

# Ener-Chi

## LONDON 2 18

**Ener-Chi in the Community**  
**A day of Tai Chi, 1000 people, 1000 movements, 1000 harmonious minds**  
**Saturday, 6<sup>th</sup> October**

Mental health, obesity, and diversity in society have been at the top of the agenda in the UK in recent years. Aligning with the NHS' 70 anniversary, this one-day campaign aims to raise awareness of Tai Chi as an alternative practice; through this rhythmic and elegant exercise, positive energy, balanced wellbeing and peaceful connections will be shared and developed between people, among individuals as well as for society as a whole.

Two Chinese 'Londoners', Shaolin Master Lin Cunguo and the seasoned UK China communications specialist Yintong Betser have recently joined forces to appeal for healthy living both physically and mentally through this one-day event, calling all communities and all people to participate and experiment on the day.

1000 Tai Chi enthusiasts will be invited to gather together in a London venue to practise this ancient form of Chinese martial art on Saturday 6<sup>th</sup> October 2018. The reputable Shaolin Kung Fu Master, Lin Cunguo, will lead the demonstrations; top martial art masters from China will also be performing on the day. Other activities that reflect Tai Chi's health benefits, cultural context and philosophical influence will also take place. A day of wellbeing, positivity and harmony is assured for all to share.

### **Who are the founders behind this campaign?**

The Kung Fu master Lin Cunguo, who originates from the famous Shaolin Temple, passionately believes in getting the nation fit and promoting positive energy through Chinese martial art. He has relentlessly worked with communities, applies his skills to training courses, runs a fitness centre, and he is much in demand for his technique and technical directions for movies and television programmes. He has generated a keen following to his cause.

Yintong Betser, the managing director of ACTIVE Anglo Chinese Communications, is also a China advisor to the London Chamber of Commerce and the column writer for its magazine. She is committed firmly to building harmonious connections between the East and West in business and culture; she believes that Tai Chi's rhythm and positive energy is imbedded in every business success and every bilateral relationship.

The programme is produced by Sino UK Kung Fu Association, organised by ACTIVE Anglo Chinese Communications.

### What will take place?

Tai Chi is one form of Chinese Martial Art; and it is also an integrated cultural and philosophical concept, relating to both Taoist and Confucian Chinese philosophy. It represents the fusion of Yin and Yang into a single entity. To reflect its wholistic nature, many other cultural features will also be included; Chinese philosophical talks, tea ceremony, calligraphy and art demonstration and Kung Fu performances are working in unison and throughout the day.

### Who will attend?

This one-day Tai Chi will welcome 1000 people from all walks of life, all ages, all ethnic backgrounds to come and join us. 1000 people, 1000 movements, 1000 harmonious minds.

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千人太极 2018，全民健身，启步英伦  
周六，2018 年 10 月 6 日

近年来，心理健康、肥胖症及种族分歧的话题成为社会的焦点，已经到了势在必行的时刻。在 NHS（国家医疗服务）庆祝 70 周年之际，我们，两个在伦敦的华人，少林师傅林存国和英中创易国际公司的阴彤女士共同携手，希望与太极拳爱好者、广大民众一道，掀起一场太极健身的热潮。太极以其优雅平缓的动作，充满韵律的张式，已被很多英国当地群体所接受，但这一中国传统武术类别的其他重要意义还没有被大众广泛认知。太极传达正能量，促进人们身心的平衡与协调；我们坚信，这不仅在个人之间，更为整个社会创造平和和友善的氛围。

‘千人太极 2018’活动于 2018 年 10 月 6 日周六在伦敦举行，届时我们将邀请 1000 名太极拳爱好者参与。享有盛誉的武术大师林存国将引领招式，优秀的武术精英们也会应邀从中国远道而来为观众做精彩表演。其他与太极、中华武术精神相关的健身、文化和演讲等方面的各种活动也会在现场同时开展。全天内容有动有静、丰富多彩。我们

向社会和各类团体发出召唤，积极参与到这个活动中。我们期盼与大家共度一个身心健康、正能量满满，和谐友爱的一天。

### 谁是这项活动的发起人？

武术大师林存国，从小习练少林功夫与太极；他将全民健身，推广中国武术和分享太极精神视为己任。多年来他不懈努力，以各种训练课程，设立健身中心，巡演的形式向社会各群体宣传促进健身。由于他多年在影视界的经历，成为电影电视节目技术指导的首选人物并有很多武术追随者。

阴彤女士是一位资深的中西交流专家，也是伦敦工商协会的中国顾问及其官方杂志的专栏作者，为中英文化和商务企业做了大量桥梁工作。她深信太极中所体现的韵律和正能量是所有商务成功和双边合作关系的基础与核心，健康是一切行动的基础。

千人太极 2018 活动由中英武术协会主办，英中创易国际公司承办。

### 活动内容

太极拳是中国传统武术的一种形式，并将运动、文化和哲学融为一体，在道家和儒家思想中均有体现，代表着阴阳的结合，完整的融合。为了表现这一整体化和统一性，许多其他的文化和表现形式也会呈现在这一天的活动中，比如中国哲学讲座，茶道，书法和艺术以及武术表演等。

### 谁来参与？

我们欢迎各行各业，所有年龄段，所有种族背景的人们来参与。1000 名太极人，1000 套动作，1000 个平和的心境。

### 联系人

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