

# Teacher and Themes of the 15th Push Hands Meeting

The teachers of the 15th International Push hands Meeting in Hannover are coming from Germany, Scotland, Italy, England und Österreich:

Barry McGinlay, Gianfranco Pace, Emma North, Wilhelm Mertens, Gunawan Wibisono, Niki Deistler, Angela Menzel and Ronnie Robinson.

## Gianfranco Pace



Gianfranco Pace began studying taijiquan in his late teens researching and studying with different masters and in Chenjiagou. He is the founder of the International Taijiquan KungFu Association where he trains the complete Chen style system. In 2009 he created the Light Blue School, a unique building in Europe where students from anywhere in the world can live, train and attend 'Taiji College ITKA'. He also teaches all around the world his programmes set up in order to study Taijiquan in a deep and smart way by means of 'different interest areas'.

## Theme: Tui Shou and the importance of the unified Qi

Chen Zaopi (18th generation of Chen family) classified five negative qis ('unbalanced') and five positive qis. The unified qi (hunyuan yi qi) is perhaps the most important of positive qis and regards the possibility that all the energy of the body can be concentrated, strong and compact like metal. To possess the unified qi means to have an impenetrable strength, the possibility to emit the energy with minimal movements. This kind of power can be experienced in the form or as well in Tui Shou practice.

## Wilhelm Mertens

Wilhelm Mertens has been teaching Taijiquan and Qigong in Hamburg (School for Touching and Moving Art) for many years. He is a visiting teacher in many places in- and outside Germany and played a substantial part in Taijiquan as well as in Qigong formations. His education as a bioengineer and his 10 years of practical experience in the field of social pedagogics enrich his classes.

For many years he held the office of the chairman of the Taijiquan and Qigong Network Germany, of which he is now Honorary Chairman. Since 2003, Wilhelm was also chairman of the German Umbrella Organization for Taijiquan and Qigong.



## Theme: Straining and Movement

In pushing hands, the demands on the body are constantly changing.

The two elementary demands on our musculoskeletal system in this context are to absorb stresses and strains and to move. Depending on the assigned challenge, the cooperation in the body is differently accentuated. Both aspects, moving and straining, tend to appear in different blendings almost perpetually. While in action, the accents change from movement to straining and back to movement.

It is this set of problems we will be working on.

## Niki Deistler



Niki Deistler has been studying various Far Eastern martial arts since youth. His focus is on Taijiquan by GM Huang Xing Xian as well as Taiji Tanglangquan (Praying Mantis style). His two main teachers are Master Lau Kung King (direct student of GM Huang) and Master Zhou Zhendong, lineage holder in Taiji Tanglang in the ninth generation. Niki Deistler successfully participated in several Wushu Championships in China and also introduced some of his students for successful participation in the Austrian Wushu Championships. In 2006 he founded together with his wife, Yonghui D. Yi,

TAJIARTS – association to promote Chinese martial arts and philosophy. He regularly spends a lot of time in China. Niki Deistler is teaching full-time in Vienna. He is a teacher's trainer of the IQTÖ (representing the interests of Austrian Qigong, Yiquan and Taijiquan teachers), as well as lecturer for Qigong on the Danube University Krems. His work includes various projects on Taiji and coaching, as well as writing various technical articles.

## Theme: Taiji Ba Men – The 8 Doors in Pushing Hands

That which connects all Taijiquan styles together is the theory of the eight fundamental forces and the 5

steps or directions. Of course, the interpretations vary in different schools slightly. In this workshop we will learn a short movement sequence, which serves as a grid and reflection for the 8 principles. It can be done in the bow step, the parallel stance and also dynamically executed. Then we integrate these principles immediately into Pushing Hands. Based on this exercise, we get a clear path in the hand, a better understanding of the fundamental forces and to practice and implement them directly into Pushing Hands. Beginners can easily come in contact with the core elements of Taijiquan, while advanced practitioners meet interesting training methods and further possible combinations.

## Angela Menzel



I am passionate for Taijiquan, Baguazhang, Tongbei Quan and Xingyiquan, passionate for Sha-Wushu.

I especially appreciate the development of the unique “Gong Fu” training traditional Wushu brings to the serious, the intelligent grace and feeling completely “shu fu”!

