



Suny Kamay  
in the posture of Quan Yin Meditation

## THE KNOWLEDGE OF ANCIENT TIMES

### Vitality and joy of life through martial art: learning from the way of the warrior

Our cities are still full of clerks, hurrying through parks in jogging-gear or driving themselves crazy with fitness- and trimming programs. But slowly far-eastern knowledge of health and fitness for body, mind and soul is gaining acknowledgement. For a great variety of people - young women, elderly people, managers etc. the one-sided training of muscles or stamina is no longer satisfying. They want more. They are searching for a real alternative to their often monotonous everyday activities. They want to find a way to bring body, mind and soul into a new balance. In traditional martial art lies the knowledge of ancient times, that teaches us how to personally develop, how to gain new strength and even how to treat illnesses. When ancient warriors returned from battle, they required a natural and efficient way of regenerating quickly, regaining strength, heal their wounds and find emotional balance. To this day, practicing martial art has a positive effect; physically, mentally as well as emotionally. Confidence and awareness also grow considerably. Not only for grown-ups but especially for children martial art can bring great progress in improving concentration or correcting bad posture. SKEMA (Suny Kamay Energy and Martial arts Academy) teaches the "internal boxing" styles Tai Chi, Chi Kung and Pa Kua for better health as well as the

"external boxing" styles Wing Chun, Ta Kuen Tao and Eskrima for self defence in separate classes. Additionally there are separate classes for children.



#### TAI CHI - To be Balanced

**Tai Chi**, also known as shadow boxing, consists of a sequence of traditional Chinese movements, which are remarkably smooth and flowing and are accompanied by a harmonious breathing pattern. Practicing Tai Chi requires very focused concentration.

Tai Chi has a positive effect on the bodily organs, helps prevention of illnesses and has meditative qualities. Tai Chi represents the primal state of the cosmos in Taoist philosophy. It is the source of heaven and earth, of Yin and Yang. The movements are soft, gentle and gracious. Tai Chi can be used for healing and gaining Chi, much like Chi Kung. When practicing Tai Chi one constantly moves along with a series of steps, moving hands and feet in unison, unlike in Chi Kung where most sequences are stationary. Due to it's illness preventing- and health improvement qualities Tai Chi is quickly gaining popularity. Tai Chi has proven positive effects on the nervous system, breathing, circulation and digestion. SKEMA teaches the standardised 24 step Peking Form among others.



#### CHI KUNG - For a better Health

In ancient times, the art of **Chi Kung** was practised mainly by the emperor, generals and monks in Asia. Chi Kung can be described as Asian health gymnastics, is older than western history and known in many

countries of the world by different names. The main goal in Chi Kung is holistic body movement i.e. not only the individual muscle but the whole human being is trained. The harmonious movements of Chi Kung are practised tranquilly, in combination with breathing and require no acrobatic skills. This makes Chi Kung accessible to people of all ages. Chi Kung promotes health in different ways like improved digestion, cellular regeneration, blood pressure regulation and relaxing tensions. The practise of Chi Kung is a real enrichment of everyday life. Chi Kung helps load up the bodies energy resources is an ideal preparation for facing all everyday challenges.



#### PA KUA - Circular Energy

The origin of **Pa Kua** can be traced 3000 years back in time. The constant flowing movements, rising and sinking of the body and the specific circular moving pattern with differently positioned hands are the trademarks of this style. The practice of Pa Kua over long periods of time improves character and reduces anger as static energy is drained from the organs. Negative Character-traits damage the inner organs. Envy and cruelty, for example, can lead to a weakened heart, while rage and anger disrupt the liver. These negative influences can be removed through the practice of Pa Kua.



#### WING CHUN - Getting Sensitive

**Wing Chun** stands for efficiency in self-defence. The techniques are trained to become touch-reflexes, so that they can be applied anytime, without preparation. They aren't based upon scenarios ("in such a situation use this technique"); the practitioner gains the ability to react to any kind of attack spontaneously and with his whole body. The Wing Chung fighter learns to fuse all his learnt techniques into one seamless and individual reflex skill. Wing Chun also includes weapon-techniques, of which mainly butterfly-knives and long pole are known. Wing Chung includes further armed techniques, taught only in Midland-China and Singapore. Wing Chun is the basic style for anyone who wants to learn self-defence. After mastering the Wing Chun techniques, the study of Ta Kuen Tao begins.

