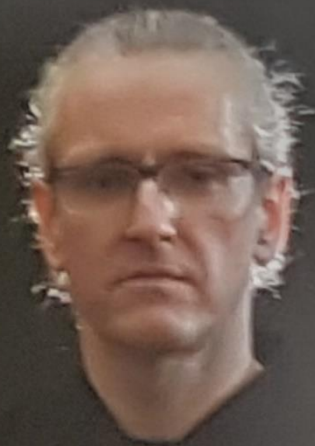


TAI CHI & QI QONG

BOOK OF SECRETS



太極拳

by Douwe Geluk

福 源 太 极 拳

BOOK OF SECRETS

By Douwe R. Geluk

TAI CHI APELDOORN



Source of Happiness

- Bron van Geluk -

2018 - Version 2

Language: English

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!

Phone: (+31) 06-51820257

E-mail: fuyuan.apeldoorn@gmail.com

Facebook: <http://www.facebook.com/bronvangeluk>

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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.

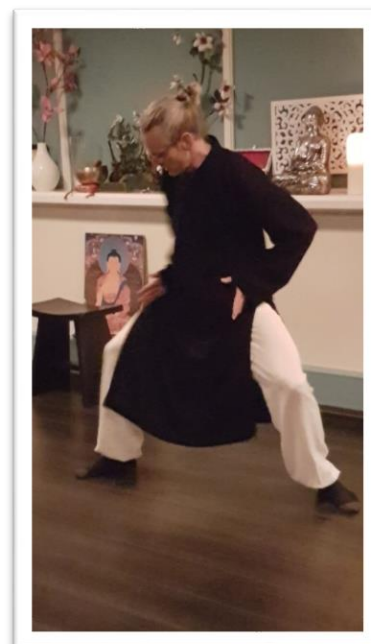


Practicing Tai Chi Chuan together is a great way to be involved within a fun social way to exercise. You can keep it as easy as you like, but rather also as intense and difficult as you like it to be.

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 each other 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 tot he sky, bring them up en near eachother.



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 Qong!

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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 ones 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.

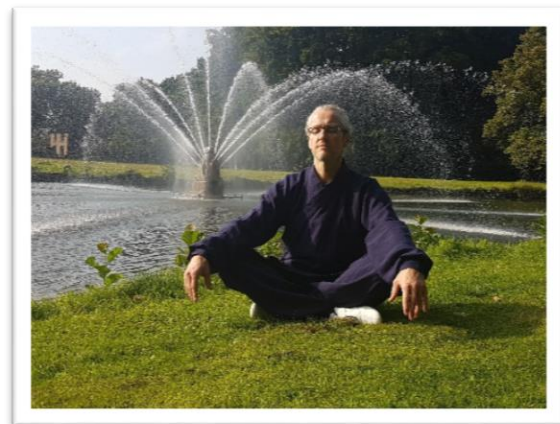
There are several ways and forms of meditation² :

Object meditation: One form is the Transcendental Meditation bring your attention to a point and you are 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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9. Just some reflections of my mind

In all the years i teach Tai Chi Chuan i got in contact with many different people also different lengths and different weights. The essence of Tai Chi Chuan is:

Tai Chi can be practised by everybody!

There should not be a physical reason to not practise Tai Chi Chuan or Qi Qong. It is adaptable in many ways and you always should try it, if you are interested in these Chinese ways. If you experience heavy medical problems and you are still unsure about taking Tai Chi lessons you can always consult your teacher or a doctor and see if Tai Chi is suitable in your case.

The view people have on Tai Chi these days is mostly of some older people practising in parks and on fields all together slowly and gentle. Well, this is one way of Tai Chi and Qi Qong and it is indeed a truth.



There is also another truth and that is to train more the martial arts side of Tai Chi Chuan. That includes more selfdefense and combat applications and tactics.

Bruce Lee the well known action superstar a Wing Chun Kungfu master of which he founded Jeet Kune Do said this:

"The stillness in stillness is not the real stillness. Only when there is stillness in motion, does the universal rhythm manifest." - Bruce Lee

The soft movements in Tai Chi are stillness in motion, how slow or how fast they might go. It will always flow on and go on so thereby a cycle of movement is born. A good Tai Chi Chuan practitioner can also erupt like a storm from the stillness in motion. That is at least how it should go with practitioners eventually who want to reach all aspects of the art.