Partner training means to me an encounter where partners reveal themselves.

I am tudee of Sha Junjie and represent the heritage of Sha Guozheng.

Cooperating with others I am training Trainers for Taijiquan and Qigong. Since fall 2014 I am president of the German Roof Organisation for Qigong and Taijiquan (DDQT).

Tai Chi School Göttingen

## Theme: Baguazhang

Learning the basics of Baguazhang can be compared to learning a new language. It starts with simple, single words, continues with connecting those to short sentences and finally you are able to tell stories embedded between Prologue and Epilogue.

As a Martial Art Baguazhang is rich in variations and ways to change as life is and the “I Ging” tells, which Baguazhang can be referred to.

As the practitioner you can decide about speed and expression: slow, soft, meditative, fast, powerful, ... It can be trained as partner training or is nice thing for a group to experience.

Beginners end their first lesson with at least a first sentence to speak. This can be practised as a small, independent Bagua form and is easily expanded with the following opportunity.

Both, beginners and advanced are welcome to join!

## Gunawan Wibisono



Taiji Formation, taught by Manfred Steiner (Hannover)  
 Qigong Formation, taught by Grandmaster Guo Bingsen  
 2008-2010 Formation as Alternative Practitioner (Amara Hannover)  
 2008-2010 Tuina Formation, taught by Sibylle van Luijk  
 Additional Formations (extract): Ear Acupuncture, Dao Yuan Gua Sha Fa, Chiropractor, TCM Diagnostics, Korean hand acupuncture and Tuina for athletic injuries

Professional Training in Tuina Therapy, taught by Dr. med. Sun Weizhong (German Tuina Academy, Leipzig)

Since 2012 freelance lecturer, German Tuina Academy

## Topic: Application of Taiji techniques in Tuina Therapy

**Max. 15 participants! Please tick the box on the registration form!**

Taiji belongs to the internal martial arts and is a technique of self-defence. That means practically that by defending ourselves against an attacker, we can also injure him. Contrary to that, the aim of Tuina Therapy is to treat injuries and blockades. Tuina belongs to the five pillars of Traditional Chinese Medicine and is a traditional manual form.

The connection between Taiji and Tuina Therapy is that some of the taiji Techniques are similar to or even identical with the grip techniques of Tuina Therapy. Thus, Taiji practitioners are having a big advantage compared to everybody else who wants to learn Tuina.

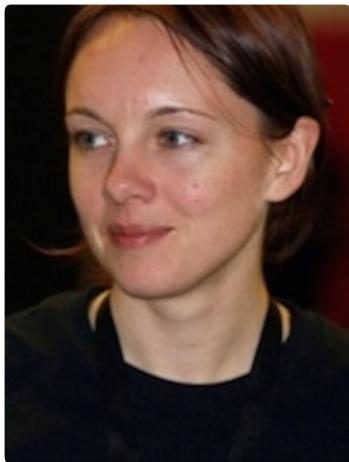
So, what is Tuina Therapy exactly?

By means of acupressure, pushing and rubbing the meridians, acupunctural massage and hitting techniques as well as active or passive movement techniques and mobilising stretches of the joints and muscles, the whole body is brought back to its equilibrium.

Both Taiji practice and Tuina treatment are targeted on activating the flow of the body's own Qi (life energy) and the circulation of the blood. Thereby the blockades of the meridians are dissolved and the inner organs are influenced by reflex, so that the energy flows of the body are gradually rebalanced.

## Emma North

Emma is a World Tai Chi gold medallist and 2 times European Tai Chi pushing hands champion.



She has been a practitioner of Tai Chi and Qigong for 11 years. In January 2010, Emma became Barry's first apprentice, and trainee assistant teacher for Tai Chi Life School.

Emma is recognised as an Intermediate Instructor by the Tai Chi Union for Great Britain (TCUGB), and is a certified instructor of the Longfei Taijiquan Association of Great Britain and the British Council for Chinese Martial Arts (BCCMA).

Emma has additionally been taught by masters Simon Watson, Richard Watson, Wang Yanji, Professor Li Deyin, Faye (Li) Yip, and Tary Yip. Emma has also travelled to China several times to reinforce her Tai Chi training.

