

Photos from Beijing and Tibet 2013



New Beginners Classes Starting in September 2013

Lam Tai Chi Chuan

Wednesday 8-9PM Portishead

Tai Chi translates as 'the best of the best' of martial arts. Lam style combines two strands of Yang style, following Sun Lu Tang or Shin style, and also incorporates Sifu Lam's extensive research into Zhan Zhuang and healing arts. This has led to an accessible, effective martial and healing form of Tai Chi Chuan.

Wu Tang Dragon Sword

Tuesday afternoon, Weston-super-Mare, (time and venue to be confirmed)

The dragon twists and turns gracefully. Hiding in the clouds then swooping down, as if forming from the mist itself.

This form is taught in a similar way to Tai Chi but with its own exercises and of course the addition of the straight, light, double edged dragon sword.

Tony Dove 07886630436 standinglikeatree.co.uk

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West Country Lam Association Spring 2013

China Trip 2013

In April the Lam Association, including three from the West Country, visited China in honour of Professor Yu Yong Nian's birthday.

Professor Yu is the last living student of Wang Xiang Zhai the founder of Da Cheng Chuan. After qualifying as a Western style dental surgeon Professor Yu devoted his life to researching and developing Zhan Zhuang practice. He was responsible for its introduction into hospitals in China and has written many books on the subject. He is a living treasure of China.

He has continually expressed a wish to give this healing art to the world. As a group we represented a dozen countries at his birthday party. Thanks to his personal effort, and that of Master Lam, this art is now becoming a world treasure.

After Beijing the group went on to visit remarkable historic yet still living sites in Tibet. Including the oldest monastery at Sam Ye, and the oldest temple, Jokhang.