10. Tai Chi clothing

Tai Chi clothing comes in many shapes and sizes but also in many different colors. Is a Tai Chi uniform a necessity for practicing Tai Chi? No.. Tai Chi you should be able to practice in any clothing. However, the benefit of a uniform which is made for Tai Chi will support certain movements easier because the space the uniform gives you.

For example, when wearing tight jeans, some Tai Chi moves are hard to perform. Of course, everything is adaptable to what your body or clothes are permitting, But for an optimal practice you do not want clothing that sits to tight and limits you.

Good footwear is also important, you can buy Fei Yue shoes that are often very cheap and are very good and decent for the Tai Chi training. They have a good profile that gives you a good grip on the ground when you are training Tai Chi or Qi Qong.

You can often purchase special Tai Chi shoes and actually make it as expensive as you want. Very important is to try them on so that you can really feel how they fit you. The right size is very important for optimal effects.



STUDIO RECORDING AT “READY STEADY VIDEO”

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BOOK OF SECRETS



11. The chapter of revelations

WARNING! READ AT YOUR OWN RISK!

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11. The Chapter of Revelations

Tai Chi Chuan & Qi Qong secrets revealed!

Secret 1: Tai Chi Chuan and Qi Qong are only for health

Yes and no, most schools only teach the health part and teach elderly. So yes for them it can be the ultimate way of mindfulness to develop in mind, body and spirit. I am rather for training with pleasure and joy. If you like it then the health benefits will likely grow with. You can also divide Tai Chi as an internal martial art, and Qi Qong mostly for health. But there are so much more other subjects to the art.

Secret 2: a Tai Chi master has no magic powers

Yes for 99% i think that Tai Chi and Qi Qong displays of magic are mostly tricks and more like a show. So no i do not believe in the magic some people claim to have. I do believe people can do amazing things with Tai Chi and Qi Qong, but i do not believe that it is magic.

Secret 3: Tai Chi practitioners are dreaming

Many people who are practising Tai Chi believe in farytales. They hope it is a type of special magic that will eventually come over them. Some really believe in powers who are not there, i really think that that is very dangerous. We as teachers should work together to give people the truth without the mystical stuff.

Secret 4: When i perfect my Tai Chi forms i can NOT defend myself

When you only practise a form for hours, months, years you can NEVER defend yourself with Tai Chi. You need to train all aspects of the art. And form is just one thing that can offer basic concepts that you need to work out with a partner for years to make it selfdefense that works.

Secret 5: In Tai Chi there are to much people who think they are a master

Way too many people think they are a master, what is a master? I do not believe in being a master! I want to be a humble instructor that helps people on their journey in Tai Chi Chuan.

Secret 6: Competition in Tai Chi or Qi Qong is effective

Many people never participate in form competitions of Tai Chi & Qi Qong because they say things as: “competitions is not the way”, “competitions are to external” and other stuff. Well if your goal is to become better at Tai Chi you can always participate. By participation the forms will get grinded into your body. This grind is very good to have so that you can focus more and more on the internal matters.

Secret 7: Tai Chi and Chi Kung are there in MANY ways

Tai Chi and Qi Qong exercises are in many different variations. Even when we look at the traditional fixed forms like Yang 108 form, Chen Man Ching 37 form or Chen Xinjia Yi Lu you see with different teachers differences of detail and execution. This is not an error, it is the way the Tai Chi has evolved to the bodies of the different practitioners. That is a good thing!

Secret 8: All Tai Chi systems are just as good

My style is better than yours, OFCOURSE not. It is how skilled the person is in a certain style or system. For some people is one style better fitting than another, but it makes the styles not better or less good.

Secret 9: You can train in two or three different Tai Chi systems

That is awesome and great to do, much fun and very good for your movements

Secret 10: Tai Chi is an effective martial art

Yes in fact it is, but not every school is effective or is teaching the full martial art of Tai Chi Chuan. True Tai Chi Chuan is not just the practise of a form like a Yang style 108 form or Wudang Sanfeng 28 form. To make the art effective, you need to incorporate partner training as well.. and see every move in the form as a given concept, idea to work out something effective until it works.

Just perfecting a form will not make you a fighter, when you want to fight with the art of Tai Chi you truly need to train with resistance. Use the moves and adapt them, like water adapts to its surroundings. If you want to fight then you must train fighting as it is.

Secret 11: Many practitioners discuss internal and external, but focus to internal

Tai Chi is both internal as external, i find it very stupid that people focus so internal only. We need our external body to practise forms which are also external. The forms and body are important to reach external and internal development. We must do the forms better, we must progress better internally by being external as well.