## **Theme: Tui Shou, just as much a game for women**

Learn pushing hands exercises of power, technique and feeling, as taught by Barry McGinlay and Emma North, coach and captain of world champions, Team Longfei.

Suitable for beginners to seasoned athletes – something for everyone to take away.

Sessions led by Barry McGinlay will be on Exploring the relationship between being soft and firm and relaxed and focused.

Sessions led by Emma North will be on Pushing hands; just as much a game for women.

## **Barry McGinlay**



Barry is a World Tai Chi champion, Gold medalist pushing hands in the world famous Taiwan world championship and European Gold medalist, and has coached International World, European and National tai chi champions. He is a trailblazer for tai chi in the UK.

He is certified as an Advanced Instructor by the Tai Chi Union for Great Britain (TCUGB) and as an Instructor of the Longfei Taijiquan Association of Great Britain. Barry is taught Tai Chi by Master Simon Watson, Master Richard Watson, Master Wang Yanji, Professor Li Deyin, Master Faye Li Yip and Master Tary Yip under the lineage of Master Li Tianji.

With over 30 years of experience, Barry is dedicated to teaching all aspects of martial arts and has been a Tai Chi and Qigong practitioner for 18 years. He is a full time professional martial artist and teaches internal and external?martial arts to a diverse range of students. He also teaches internationally and organises workshops and retreats in England, Thailand, Cambodia and China. These trips combine experiences of Eastern culture and philosophy with Tai Chi and Qigong training. All of these events have been popular and successful.

Being active within the London Chinese community, Barry has built strong links through teaching Tai Chi and Qigong, and from participating and performing at their cultural events. He is interested in the fusion of the performing arts and martial arts and has studied at the traditional school of Beijing Opera in China, and amongst other projects, has collaborated with professional dance choreographers to bring Tai Chi to the stage.

Barry works consistently within the local community. He has worked with children with special needs and behavioural issues, and students with medical conditions, including recovering cancer patients and students with heart-related conditions.

He has a very hands-on approach to his teaching practise and is dedicated to teaching the self empowerment that is generated within the individual's learning experience. He focuses on one-to-one attention for individual and specific needs and encourages all students to explore new boundaries and so reach their full potential.

## **Theme: Exploring the relationship between being soft and firm**

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Suitable for beginners to seasoned athletes – something for everyone to take away.

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## **Wang Ning**



Biography: calligrapher, seal cutter, translator and Tai Chi teacher – studied German literature and language in Peking. Thanks to his experience he is able to build bridges between the Chinese and Western worlds of thought and emotion. We will receive an introduction to the (philosophical) foundations of the movement arts of Tai Chi Chuan and Qigong — not through a dry and theoretical lecture, but as the calligrapher paints the image-based concepts of the Chinese world view. These concepts are hidden in the Chinese characters, and their interpretation takes us on an exciting journey through China's cultural history. This often leads to new and surprising meanings which are quite different to the normal correspondences and translations used in the West.

Ning will be around at the free pushing hands sessions cutting seals and is happy to answer your questions about the philosophy of Taijiquan.

## Ronnie Robinson



Biography: has studied tai chi since 1981 and regularly teaches at major European events. He is the Secretary of the Tai Chi Union for Great Britain, the Taijiquan & Qigong Federation for Europe, Editor of Tai Chi Chuan & Internal Arts (UK) and the European Internal Arts Journal and organiser of Tai Chi Caledonia an annual internal arts event in his native Scotland.

## Theme Push Hands: Push Hands – WTF?

We all participate in this strange activity of touching someone else's body, trying to over-power them whilst trying to avoid them doing the same to us, why?

In the work of tai chi and internal arts there are many systems and methodologies for developing stability, structure, inner strength, flexibility, spontaneity, focus, balance and awareness to name but a few. The work of tui shou (push hands) affords us the unique opportunity of connecting with others, in a mutually supportive and creative manner to develop all of the aforementioned aspects. By working with others whilst finding our centre, establishing our grounding and remaining open and light we can grow in ways not possible by ourselves. This will remain the central theme of this workshop.

**Theme (Qigong):** From 19.- 21. February, Ronnie Robinson will be offering Qi Gong from 08.45 to 9.30 to give you a relaxing start to the day.