

# UCR Student Recreation Center T'ai-Chi Ch'uan Class

**Warning: If you are over 40 years or have any medical condition, before taking this exercise class please clear this class with your medical care provider. Participation will assume that you have cleared the class with your Doctor. Do not do any exercise that causes discomfort or pain. Stop exercise immediately if you feel light-headed or dizzy. Do not come to class with an acute illness.**

**What is T'ai-chi ch'uan?** T'ai-chi ch'uan, also spelled taijiquan, was developed as a **martial art** and **longevity exercise** between 700 and 300 years ago. It still is taught as both a martial art and longevity art. As early as the 1930's it was found to have varied and profound health benefits. Today it is primarily practiced as a "Mind-body" and Health Promotion exercise. It is one of the best stress reduction methods. It is a low intensity exercise, low impact, suitable to people of all ages and fitness levels. If you can walk, you can practice tai chi. T'ai-chi is shown to help some people improve balance and just feel better about themselves. People take our t'ai-chi classes to Improve their Health, Reduce Stress, Improve or lower their high blood pressure. Many of our students have told us that their blood pressure is now under control after their first series of t'ai-chi and our O'mei chi kung classes. Very importantly increased balance is reported, even in people of advanced age. This better balance provides better mobility, self-assurance and will prevent serious injury to the oldest participants. Reproduced with permission From FAQ's at [www.dotaichi.com](http://www.dotaichi.com)

**What is going to be taught?** The "Old Form" Kuang P'ing also spelled Guang Ping a version of Yang Style T'ai Chi Ch'uan will be taught in this class. This style was brought to the United States by Grandmaster Kuo Lien Ying. Sifu Kurland studied with Grandmaster Kuo and his senior student T.R. Chung. (See Article on Website) This is a simple system to learn and after studying the Kuang P'ing form students are encouraged to study the Tchoung Symmetrical "Old Form" Yang style form. The Tchoung System is a progressive system so the long term exerciser can gain much deeper levels of the art. The symmetrical form has positive benefits for the nervous system and helps to improve coordination and balance.

## **The Aim of this t'ai-chi ch'uan class is for you to:**

- 1) Learn the Old Form of Kuang Ping (Guang Ping) Style t'ai chi ch'uan.
- 2) Learn Specific Exercises that Promote Good Health and relaxation.
- 3) Improve your coordination, balance, and body awareness.
- 4) Calm your mind, Reduce your stress and learn dynamic relaxation, harmony of the mind and the body by practicing the t'ai-chi ch'uan form and ch'i kung.

**Instructor: Harvey Kurland, Sifu, M.Sc., MFS, ETT, CSCS, is Certified as a Chief Instructor or "Sifu," by the Chinese T'ai-Chi Ch'uan Association, a 5<sup>th</sup> Generation Guang Ping -Yang Style Instructor. Go to [www.dotaichi.com](http://www.dotaichi.com) for more information.**

## **Classroom Protocol**

Normal Clean loose clothing, flat-soled exercise shoes are appropriate. It is recommended you wear comfortable, supportive exercise shoes such as cross training or tennis shoes. Do not wear high heels or tight fitting shoes. **Please do not wear strong perfume or cologne.** Do not eat a big meal immediately before class. But do not be hungry either.

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At the beginning of each class we will start with a formal bow in, and the end of each class we will bow out. If you arrive late to class, bow in at the door and then walk quietly to the back of the room. Do not cross in front of the Instructor. There should be an air of serenity and respect in the class.

**How will you be taught?** You will learn, warm-ups, basic exercises and Ch'i Kung (also spelled Qi gong and chi gung) exercises which will be practiced in every class. Then you will learn the t'ai-chi "form" which is a sequence of choreographed techniques. You will usually learn one new movement per session. The class will be taught in the traditional way, i.e. "step by step" so that you will be able to learn the form correctly and be able to perform it on your own. Continuing students will learn their next form in a step by step progression. By the end of the quarter you will have learned a great deal of material that you can choose to practice for the rest of your life.

**The Emphasis** is learning Correct Technique. The art is taught Step by Step in a progressive manner. This class **is not** a "Follow the leader" type of class. During class you will be asked to practice by yourself or in your appropriate group. Students are expected to practice outside of class so that they can keep up with the group. If you miss classes and do not practice at home, then you will not progress as quickly and will find it difficult to learn the Form. This is a "Mindful" exercise class. You will be expected to remember what you learn in class. You are training your memory as well as your body. The health benefit comes from doing appropriate exercise regularly, at least 3 times a week, but ideally 20 minutes twice a day 6 days a week.

