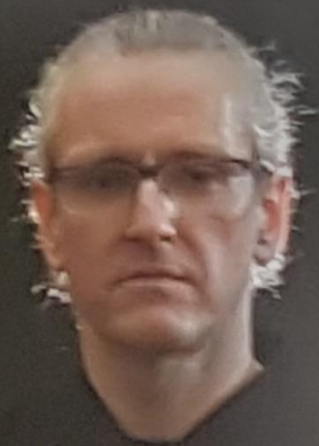


TAI CHI & QI QONG

BOOK OF SECRETS



太極拳

by Douwe Geluk

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BOOK OF SECRETS

By Douwe R. Geluk

TAI CHI APELDOORN



Source of Happiness

- Bron van Geluk -

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WARNING: Please consult a physician before doing any kind of exercise! This book is no substitute for training under a real certified teacher. Always practise with a professional teacher for safety!

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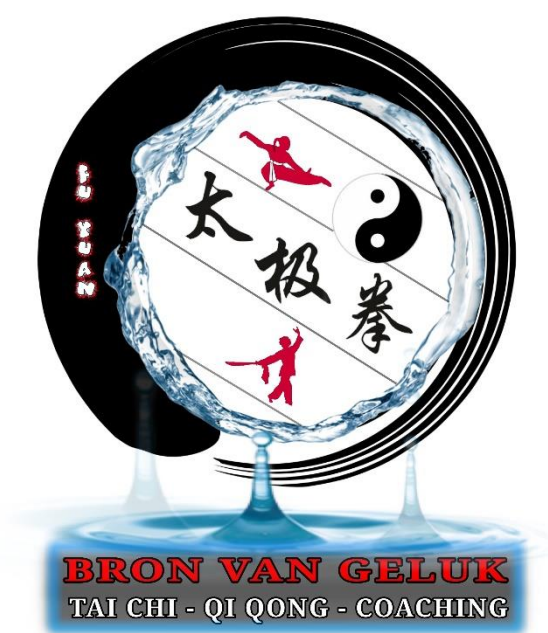
"Doing good is the greatest source of happiness"

Preface

My name is Douwe Geluk and I am a teacher at Tai Chi Apeldoorn Fu Yuan Source of Happiness School for Tai Chi Chuan, Qi Qong, Meditation, Mindfulness, Chan, Zen meditation and more. I am pleased to publish this e-book "The Book of Secrets" as a guide for those interested in attending Tai Chi Chuan and Chi Kung classes in a school. For many years I have been involved in studying Chinese martial arts under many different teachers. Over time, I felt the need to share my knowledge and experiences with people, so the opening of "Fu Yuan" the Source of Happiness became a fact.

Read this book quietly or watch only the bits that you are interested in, and discover the secrets of Tai Chi and Qi Qong. Sincerely, sifu Douwe Geluk.

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1. Tai Chi Apeldoorn
2. Bron van Geluk

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1. Tai Chi Apeldoorn

As mentioned in the introduction, Tai Chi Apeldoorn is a school of Tai Chi Chuan, Qi Qong, Mindfulness, Meditation and more. We provide lessons for all ages and the uniqueness at the Source of Happiness is, that we teach in different Taijiquan styles and forms. We teach Yang style, Wu style, Wudang style, Chen style, Wu Xin style but also the Shaolin Rou Quan Tai Chi so-called Soft Boxing.

Each style has its own ways of movement and often specific details. For instance, the Yang style is generally quieter, where the Chen style has explosive moves and has faster movements. Tai Chi is fortunately completely adaptable to the individual. So if someone wants to learn the Chen style we can of course make the explosive movements¹ softer for people who have physical limitations. So Tai Chi has enough in itself for a tough workout but also a light one by slow moves for vitality and health.



Unlike many other Tai Chi schools, our focus is mainly on Tai Chi Chuan teaching in the broadest possible way.

