



# Tai Chi & Qigong Union for Great Britain

[www.taichiunion.com](http://www.taichiunion.com)



Issues 65 is here and can be viewed online at <http://taichimag.org> and click the **cover image** of the issue you want to read. This issues includes:

- [Letter from the chairman](#)
- [World Tai Chi & Qigong Day](#)
- [Zhan Zhuang](#)
- [Qigong history pt.1](#)
- [Qigong yin-yang](#)
- [The Tao of tai chi with Wolfe Lowenthal](#)
- [Tai Chi in the mirror](#)
- [Silent retreat](#)
- [Social importance of tai chi](#)
- [A strange encounter](#)
- [Ice swimming](#)
- And more...

Please note, the site is http not https so some browsers flag a safety warning; it is nothing to worry about as the site doesn't collect personal details and doesn't sell anything, it's just google tightening up. We will be moving server as the magazine project develops.

We are already compiling content for issue 66 and look forward to receiving your submissions. Email them to us at [editor@taichimag.org](mailto:editor@taichimag.org)

## Technical Panel update

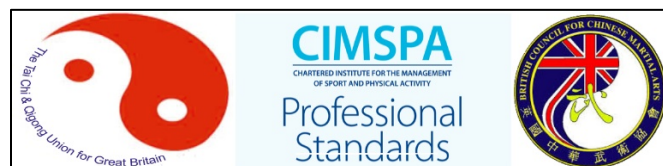
The Tai Chi & Qigong Union for Great Britain prides itself on being open and inclusive to practitioners and teachers of Chinese internal arts. More recently we took the decision to improve the assessment process to better support current members to work towards senior levels instructor status, and support new applicants to gain instructor status. The panel consists of a group of our senior instructors with extensive experience in the arts. The 'how to join' page has been updated at:

<https://www.taichiunion.com/how-to-join/> to include an [instructor application guidance document](#). A similar guidance document for 'qigong only' applicants will be added soon.



## TCUGB car sticker competition

A few members have asked if we have car stickers for them and students, and it sparked the idea of a design competition that members can get involved with. above is an example and it measures 30cm x 5cm. Please send your ideas and designs to [enquires@taichiunion.com](mailto:enquires@taichiunion.com)



## CIMSPA national standards

This has been a long hard project. Sometimes it's hard to believe it has really taken five years since Keith Sharp first proposed it at an AGM. A development committee was

originally set up with members from CIMSPA, TCUGB and others with special interest and knowledge. The aim being to develop national standards for tai chi and qigong in the health and wellbeing sectors; not the whole arts but specific aspects to help the aging population and patients with chronic conditions. The purpose being to improve quality control and delivery in these specific sectors that had long suffered with lack of understanding of what tai chi and qigong are, as well as knowing who to work with and training courses to attend. As the Sports Council's national governing body, the BCCMA became involved, and a tripartite agreement was put in place. Details can be found at:

<https://www.cimspa.co.uk/standards-home/professional-standards-and-consultation-guidance/position-statement-for-tai-chi-and-qigong>

The standards consist of a core coaching module plus technical standards that add to this. The BCCMA focused on the core coaching module and the TCUGB on technical standards for tai chi and qigong. These standards will be officially issued in May 2022 meaning members can submit training courses, or opt to join CIMSPA as an instructor, by mapping their experience and qualifications against the standards. I appreciate this is not for all our members but for those who teach in the NHS and specific health and wellbeing settings then it is of value, plus it will remove those in the marketplace who have only ever attended a 1 to 2 day workshop, or learnt online without any real assessment. More details to follow.

### Add your events

Please remember to add your events to the Union website to let members and others know. It's a FREE service as part of your membership. Add your events at

<https://www.taichiunion.com/event-listings/>

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Feedback on the new look journal has been excellent, and it's really heartening that members are listing events again, including for world tai chi & qigong day on Saturday 30<sup>th</sup> April. Maybe it's now also time to advertise your workshops, course, and products in the journal as members receive a substantial discount. If you are interested in finding out more, you can email the editorial team at [editor@taichimag.org](mailto:editor@taichimag.org)

Best regards,

Mark Peters, Chairman

On behalf of the board of TCUGB

<https://www.taichiunion.com/>

twitter: <https://twitter.com/TaiGreat>

facebook:

page: <https://www.facebook.com/tcugb>

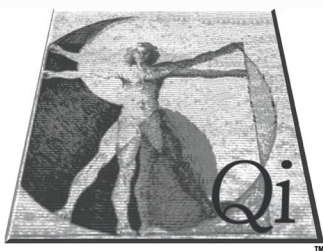
open group:

[https://www.facebook.com/groups/uktaichiqigongandintern  
alartstcugbopenforum](https://www.facebook.com/groups/uktaichiqigongandintern<br/>alartstcugbopenforum)

members only group:

<https://www.facebook.com/groups/1273194333034852>

## World Tai Chi & Qigong Day



One World ... One Breath

**Hundreds of Cities -  
Over 70 Nations**



[www.WorldTaiChiDay.org](http://www.WorldTaiChiDay.org)

**Saturday 30<sup>th</sup> April** <https://www.taichiunion.com/world-tai-chi-qigong-day/>