

A selection of Qi China International Student Testimonials (2005 – 2009)

HEALING AND THE INTERNAL CHINESE THERAPEUTIC ARTS:

'For thousands of years the Chinese have believed the human being gets energy through exercise, food and rest.

'Exercise is incorporated in complex movements in Tai Chi and Ba-gua and Chigung (energy work). The health and meditation benefits have been widely confirmed in helping conditions like arthritis, depression, blood pressure and general well being. The benefits of these internal martial arts go deep into the body, affecting nerves, muscles and internal organs. Both psychological and physiological vitality increase with regular practice.

'In energetic medicine the use of acupuncture and homeopathy and herbal remedies also assist in treating illness. Having studied aspects of other systems , one finds many - like Pilates and Alexander Technique - mimic many ancient Chinese movements. All the internal Chinese [martial] arts are used to reduce blood pressure, improve nerve function, regulate digestion, reduce fatigue and help rehabilitation of muscles and joints.

'Health is approached as wellness, a clear mind, balanced emotions, strong vitality and freedom of organic illness. The exercise and treatments in China aim to prevent and heal body dysfunction, using whole mind-body systems. Such a system for developing freely circulating Chi [Qi] is Ba Gua (I-Ching based, and over 1500 years old).

'It cannot be emphasised enough that to enable the body to benefit, proper supervision and qualified instruction , such as my instructor Alan Tinnion provides so fully and so well, is essential.

Dr Albert Baracellos (MD, GP): Ferndown: Dorset

'I have been attending Tai-Ji and Qi-Gong classes run by Master Alan Tinnion for several months.

'I enjoy the classes, finding them good for flexibility, balance and calming of the mind.

'The classes are structured and not hurried. Alan is very patient and precise in his teaching.

'The discussions before/after the lessons are very helpful and interesting. I have learnt the therapeutic application and the culture of the movements taught. The hand-outs are very helpful combined with a verbal explanation.

Rosemary Booth: Wimborne: Dorset

'Having recently had two hip replacements I find the exercises, although they are gentle and slow, are helping me regain muscular strength in my legs, improve my posture and help my breathing.

'I find that Master Alan Tinnion's explanations as to the origin and purposes of the movements, and the benefits that may be expected, are most interesting and informative.

Mary Salway: West Parley: Dorset

'I find Qi-Gong and Tai Chi very relaxing and calming, especially as my wife and myself lead a very hectic life. Whilst practising them I am forced to slow down, clear my mind of problems and worries and concentrate on the exercises, thus relieving stress. They are also improving my balance and leg strength, and are undoubtedly are improving my concentration and memory, by keeping my brain active.

'I find our Instructor, Master Alan Tinnion's explanations and teaching most helpful and beneficial, as they go far beyond purely movement and sequence tuition.

John Salway: West Parley: Dorset

BENEFITS I GET FROM TAI-CHI/CHI-GONG:

'Lower blood pressure (E.G 98/56)

'Better and deeper breathing

'Stronger legs

'Better balance and agility

'Good co-ordination

'Better Health

John Regan

TAI-JI and QI-GONG:

'Some reasons why I started Tai-Ji and Qi-Gong with Master Alan Tinnion, and why I want to continue:

' I feel fitter, and more flexible and more balanced both physically and mentally. Practise is now part of my daily routine because the benefits are so tangible.

'Here are a few of the positive aspects:

- You can start at any age and any level of fitness.
- You do not need previous experience or knowledge.

- You do not need special clothing or expensive equipment.
- You can come to the class on your own as everyone is helpful and friendly.
- You can practise on your own at home. You do not need a large specially designed space.
- There is no sense of competition with others: Everyone benefits in a different way.
- You do not have to buy a term's membership in advance. You pay for classes individually and the cost is Very reasonable.
- The pace of learning is carefully controlled, so that everyone understands what is being taught before we Continue. Questions are encouraged.
- Tai-Ji and Qi-Gong are taught seriously, with deep personal knowledge and exemplary patience by Master Tinnion.

'It is unlikely that a western student will get a better introduction to these ancient disciplines: I am Grateful for the opportunity to study with Master Tinnion.

Dr Susan Goddard: Wimborne: Dorset.

'Having practised Tai-Ji and Qi-Gong under Master Alan Tinnion for over two years now it is possible to articulate a few of the beneficial effects from a personal perspective. Although indivisible in reality it is, perhaps, easiest to divide the effects into the physical and the psychological.

'Physically, the more one practices the healthier and (literally) more flexible one feels. The frame and muscles are stretched and the joints loosened, and those many nagging little aches and pains that seem to creep up with age start to diminish. In short you start to feel more 'alive' as the Qi flow increases.

'The psychological effects are somewhat more difficult to express. Tai-Ji and Qi-Gong are deeply embedded with the theory and practice of Traditional Chinese Medicine, and so the underlying concepts do not fit neatly into Western patterns of thought. However, with some application, the benefits of practice soon become apparent with an increase in mental focus and (paradoxically) a deeper mental relaxation. Tai-Ji, it seems to me, becomes as much a study as a form of physical activity.

'If forced to condense my (limited) understanding of Tai-Ji so far, I would summarise it in terms of learning to become both physically and mentally balanced.

David Penn : Wimborne: Dorset.

'I keep coming back because the more Alan teaches us - about the exercises and also the whole vast philosophy of TCM - the more I feel myself becoming immersed....! It exercises the body and mind. My memory is improving along with my muscle tone.

'... The way that Alan clearly explains the whole subject makes things extremely interesting and I wish to learn as much as I can - and that is what keeps me coming back week after week. I feel better in body and spirit - much calmer - and more appreciative of the world around me. My joints are much more flexible and I feel better in myself, and know I will continue to do so. I only wish I had started to learn the techniques at an earlier age - and my hope is that more and more people are made aware of the benefits.

'Alan makes the classes fascinating and challenging sometimes - never boring - I always feel I want to learn more and more - and that is what being a good teacher is all about...'

Diane Allen

'...Our instructor, Master Alan Tinnion, who is internationally qualified is not only competent in teaching and an excellent master, but also is thorough in his teaching methods and skills. There is always a question and answer session both in the beginning of the lesson and at the end. The course is extremely interesting and it enables us to have a deeper knowledge of Qi Gong ...'

Takako Rye (Mrs)