So for example we do Tai Chi forms, Qi Qong, Silk Reeling Qi Qong, Meditation, Tai Chi weapons, Tai Chi applications and selfdefense, Chinese philosophy, resilience, clinics and workshops for institutions, companies, and much more. Our school wants people to enjoy the classes as a foremost goal.

The Chinese people often say that Tai Chi practitioners gain the flexibility of a child, the health of a lumberjack, and the peace of mind of a philosopher!

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¹ Complete book of Tai Chi Chuan by Wong Kiew Kit

2. "Bron van Geluk"

The name of Tai Chi Apeldoorn "Bron van Geluk" (source of happiness) as you may have perceived, my last name is incorporated in the school name. In Chinese "Fu Yuan" the Chinese characters are:

福

FU

源

YUAN

Tai Chi Chuan, Qi Qong and Meditation are a great source of happiness for me, I now teach those arts, because I like to make them accessible to people who want to experience a "Source of Happiness" by practising those Chinese ways as a martial art or for health aspects.



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3. What is Tai Chi?

4. For who is Tai Chi?

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3. What is Tai Chi?

Tai Chi Chuan, is a Chinese martial art and is practiced as a sport by many. The power of Tai Chi are the peaceful movements that are sometimes interspersed with some more explosive movements. We practice Tai Chi often through a fixed form. This may be according to Yang style Tai Chi, the Small Circle form, the shortened 37 form Cheng Man Ching, or the Yang style 108 form and ofcourse other Tai Chi styles.

The moves let the Chi flow, the Chi is our life energy it supports our health and wellbeing. The movements flow beautifully one after the other, and are slowly done in general they keep you moving and give a much better feeling in your body. Many people think sometimes, do i have to remember that whole form? And do not start Tai Chi because they feel too much pressure.

I would argue that remembering a form should not become your main goal but fine sport and moving in a group to exercise should. So go to the weekly Tai Chi classes and simply join in the goal to exercise, the forms remain automatically after long enough practise. Besides practicing Tai Chi Chuan forms, the following components are also important and are done in TaiJi classes:

Tai Chi Silk Reeling: Exercises to improve your Tai Chi movements. You get better foundational movements by practicing Silk Reeling Exercises

Tui Shou: Pushing Hands "Sticky Hands" This is often a partner exercise in which we learn to follow each other. That way is expanding to free interaction and responding to what the other is doing.

Tai Chi Weapons: Learning to deal with the fan or the elegant straight sword, staff or spear. Tai Chi has them all and more ofcourse.

Tai Chi applications: Applications of self-defense movements, this subject most schools do not cover every lesson, but they do if there is a demand. It is certainly important to know the movements and know what they are. By practicing this way, you become more aware of this and the movements in the forms will become better.

Tai Chi Boxing: Learning punches and combine quiet manner of the Tai Chi way of course for those who want to spice up their practise is that also possible.

Qi Qong: Qi Qong are exercises for generating energy. What it exactly is, i will discuss in a later chapter.

Meditation: Meditation and breathing exercises are available in many varieties and can be done in many ways. Again I tell you more about this in a later chapter.

We have something for everybody in the art of Tai Chi, let it be the Source of Happiness!

4. For who is Tai Chi?

The great thing about the Tai Chi is that it is really for everyone. Everyone can practice Tai Chi Chuan as "sport", as a movement art for health or to simply exercise with others.

People with medical conditions such as arthritis, fibromyalgia, respiratory problems and other aspects can also benefit from practising Tai Chi Chuan.

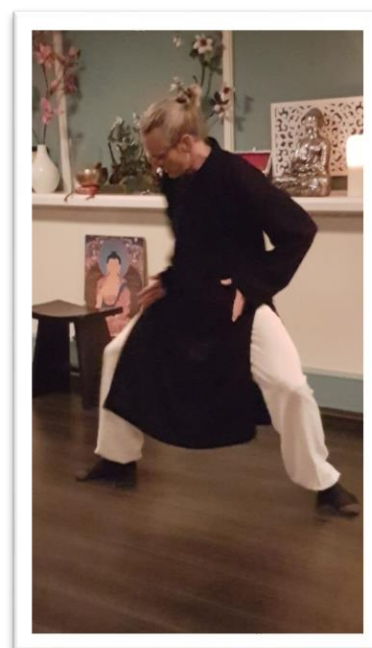


Practicing Tai Chi Chuan together is a great way to be involved within a fun social way to exercise. You can keep it as easy as you like, but rather also as intense and difficult as you like it to be.