**Message Phone:** 787-5731

## **Web Information:**

For articles, classes and information go to NWTCCA site: [www.dotaichi.com](http://www.dotaichi.com)

## **Workshops:**

**Information on UCRSRC Workshops can be found at**  
<http://src.ucr.edu/classes/classes.html>.

**T'ai-Chi Chien Straight sword Form and applications Workshop**, at 1:00 PM at UCR Student Recreation Center 787-5731 April 18<sup>th</sup>, 2004.

**Canemaster's Workshop, Self Defense with a Hooked Cane** at the UCR Student Recreation Center. 787-5731 May 16<sup>th</sup>, 2004 at 1:00 -3:00 PM..

**T'ai-Chi Walking Stick Form and Applications** at UCR Student Recreation Center. June 6<sup>th</sup>, 2004 at 1:00 until 3:30 PM. 787-5731

**World T'ai Chi & Ch'i Day** April 24<sup>th</sup> at Riverside Community College Huntley Gym 10:00 AM RCC Young At Heart Dept 222-8090 Free Open Workout

## **SUMMER CLASSES:**

RCC Summer session starts the week of June 14<sup>th</sup>, 2004, Four classes, call 222-8090

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**UCR Extension** Starts June 29<sup>th</sup> until August 17, Tuesdays 6:30 PM 2004 call 787-5801

**UC Riverside Student Recreation Center** Wednesday 6:05 PM call 787-5731

**Loma Linda University Drayson Center** Starts In June, Thursdays at 6:00 PM call 558-4975

**All classes are subject to change without notice. Call 787-5731, for the latest information.**

## **Suggested Readings, Reference:**

The Annotated Theoretical and Practical Tai Chi Chuan by Tchoung Ta-tchen. Breathing exercises that you are learning in class. Symmetrical Old Yang Style Short Form, pushing hands and San Shou taught in the Advanced Class. On Reserve at the UCR Rivera Library.

T'ai-Chi Chuan For Health in Theory And Practice, Kuo Lien Ying. On Reserve at UCR Library

Wave Hands Like Clouds, Li Po and Ananda, C. Cutler & T. Brayne, Harper Books, 1975.

T'ai chi ch'uan in Theory And Practice, by T.R. Chung.

T'ai Chi Ch'uan Ta Wen by Chen Wei-ming. For advanced students.

"In Matters of Taste There is No Dispute", Article on [www.dotaichi.com](http://www.dotaichi.com)

"History of T'ai-Chi Ch'uan" at [www.dotaichi.com](http://www.dotaichi.com) Read and understand how you fit into the history.

**Advice:** Leave the outside world behind when you enter class. Wait at least 30 minutes after eating to practice. Wear warm clothes and do not become chilled after practice, wipe off any sweat and change into dry clothes. Do not drink any cold water or eat cold food after practice. In bad weather, e.g., windy, extremely hot, cold or smoggy do not practice outside. Find a warm comfortable area with good air to practice. Walk slowly and do breathing exercises after practice. You should try to maintain the serene feeling you get from training, after class. There should be no pain or discomfort during the exercises.

It usually takes between 20 & 30 classes to learn the first form. Basic movement drills will be practiced each class. This system is taught in a specific progression as follows:

### **Beginning Students:**

1. Kuang Ping Warm-ups, basic exercises, and stretching exercises
2. T'ai-chi ch'uan exercises and drills
3. Basic standing (Chan chuang, zhan zhuang) and moving Ch'i Kung postures (Breathing Exercises), O'mei Ch'i Kung. As time permits.
4. The first Kuang Ping Form.

### **Continuing Students:**

After completing Level I, the continuing students will learn:

5. O'mei Shan Ch'i Kung
5. The Long Kuang Ping Form.
6. The Tchoung Form

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7. Tchoung long Form
8. Pushing hands exercises, t'ai-chi chin-na and Ta Lu
9. Two person application form - San Shou
10. Fast t'ai-chi ch'uan form
11. T'ai-chi broad-sword and sword, solo and partner
12. T'ai-chi walking stick, solo and partner
13. Pa-kua ch'i kung; Crane Ch'i Kung
14. Other Internal Forms, Pa-kua chang (Bagua zhang) and Hsing-I ch'uan (Xing Yi Quan)

For **optimum benefit** you should practice the exercises for 20 minutes, two times a day, six days a week. The amount of benefit you receive will be equal to the time you put into your training.

