



Xing Yi

Xing Yi is an internal Wushu style known for its dynamic and explosive movements. *Xing* or shape is derived from the fighting movements of twelve different animals. *Yi* or mind, is generated internally from the heart. Xing Yi, thus, imitates and incorporates the combative shapes of twelve animals and their inner characteristics. Xing Yi's theory and techniques are aggressive, yet the practitioner avoids emotional excitement. Xing Yi manifests great power though it is refined, and while the strategy is offensive it is not disordered. Training in Xing Yi can make you spiritually strong – even though your spirit is elevated to a very powerful level, you will remain calm, peaceful and in control.

Xing Yi consists of five fundamental movements: Pi (Split), Zuan (Drill), Beng (Expand), Pao (Cannon) and Heng (Shear). These are matched up with Metal, Wood, Water, Fire and Earth elements from the Five Element Theory. This style is characterized by linear movements and uses offense as a way of defense.



Who is Grand Master Aiping Cheng?

Grand Master Aiping Cheng is one of the only martial artists in the U.S. selected to compete in the highest level world competitions in both Tai Chi and Wushu Kung Fu. She was selected for the most outstanding team in the world – the Chinese National Wushu Team – six times. She is one of the most accomplished Tai Chi experts in the world. She is a three time gold medal winner in the highest level competitions in the world. In 1974, Grand Master Cheng was selected (along with Jet Li) to the famous athlete delegation that demonstrated at the White House for the President of the United States. She has performed these ancient Chinese arts for world leaders in 16 countries. In 1999 she was rated at the highest world skill level. Grand Master Aiping Cheng has been called “the Tai Chi Diamond...a Chinese Treasure in Connecticut.”

In addition to her extensive martial arts training, Grand Master Cheng attended the Shanghai Sports College. Her intensive studies included the areas of Sports Medicine History, Sports Physiology, Sports Psychology, Principles of Coaching and Sports Theory.

Grand Master Cheng currently lives and teaches in Orange, Connecticut.

Tai Chi · Qigong Center



Small Center & Big Heart

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Tai Chi

Tai Chi is one of the major internal styles contained in Wushu. It was originally created as a martial art and all the movements of Tai Chi have combat applications. Tai Chi utilizes the ancient philosophy of Yin-Yang and the Five Elements theories for its foundation and to establish its training principles.

The experience of hundreds of years has shown that practicing Tai Chi can improve health, reduce tension and cure a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems and anxiety. Techniques used to develop internal Qi for martial arts combat also proved to be effective as life prolonging and healing exercises.

There are many different types of Tai Chi, though the major styles that have been recognized in China and internationally are Yang, Chen, Sun and Wu Style Tai Chi. Our school offers standard Tai Chi fist and weapon routines, as well as major traditional and competition routines such as Yang, Sun, Chen and Wu style.



Qigong

Qi is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the “vital force” behind all things in the universe. Gong refers to the power to produce an effect, an attainment of, or accomplishment that is achieved with steady practice. Loosely, Qigong (chi kung) can be translated as the study of Qi.

Today, Qigong most often refers to the art and science of using breath, posture, movement, and/or sound to cleanse, refine, accumulate and circulate Qi in the body. This leads to improved health, transformation of consciousness, and greater power for martial arts. The four main types of Qigong societies are Basic, Medical, and Buddhist.

Through the cultivation and regulation of body, mind, breathing, and vocalization, our resistance to disease, adaptability to the external environment, and immunity to pathogenic influences is strengthened. With a strong immune system, diseases are prevented, creating a state of super health, vitality, and youthfulness for the practitioner.



Bagua

Bagua is based on the theory of the Eight Trigrams. Bagua theory was used by the ancient Chinese to analyze directions, locations, causes and effects, and all the natural changes of the universe. The source of Bagua is the Yi Jing (The Book of Changes). The Yi Jing has been a major part of Chinese culture and philosophy for more than four thousand years.

Bagua emphasizes circular movement, walking is most important. Bagua “uses movement as its foundation and transformation as its principle”. The movements are always changing, spinning and turning, while in rapid curvilinear patterns. Bagua is described as “Walk like a dragon, retrieve and spin like an ape, change momentum like an eagle and calm and steady like a still tiger”. The constant turning and spinning movements, stimulate the joints, muscles and acupuncture cavities to provide a workout for many areas of the body that are not normally exercised.