

Mentally: By gaining physical control and stability over the body the T'ai Chi practitioners mental capabilities are increased and self-discipline is strengthened. Students learn to take responsibility for their actions in the process strengthening, their ability to make rational decisions. The mind becomes more active and responsive to prevailing conditions.

Emotions: The concentration required calms and clears the mind of everyday worries, that is why T'ai Chi is often described as moving meditation. Correct deep breathing calms and soothes the nerves nourishing the body with oxygen.

Spiritual: This fourth section does not refer to the religious side of our lives, rather it is the spiritual growth within ourselves. Continuous practise of T'ai Chi and K'ai Men will make it easier for you to follow these golden rules.

Think good - think no evil.

Do good - do nothing wrong.

Learn to give, and give, and give, in whatever way you can.

Cleanse yourself of your emotions, jealousy, hate, lust, greed etc.

The common sense of these rules is easy to understand, however, putting them into practise in our daily life is somewhat harder.

Try to move with the flow of life and not fight it. By learning to go with the flow, we can make our existence here on earth smoother, more tranquil. We can enjoy such happiness, seeing for ourselves that miracles do not only happen in the bible, but prevail everywhere.

T'AI CHI CH'UAN

The Lee Family Style



The potential benefits of learning Tai Chi are enormous and varied...

If you suffer from tension and stress, you will find that, with practice, Tai Chi will help you will learn to relax, and be able to do so whenever you wish.

If you suffer from ill health, you will find that the practice of Tai Chi will help improve your general health and well-being, increase your energy, tone your muscles, stretch your body, improve your posture and balance, improve your immune system and circulation, improve your strength and flexibility. We could go on and on...

And if you are perfectly healthy and happy, you will find that Tai Chi is a beautiful, life-affirming thing to do.

For information and to download a Free Beginners Tai Chi Manual and see Howard & Gisela giving a short demonstration of the Tai Chi form.

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THE LEE STYLE

The Lee family style was originally created by Ho-Hsieh Lee around 1000 BC, so this style is nearly three thousand years old. The original form consisted of only eight movements, and whilst these same movements still exist within the form, it now comprises 140 movements structured into 42 sets.

Ho-Hsieh Lee lived with his family just outside Beijing (Peking). Later in his middle fifties he moved the family to Wei Hei Wei, a fishing village about 200 miles east of Beijing, remaining there until 1934. The family practised together with parents teaching their children. The last three children, one daughter and two sons, had the responsibility of continuing the Family arts. In fact the eldest of the three, Chan Kam Lee was the only one to do so.

Chan Lee, an unmarried businessman dealing in precious and semi-precious stones, finally opened a small office in the Holborn district of London, which in those days was the world centre of this trade. In 1933 he started a small class in Red Lion Square to keep himself fit and taught a few close fiends. A chance meeting in Hyde Park brought a fourteen-year-old boy, himself Chinese, into contact with Chan Lee. The two became fiends and Chan Lee invited this boy to join his little group in Holborn. That boy was Chee Soo.

EAST - WEST TAOIST ASSOCIATION

The association is based on the foundations laid down by Chee Soo, Chan Lee's student. Chan Lee died in a storm off the coast of China in the winter of 1953/54. Chee Soo turned down any title within the Association at that time. However in 1958, with so many groups and clubs being formed, Chee Soo decided to accept the post of President of the Association. Since then the

Association has grown from strength to strength in the British Isles and abroad.

Chee Soo devoted his life to the practice and teaching of the Taoist Arts, and anyone who has ever been to one of his classes will have seen for themselves the enthusiasm and love he had for these Chinese arts. Howard began his training in the Taoist arts under Chee Soo in 1974 and continued training under his supervision until his death in August 1994. The Lee style has been preserved through many centuries, and we will all do our best to see that it flourishes and grows for many more. For the wisdom that these arts can impart are perhaps more essential today than they have ever been.

WHAT IS T'AI CHI?

T'ai Chi Ch'uan which means 'The Supreme Ultimate' is a long sequence of beautiful flowing movements for good health and inner peace. The Lee style also includes such exercises as I Fu Shou (sticky hands), Chi and Li Kung exercises, Lun Shou (whirling hands), Lun Pei (whirling arms), Tao Yin (respiration therapy), Mo Kun (advanced energy development). All these activities are designed to increase self-awareness and develop one's faculties to the full.

Physically: T'ai Chi tones and conditions the muscles. A training session should have a calming and revitalizing effect on the whole body. For those who are interested the Taoist diet 'Ch'ang Ming' meaning long life is also available to everyone, completely free of charge.