## Kuang Ping Yang T'ai Chi Ch'uan Beginners Short Form (3 Minutes) Copyright Kurland 2003

1. Strike Palm to Ask Buddha
2. Grasp Sparrow's Tail; pull-down & push
3. Single Whip
4. White Crane Spreads Wings, two parts
5. Brush Knee And Twist Step, Left and Right
6. Deflect Downward, Parry and Punch.
7. Step Up, Apparent Close Up
8. Carry Tiger to Mountain (one cycle only)
9. Fist Under Elbow
10. Step back and Repulse Monkey Left and Right
11. Slow Palm Slanting Flying
12. Raise Right Hand Turn around and Raise Left Hand
13. Reach out, pulling back and step up
14. Fan Through the back
15. Push, Wind fills ears, Upper cut
16. Single Whip
17. Cloud hands Right, Left
18. Single Whip
19. High Pat Horse
20. Separate the Right Foot
21. Separate the Left Foot
22. Turn and Kick with the Heel
23. Wind Blows over the Lotus Leaf
24. Wind Blows over the Lotus Leaf
25. Right Punch down
26. Turn Chop with fist
27. Step Forward Parry and Punch
28. Shift back and Push.
29. Shift back and Cross hands,
30. End section one.

**Kuang Ping and Special Exercises:**  
**Beginning Core Exercises:**

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- 1: Waist Circles
- 2: Hip circles
- 3: Knee Circles then stretch down
- 4: Back bending
- 5: Side bends three versions
- 6: Uphold the sky to balance the triple warmer
- 7: Raise a single hand to balance the stomach and spleen
- 8: Rotation (four versions)

## O'mei Shan Ch'i Kung

### A.) Tchoung's 24 Methods of Breathing and Relaxation Ch'i Kung Section One

Start in the T'ai-chi stance: hip width and feet parallel. Relax and don't use force.

1. Center Down, Up
2. Horse Squat & round back, then raise up
3. Turn Left, down in t'ai-chi stance
4. Turn Right Down t'ai-chi stance
5. Cross hands to palm up turn to left Bear, left hand hook
6. Cross hands, turn to Right Bear, right hand hook
7. Cross hands, dragon pose palms up, to left Phoenix with left toe up
8. Cross hands, palms up, Right Phoenix with right toe up

### END OF SECTION ONE

### Additional Exercises Which May Be Taught depending on the class:

For more information and reference material go to the NWTCCA web site at: [www.dotaichi.com](http://www.dotaichi.com) or [www.ctcca.org](http://www.ctcca.org). Most relevant articles and information for this class can be found there.

## Article: **Guang Ping Yang Tai Chi History**

By Master Henry Look

Chairman of Guang Ping Tai Chi Association

Guang Ping (Kuang Ping) Yang Tai Chi was originated by the great Tai Chi Master, Yang Lu-Chan, with his second son, Yang Ban-Hou (1st and 2nd Generations). From Yang Ban-Hou this lineage was passed down to only three disciples. One of the three was Wang Jiao-Yu (3rd Generation). Wang in turn passed this style down to only four disciples. One of the four was Kuo Lien Ying (4th Generation), who brought this style to the United States in 1965. All the students who studied directly from Kuo are considered 5th Generation. (The author Henry Look, UCR Instructor Harvey Kurland and others are 5<sup>th</sup> Generation under Kuo see footnote at end)

As a young boy, Yang Ban Hou was exceptionally talented in martial arts with outstanding natural athletic abilities. However, he hated the tough training that was forced upon him by his proud father, Yang Lu-Chan, and would often run away from home. Each time his father would find him and drag him back home.

Although Ban-Hou hated his daily training, his natural abilities helped him, and his martial arts improved very rapidly. In a few short years when he became a grown man, his martial arts abilities

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were unequaled, even more superior than his own father's. Thus, his name became famous and known throughout the Country.

In the 17th Century, when the Manchu from the north invaded China, the Emperor put out a command to find the best martial artist to teach his Royal Family and his Imperial Guards. Yang Ban-Hou was considered the best at that time and was ordered by the Emperor to serve as a Royal Coach in the martial arts for the Imperial Court. Ban-Hou did not like the Manchu, but knew that any refusal to the Emperor's command would mean death (He would be beheaded).

Ban-Hou did not wish to teach the true secrets of Guang Ping forms to the Manchu invaders, so he deliberately altered the movements into soft forms. later known as Beijing Style. The nightly Tai Chi sessions for the Royal Family were conducted behind high brick garden walls and closed high wooden gates.

One day, Ban-Hou, on his way to the Imperial Court walking past the Royal Horse Stable, observed a young stable boy practicing the same Tai Chi forms he was teaching nightly in the Royal Garden. He confronted the boy as to how he could know this style of Tai Chi so well. The stable boy, named Wang Jiao-Yu, confessed that he had learned the forms by spying on his teaching nightly.

Ban-Hou learned the boy was Chinese, not a Manchu, and that they both came from the same city of Guang Ping (Kuang Ping). He asked the boy if he was serious about learning Kung-Fu from him. The boy immediately said yes and dropped to his knees to pay respect and appreciation by bowing to Ban-Hou one hundred times and with each bow hitting his forehead against the hard stone pavement.

