



Master Faye Yip's Cheam Seminars

Saturday 2nd September 2017
Improvement of Tai Chi 24 Forms

Our 9th year of hosting Master Faye's Cheam Seminars was very successful once again, with many enthusiasts returning to train with this very popular Master & continue their Tai Chi & Qigong development, as well as some newcomers. This year, we welcomed back instructor friends & their students from the local area as well as further afield i.e.: Norfolk, Dorset, Somerset, Hants, Sussex, Surrey, London.....

Master Faye started by guiding us through various Preparation Exercises & Stretching Qigong in readiness for the "Master Class in Tai Chi 24 Forms" that followed, covering Technique/Function, Stances & Transitions which were explained in detail, individually demonstrated with ease & expertise then practiced as a group.

Everyone felt so privileged to be part of this day of such insight, depth & friendship!



Sunday 3rd September 2017 Taiji Kung Fu Fan 52 Forms

Sunday morning started with Taiji Kung Fu Fan for all levels from Beginners to Instructors. We started with Master Faye guiding us in many different ways of Opening & Closing the Fan & Warming up the body before practicing all the basic footwork, stances & techniques as an Introduction to developing Section 5 of the Form. This involved getting more comfortable with the opening movements from Chen Style Tai Chi. We worked on developing these techniques by guidance for correct position, stance, co-ordination & power generation for the explosive aspects of these movements which was very much appreciated, as most of us generally practice Yang Style Tai Chi.

Fan is such an exhilarating practice & simply developing each movement feels such an achievement.

Well done to all participants, especially those new to this form!



Sunday 3rd September 2017

Health Qigong - Daoyin Yang Sheng Gong Shi Er Fa

Sunday afternoon started with Master Faye leading us through Health Qigong - Liu Zi Jue or 6 Healing Sounds, which has soft & gentle movements & breathing techniques to express different sounds to strengthen & balance the energy of the internal organs. This was a lovely way to start the afternoon & aid digestion.

We practiced Daoyin 12 Steps Qigong with Vicky leading the group so that Master Faye could assess our standard & needs. We were then given a very interesting talk on the meaning of Daoyin & an introduction to aspects of practice to aid development & achieve health benefits;

Rotation - Extension - Breathing - Mind

We were then given a detailed guide through the first four movements of the form with tips for correct application & focus.

After a short break, we were encouraged to practice these 4 movements with the above aspects of practice which helped to deepen our techniques & the feeling of Qi flow & body mechanics.

The weekend came to its conclusion all too quickly & we said “Lao Shi Zai Jian” to Master Faye for another year!

What an incredible weekend!