Secret 12: Many Tai Chi practitioners do not know what the moves are

Most people i know and have seen in the world of Tai Chi Chuan do not know what the moves are that they are performing in their forms. This very bad, but most of the time many teachers do not know it either. Work towards full knowledge, then your moves and forms get better AND then you can focus internally with a strong foundation.

Secret 13: Tai Chi does not have to be difficult

Much Tai Chi if it is done in steps is fairly easy to learn, ofcourse the more advanced stuff is more difficult. Many teachers overload you with a mist of mystical stuff and make it extra difficult for you to learn. Then you stay for years in the school and learn not much about Tai Chi or Qi Qong. If a teacher is legit and he really wants to see you shine, then you should experience he is doing his best to give you real knowledge.

Secret 14: Tai Chi Chuan lost from an MMA fighter

Yes a Tai Chi master lost from an MMA fighter in China in a stupid duel. If Tai Chi is such an internal art as many of us claim it is, why then want to proof it in an external context? Why wanting to proof Tai Chi against a guy who is a fighter? The fighter fights all the time, Tai Chi practises forms most of the time WHY this stupid challenge?

These people who accept duels are a disgrace to Tai Chi Chuan and make it look bad all over the world. Why didnt the Tai Chi master challenged the MMA fighter on a Tai Chi based contest? Or something of both? Why testing Tai Chi against an experienced fighter in this way?

I shall never understand this weird and crazy action of the Tai Chi master. If you want to beat a fighter, then train like a fighter, forms and little applications are just not enough.

Secret 15: Motivation is only good if you have the discipline to back it up

The biggest secret for your training is that motivation with words is nothing! You need to have the deeds to progress. Motivation with words is a first step, but only with deeds you will find and experience the true essence of Tai Chi Chuan and Qi Qong. Training is the way !

Secret 16: Practising Tai Chi & Qi Qong has not always health benefits

The practise of Tai Chi and Qi Qong is NOT a guarantee for health benefits, and we as Tai Chi teachers should be very careful with promoting that kind of stuff all the time. It can help or support the body ofcourse, but it is never ever a guarantee for those benefits.

Secret 17: Learning Tai Chi or Qi Qong online is effective

Yes of course it can be effective, many of the so called “real trained” instructors are also not that good. It depends how much you do it and how you can progress on your own. I prefer and want to advice everybody to practise at a real school, but training through video is also an option that can work amazingly good.

Secret 18: Asking questions and suggesting ideas to a Tai Chi teacher is good

Many Tai Chi and Qi Qong practitioners quit because most of the schools do very much the same things in each lesson. Not all people can handle that, so suggesting every now and then a few ideas is very good. A good teacher has an open mind and will be very helpful.

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BOOK OF SECRETS



12. Introduction: Douwe Geluk
13. Prizes: Douwe Geluk
14. Lineage: Douwe Geluk
15. Free Trial Class
16. Epilogue and Sources

Source of Happiness

- Bron van Geluk -

12. Introduction Douwe Geluk

From a very young age Douwe is practicing Asian martial arts including Sanda, Karate, How Chuen Kungfu, Shaolin Kempo, Ninjutsu, Shaolin Kung Fu and Tai Chi Chuan (10 years).

Douwe has studied under several teachers in Tai Chi Chuan and Chi Kung. Since 2015, Douwe is training in Tai Chi Chuan at Hu Yong Gan and joined the Shaolin organisation in the Netherlands.

The passion of Douwe is to share the beauty and effectiveness of Tai Chi Chuan with both adults and children. In his classes, he tries to make you move like 'water' making your chi (energy) flow better and get it in the right state of balance.

Douwe has practised and practices the following Tai Chi styles:

- Shaolin; - Chen; - Wudang;
- Yang; - Wu; - Wu Xin

Certificates Tai Chi & Qi Qong:

Tai Chi Chuan Arnhem: Small Circle Form Yang Style, 2011.

Shaolinbond Netherlands (SBN)

- Ba Duan Jin (Chi Kung), June 12, 2016
- Wu style Tai Ji Quan 24 Form, December 23, 2016
- Shaolin Rou Quan (Shaolin soft boxing) June 12, 2016
- Wudang Zhan Sanfeng 28 Form, December 22, 2017
- Zhi Jian Chen Style 49 Form, December 22, 2017
- Wudang Wu Xin Qi Qong, December 22, 2017
- Certificate of participation Shi Yan Xin seminar, March 13, 2017

Other schools: Douwe Geluk also knows the Yang 108 form, and 37 form of Chen Man Ching those schools did not issue certificates.

