

Sun and Moon Salute

All West Country Lam Association classes end with a bow and salute. This practice originates in China and is still honoured today, especially in the martial arts world.

Why do we do it? Well there are many reasons. Firstly we show respect; to our teacher for teaching us, to our students for paying attention and to our peers for helping us. We also respect and thank all the people who have made today's practice possible. In the past many people have dedicated entire lives to the study of these arts and then taken great care to pass them on accurately and safely. Without their input the arts would quickly degenerate into empty movements.

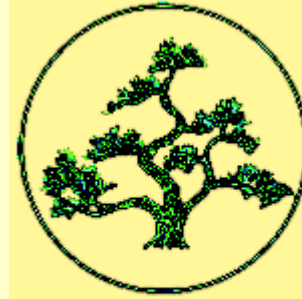
The shape of the hands also has several meanings, the right is the sun the left the moon. They also represent Yin and Yang. In true Chinese fashion it also means when I bow I am still ready, one hand is a fist ready to strike, the other ready to defend!

Traditionally students bow to the room on entering. This is to help focus the mind for the practice ahead. A second bow is shared on greeting the teacher. This shows a two way respect. If the student doesn't respect the teacher he will not be able to learn anything. If the teacher doesn't respect the student he will not be able to teach.

Whenever any pair work is done students will often bow before and after, especially if sparring. As well as showing respect to your fellow student this means that if any 'accidents' occur it is nothing personal and we are just learning together.

As already stated the class ends with a bow again. This brings everyone together and focuses the end. The students thank the teacher for teaching, the teacher thanks the students for learning. Without each other the class would not exist.

Finally some people bow on leaving the training environment, this is a personal experience and closes the session fully.



West Country Lam Association Summer 2011

Zhan Zhuang Weekend Workshop

Beacon Bank Farm 20th -22nd May

Nine people attended including three teachers from the Lam Association. We alternated training with rest and tea and biscuits during the day with lectures in the evening. The vegetarian food, much of it coming from the venue's own organic garden, was excellent. A few of us braved the Yurts in the woods too. Thankfully the weather held for outdoor practice and we made the most of this ideal setting.

The next workshop is 9th to 11th September. There are very limited places. Booking forms available from Tony or from the website and facebook page.



Tony Dove 07886630436 standinglikeatree.co.uk

facebook- West Country Lam Association