Also a nice thing about doing Tai Chi Chuan is that you often yield great social contacts. Many participants of Tai Chi lessons are often doing some other fun stuff together. Like going out, have a good time or visit eachother etc.

Tai Chi Chuan has many practice opportunities and therefore adapts to the individual. You can indicate your medical inconveniences, which is where we can focus our exercises to. The exercises then may support the energy in that areas..

This pleasant 'easy to get into' aspect of Tai Chi really makes it an accessible way for young and older people.



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5. What is Qi Qong? - For Who is Qi Qong?
6. Try Qi Qong! - “The Swimming Turtle”

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5. What is Qi Qong?

Qi Qong... also written as Chi Kung, are often relatively short and simple exercises not directly in relation to martial arts itself. Since in Tai Chi Chuan - let it be the form - punches and kicks are found to that leads back to its origins from the martial arts, Qi Qong for that matter, is more focused on pure physical health. In China, doctors prescribe Qi Qong sometimes as a means to improve the overall state of mind and the physical vitality and energy of the individual. You have thousands of different exercises of Qi Qong. Qi Qong like Baduanjin, to Wudang Wu Xin Qi Qong, Shi Ba Shi 18 steps, Shaolin Huan Qi Qong, Wu Ji primordial Qi Qong and many others.

Within Qi Qong you have also some movements, exercises that resemble the old Physical Education as it was done in the west in the old days. But most Qi Qong contain more Tai Chi like smooth movements and works with energy well. Qi Qong exercises are for example in sets of 8 or 18 exercises but there are also in other numbers. Each workout is shorter than a Tai Chi form and for most people easy to learn. But just as in Tai Chi is also the Qi Qong adaptable to the strong and weak points of the individual.

Qi Qong can be seen as an ancient form of exercise, the fact that you do it, will help your body naturally with energy support. But if the Qi is properly initiated the effect can be much greater.

For who is Qi Qong?

Qi Qong is a very good practice for everyone. Also for people who can not stand and prefer sitting or laying down to practice.

The Qi Qong exercises can be done standing, laying down or sitting. And there are so much variations possible that there is always something that fits you and gives you a nice feeling to work with.

You will find out, that you make yourself feel better by practicing Qi Qong and you just get a little more energy. Qi Qong also works very good at stress and burnouts and has a great effect for mind, body and spirit.



6. Qi Qong Exercise: “Swimming Turtle” try it!

Hereby i give you one of my most favourite exercises of Qi Qong it is called the: ‘Swimming Turtle’ and it is a very strong Qi Qong energy exercise. Try it for yourself, see the step by step pictures and explanation on the next page (**next page, watch pictures from left to right**):



- 1. Start with hands behind the back, bring hands forward, and circle arms open!**



- 2. Circle until the hands are in front of your chest, bring palms together push forward circle again (change the palms to in the direction of your back)**



- 3. Circle on until hands are behind the back again, stretch arms with palms to the sky, bring them up and near each other.**



- 4. Circle in front and spread your arms wide, handpalms facing the direction of your back, circle on until they are behind your back again. Start over again repeat !**

Swimming Turtle Qi Gong!

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- 7. What is Chi energy – Yin & Yang
- 8. What is Meditation – Methods

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7. What is Chi energy?

Chi, many times also written as Qi, is the energy of existence and life we all possess. We can relate Chi to natural things like a tree, gold or other metals and it is present in all living things. Sound or other types of radiation also have Chi but this Chi is more Yin energy. For living things we can divide three resources of Chi energy:

1. Chi from existence you are born with that,
2. Chi that you obtain from the different foods
3. Chi that you get out of the air around you

The energy is divided for living things in Ying and with consciousness 'Shen'. So to be alive, or living, the Ying is needed, to be aware or to have consciousness you need 'Shen'.

