Chinese New Year*

Saturday 4<sup>th</sup> February 2012

10:30am -12:30pm

an intensive introductory month class at the

Friendship Club  
Oxford Road North

London

W4 4DN

*nearest station Gunnersbury*

*Class dates are:-*

*4<sup>th</sup> February*

*10<sup>th</sup> March*

*14<sup>th</sup> April*

*12<sup>th</sup> May*

*2<sup>nd</sup> June (provisional)*

*14<sup>th</sup> July*

*11<sup>th</sup> August*

*8<sup>th</sup> September*

*13<sup>th</sup> October*

*10<sup>th</sup> November*

*8<sup>th</sup> December*

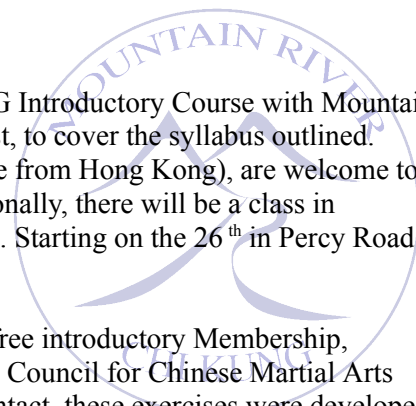
*Class fees free to those how train weekly, or £20 per session*

For details please visit or download

[www.mountainriver.co.uk/happyqi/CK.pdf](http://www.mountainriver.co.uk/happyqi/CK.pdf)



**Happy Qi - CHI KUNG TUITION**  
**starts 25<sup>th</sup> January 2012**



Starting Wednesday 25<sup>th</sup> January 2012, at 7pm Yeung Gar Tai Kik CHI KUNG Introductory Course with Mountain River in West London, will commence. Each week we shall build upon the past, to cover the syllabus outlined. Those completely new to Yeung Gar (The Yang Family Yeung Sau Chung line from Hong Kong), are welcome to start at 7pm. (finishing 8:30pm). For current students times may vary. Additionally, there will be a class in Hampton on Thursday mornings for those who might find this easier to attend. Starting on the 26<sup>th</sup> in Percy Road 10am-11:30am.

All those who start on 25<sup>th</sup> January (26<sup>th</sup> if daytime in Hampton) will receive free introductory Membership, currently £30pa. This covers full Insurance through the auspices of the British Council for Chinese Martial Arts (BCCMA). Whilst the introductory Chi Kung course, will have no Martial contact, these exercises were developed by the Yang family to augment their Martial Art, which has become through their tuition and endeavours world famous. Spending over two decades studying the Art of the Yang family; and now instructed to share these previously in-house exercises, and ideas. Even though twenty years ago, "Chi Kung" from the Yang Family was introduced to Europe, it went little beyond Standing Like Post / Holding A Ball / Embracing a Tree static training. After spending all those years aching away the tension, we now understand that this was preparatory exercises. Having spent the last dozen years focusing on direct instructions for both self and to share as authorised Instructors, we are now in a position to throw open the doors, and assist you to learn properly.

Studying Chi Kung or Happy Qi (Qi is the Mandarin version of CHI the more common term in the West), can be as part of studying Tai Chi (Chuan), with or without taichi.co.uk, Mountain River and or Surrey Tai Chi. The aim is to share this self cultivating tool with as many as wish to learn. No previous experience required. As long as you are fit enough to stand for one and a half hrs then this can be for you. Most Chi Kung classes are either, "play" with energy or stand and suffer variety. Happy Qi ideals, make learning and training Chi Kung both a fun, energising and healthy activity. Weekly lessons can augment your training and help balance our stressful lives.

Studying Tai Chi requires the commitment to learn a large subject, over a long period of time. Taking Chi Kung classes with us, can be as rewarding, with less movements to learn. Of course for full benefits then this should be as part of your Tai Chi studies. Chi Kung training is suitable for all adults, of sound mind and (fairly) sound body.

For those students whom are members of YMLSA / Mountain River Tai Chi, discounted additional tuition is available, and for those students whom have been introduced and studied directly in Hong Kong, and or taken private tuition, then the classes will instruct even further. Therefore there is a full range of tuition available; for some extending to either 9pm or 9:30. Allowing everyone their full knowledge base / potential to be practised weekly. Each week will focus on a Chi Kung, adding more detail and depth as we revisit each over the course in subsequent months. Therefore the course can be three, six or nine months. Thereafter further facets, aspects and levels will be made available. Further groups may join May, August or November.

**Locations:-**

The Friendship Club Oxford Road North London **W4 4DN** (nearest station 2-3mins Gunnersbury)  
or

Hampton Methodist Church Hall, Percy Road TW12 (nearest station 2-3mins Hampton)

**Fees:-**

Chi Kung only

£55per calendar month payable three monthly in advance. (£165 cash or cheques only)

£25pa membership fee waived for those joining 25<sup>th</sup> January 2012, (& fee covers to end of April 2012).