When Wang finished bowing. his forehead red and bruised. Ban-Hou said to him. "If you really want to learn real Kung-Fu from me, you have to bend down to touch your chin to toe within 100 days." Wang Jiao-Yu practiced very hard daily and succeeded in touching his chin to toe way before the 100 days had passes and thereby became one of the only three disciples accepted by Yang Ban-Hou.

**-50 years later - Tales of Wang Jiao Yu** "After him! After him!" The town sheriff shouted commands to his group of nine deputized pursuers. "Don't let him get away! Chi-Li was known as the most elusive and clever burglar in the Shantung area. He possessed great talent and was trained in a very high skill of Chinese Martial Arts. He could easily leap across a canal over twenty feet wide or just as easily jump up eight feet to roof tops to escape capture. On many moonlit nights, villagers would watch in awe this agile, nimble, dark silhouette accentuated by the giant moon shining high above in the sky as he skipped from roof top to roof top with a bag of loot tied around his shoulder.

On this night, the sheriff and his deputies chased Chi-Li into a dead-end alley, which lead to an ancient temple. When the pursuers rounded the corner into the alley leading to the temple, they saw Chi-Li's figure lying on the ground, knocked out cold with no sign of movement. The sheriff and his men were amazed and puzzled as to what had happened to this lifeless figure lying on the ground before them. As they looked about the ground for some explanation to this puzzlement, they saw an old man sitting on the granite steps leading to the main entrance of the old temple.

This old man was known to the town's people as "The old man selling tea at the old temple." He dressed in dark blue cotton clothing. He wore loosely fitted trousers with the pant legs tied firmly

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around his ankles. He wore brown socks with black slippers. His loosely fitted jacket had a straight row of cloth loops around cloth buttons (what the modern age calls "Frog Buttons") up to his neck. His demeanor was calm as he sat cross-legged with palms resting gently on top of his knees. He sat behind a dilapidated make-shift wooden stand, very much worn by the weather. On top of the stand were many varieties of dried tea leaves in dark and light-colored bamboo woven baskets, which filled the summer breeze with a variety of fragrant aromas.

As the sheriff questioned the old man, his eyes were slightly closed and his head with short cropped hair rested on a relaxed erect posture. He calmly denied having any knowledge of what had happened to the burglar, Chi-Li.

When the sheriff and his men paraded through town proudly with Chi-Li in tow and bound by ropes, words were buzzing through the town that "The old man selling tea at the old temple" possessed great skill in Kung-Fu. From that day on the townspeople, young and old, went to the temple grounds daily hoping to get a glimpse of the old man practicing kung-fu. Some begged and begged to become his disciple and learn from him. However, the old man always denied that he knew anything about martial arts, but was just an ordinary person selling tea to support his life.

As the days and weeks passed people who had waited from morning to night hoping to see kung-fu gave up and slowly disappeared from the temple grounds. Eventually, everyone had given up, except for one persistent young man. This young man changed his sleeping habit to during the day so that he could observe the old man at night. Night after night, he would go to the temple after dark and wait until dawn before going home to sleep.

After three fruitless nights, half an hour after hearing the town's time keeper bong! bong! bong! bong! the sound of four beats (representing 4 am), which came from a stick banging against a hollowed piece of bamboo, as he was about to doze off, all of a sudden a dark figure appeared amongst a group of young trees waving his arms and hands in total coordination of his body and legs, like a slow dance. Whenever he would push forward with his palms, the nearby tree branches would bend with leaves rustling as though they were being blown by a strong wind. The dark figure moved slowly and smoothly like gentle clouds floating in the sky. With each step, going to and fro, his feet were placed on the ground very gently and precisely. Yet, even with each movement being performed very slowly, he could see and feel the great power projecting out.

When the news of the "Tea Seller" having such great Kung-Fu abilities got out, everyone who could walk wanted to study with him. Finally the "Tea Seller", Wang Jiao Yu, accepted four disciples. One of the four was Kuo Lien Ying, who in 1965 brought the unique style of Guang Ping Yang Tai Chi to San Francisco's Chinatown.

Note: 5<sup>th</sup> generation teachers include: UCR Chief Instructor Harvey Kurland as well as Peter Kwok, Chiang Yun-chung, T.R. Chung, Henry Look, Bing Gong, Thomas Brayne, Cecile Cutler, Marylin Cooper, Donald Rubbo, Cheryl Rubbo, , and several others. Grandmaster Tchoung Ta-tchen was a friend and practice partner of Grandmaster Kuo.

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Sifu Kurland's teacher Grandmaster Kuo Lien Ying in Universal Post Standing meditation position.