The energy we call "Chi" exists on different levels!

Besides the consciousness humans have, "knowing what they are, knowing about life and death" scientists also discovered that it is likely that other life forms experience also a same form of consciousness. For me personally that is very likely to be the case. So Ying, Shen has to be present in many life forms, just to have a life with a certain level of understanding.

"Tai Chi helps to develop one's self-awareness "Shen" even more!"

About Yin and Yang and the Symbol

The Yin Yang symbol is telling us about opposites but there is much more to the concepts of Yin and Yang. The color black represents yin and the other side the white color stands for yang. The color black absorbs light, the white color reflects light. In yin yang philosophy, yin absorbs, and yang is the creative expanding factor. Yin Yang is more than opposites only, the line in the middle can be seen as the life path.



The circle is the astral universe from where we are. From the circle we are born, after we are born our life is represented through middle line of the Yin and Yang symbol. At the end of the middle line we die and we go back in the circle of the universe again. The middle line itself tells us that being out of balance can be in balance. It just depends on the phases of your life at that moment. Yin and Yang does not put the emphasis only on the middle as being the most balanced way.

The Yin and Yang expands and absorbs, as we the living creatures are absorbing the lives we are in at the moment. Absorbing impressions (yin) and be creative (yang) with it is also a way of explaining the Yin and Yang concept. You also see that the opposites in the Yin and Yang are in pairs so there are two of them like: hot – cold, friendly – angry, black – white and so on.

Ofcourse there is much more to it, but i wanted to describe it briefly!

8. What is Meditation?

Meditation you do by breathing exercises combined with a standing, sitting or laying down position. In meditation, the eyes may be fully closed, half closed or open. It is a state of being yourself which can ultimately lead to peace in your heart and relaxation. It can also help and providing new insights about certain things.

Several beliefs or lifestyles have something like meditation in it. So you see it is also done in the Asian martial arts such as Karate, Kung Fu, Tai Chi Chuan and others.

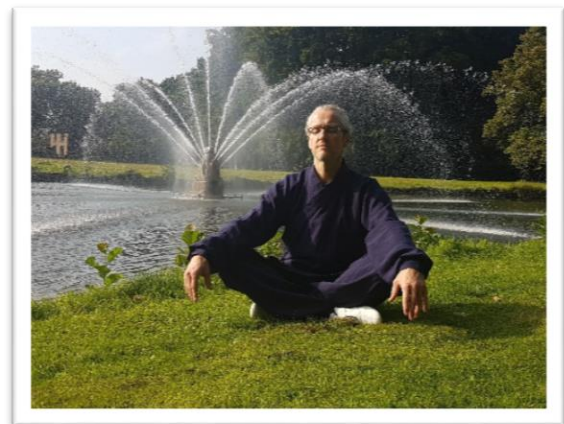
There are several ways and forms of meditation² :

Object meditation: One form is the Transcendental Meditation bring your attention to a point and you are you so focused on that point that distractions of the outside will not affect you. This "point" could be an idea or a problem in which you are looking for a relaxation which can lead to new insights

Free of object meditation: Unity of everything, so no object or around it, but a method which particular focusses on relaxation of mind, awareness and intentions. Blank, empty but its an all-encompassing approach in which everything fuses to oneness, but there is also no specific focus on oneness.

Vipassana Meditation: Thoughts, emotions may come up during this meditation. You are aware of them but also let them pass, you do nothing with it. You are aware of them but let them pass, the essence is release and stand firm in your power of being you.

Nowadays, such meditation exercises and concepts, also referred to as 'mindfulness'. Mindfulness is extremely popular these days and many people practice it in a certain way.



Within the Tai Chi classes we often have the standing meditation and meditative walking. It is very pleasant to do such exercises because it brings mind, body and spirit together.

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² Wikipedia Meditation

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- 9. Just some reflections of my mind
- 10. Tai Chi clothing ideas

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