Chi Kung & Tai Chi with Mountain River

£85per calendar month payable three monthly in advance. (say £250 cash or cheques only)

This will be for two classes per week, one of Tai Chi and one of Chi Kung

*For those already studying Chi Kung, either privately or in Hong Kong with Mountain River £75pcm (£225pqr)*

Saturdays once a month morning session

£40 each class

Saturday monthly class only attendance (a free catch up session for those who miss a class, OR a once a month session for those unable / unwilling to commit to more). This is normally on the 2<sup>nd</sup> Sat of the month, but please check each time. 9:30-10:30 Tai Chi session 10:30-12noon Chi Kung session

Private tuition by appointment

£50 per hr reducing to £40 for current students.

## Happy Qi Chi Kung with the Yeung Tai Chi Family

### Introductory Courses

- Thirteen moving Chi Kungs of the Yang Family.
- Preparation for Advancing Further
- More advanced concepts than just Standing Post static exercise
- Augment your current training, and or start from the beginning
- Yeung Sau Chung's line from Hong Kong. The (posthumous 20<sup>th</sup> century) head of the Yang Family
- Train with Yeung Ma Lee Student Association, co-founder Jim Uglow in East London [taichi.co.uk](http://taichi.co.uk)
- OR with the only other two students of this discipline authorised to share under the above
- either in West & SouthWest London [mountainriver.co.uk/happyqi](http://mountainriver.co.uk/happyqi)
- OR Surrey [surreytaichi.co.uk](http://surreytaichi.co.uk)



Subjects covered in the course:-

1. Ideas and Principles, before Training, factors to consider
  1. Contra indicators to avoid irreparable damage
  2. Practical positive indicators to enhance and make best use of your time and effort
2. Preparatory Exercises
  1. Standing properly
  2. Relaxing key areas (to allow greater flow of Chi)
  3. Through Upper and Lower (harmony)
  4. Mindful of Muscles, Tendons and Bones
  5. Mind and Body
  6. Feeling the Chi (static Chi Kung movements)
  7. Swirling
  8. Free Format
3. During Training
  1. When & How to use the Breath
  2. How to Feel & Direct the movement of energy
  3. How to Move (dynamic Chi Kung)
  4. Use of the Eyes e.g. Where to Focus the Intent
  5. Stages (junctions & levels) to pass through
4. Post Training
  1. How to return to “planet earth” i.e. Avoiding harm
  2. How to step away and walk to “put out the fire”
  3. How to retain the energy “framing”
  4. Taoist Massage
5. On top of the above exercises we shall introduce the following Chi Kungs:-
  1. Cold Remedy
    - Moving the energy:-
  2. Sitting,
  3. Standing
  4. Washing
  5. Cross Hand (snake)
  6. Circle
  7. Magnetic
  8. Sky (swimming in air)
  9. Chi Kung Chuan (fist)
  10. Like Cloud Hands
  11. Earthing (a dynamic walking exercise)
  12. Liver exercise
  13. Heart exercise

Advancing forwards adds depth. We may also look at the various Zhan Zhang, (Zaam Zong Standing like a Post) Chi Kungs along with the more detailed aspects, facets and levels of this fascinating Art. Designed by the Yang Family to improve their understanding of Internal energy containment and prowess at Tai Chi Chuan.

Happy Qi UK branch; the Chi Kung side of the Yeung Ma Lee Student Association headed by co-founder of the YMLSA James Uglow ([taichi.co.uk](http://taichi.co.uk)), together with his students from Surrey Tai Chi and Mountain River Tai Chi, offer public and private tuition.

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Daytime Class Age Concern Chiswick Wednesday afternoons to be arranged.

£10 per session for AGE UK (Chiswick branch) members only.

Private tuition by appointment

£50 per hr reducing to £40 for current students.

**Location:-**

The Friendship Club Oxford Road North London **W4 4DN** (nearest station 2-3mins Gunnersbury)

**Class timetables**, each level over 13 weeks i.e. 3 levels equals 9 months.

**Level One Goal**, to introduce over 13 weeks

- Goals & Principles for good results
- Softening Exercises as a form of Warm ups
- Focusing weekly on one exercise i.e for 15 minutes
- 13 Chi Kungs
- Focusing weekly on one exercise i.e for 15 minutes
- Quick end of class review
- Lead & Mislead (no lies)
- Emphasis on feeling the Chi



**Level Two Goal**, to expand each idea, adding detail and some depth

- (order to become established)
- Warm ups to be called Relaxation exercises
- Taoist philosophy of Yin & Yang to be expanded
- Connections to Tai Chi emphasised
- Seeds to be planted
- Emphasis on slow relaxed breathing

**Level Three Goal**, to review each idea and correct mistakes

- Warm ups to be called Softenings
- Dynamic versus Static
- Exercises for preparation of the Tai Chi Form
- Opening the joints (kua)
- Having clear Intent