Shintai Ryu Martial Arts Association U.S.A. :

- Instructor Certificate Tai Chi Chuan, September 1, 2016.

Netherlands Taijiquan Foundation (STN)

- Children Tai Chi teacher course, March 6, 2011.
- The art of coaching children: Participation Certificate of basic training in 2010.



13. Prizes by Douwe Geluk

Prizes by participating in Tai Chi Chuan and Pushing Hands competitions:

- Dutch Champion with the form Rou Quan at NK Shaolin 2015.
- Dutch Champion with the form Rou Quan on the open NK Wu Shu Kung Fu and Tai Chi Chuan 2017 Hoensbroek (Loe Hoyer)
- A third place at Pushing Hands competition Tai Ji Quan Foundation in the Netherlands the participation was Fixed Step and Parallel Fixed step.

Besides Tai Chi, Douwe has several certificates in other Asian martial arts. Douwe Geluk also graduated as an engineer (bachelor) at the HAN University of Applied Sciences.

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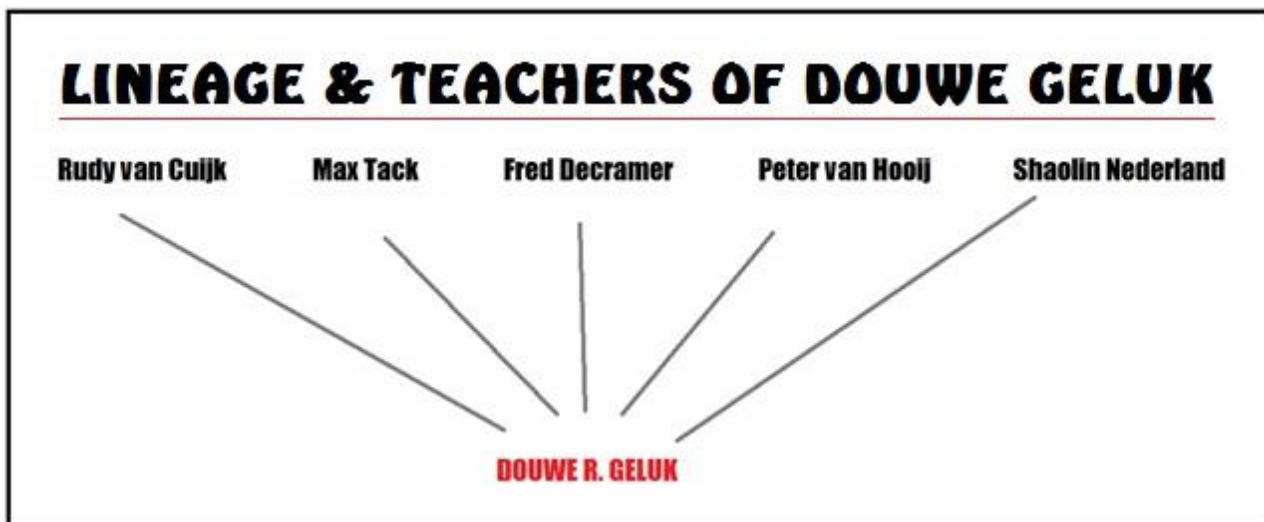


YANG STYLE TAI CHI CHUAN, DOUWE GELUK

14. Martial Lineage, Douwe Geluk

Many people within the Tai Chi world always ask, who is your teacher? Where did you take lessons? Because that question is so common, I made a summary of the most influential teachers and organizations below.

See below in the image my background in the Chinese Martial Arts:



Douwe Geluk has in addition to his solid regular training always followed workshops and seminars, under masters as William C.C. Chen, Shi Yan Xin, Tai Ji Quan Foundation Netherlands and others.

Teacher Douwe Geluk still trains in regular classes Tai Chi and Qi Qong and also in other martial arts. He is still actively participating in different competitions with different organizations.



TAI CHI CHUAN - 1st PLACE DUTCH CHAMPIONSHIP

15. Free trial class!

If after watching or reading this book you want to train and try a class you are welcome at Tai Chi Chuan and Qi Qong "Bron van Geluk" in Apeldoorn city the Netherlands

Tai Chi Apeldoorn contact:

Phone: (+31) 06-51820257

E-mail: fuyuan.apeldoorn@gmail.com

Facebook: <http://www.facebook.com/bronvangeluk>



16. Epilogue

Tai Chi Apeldoorn "The Source of Happiness" would like to thank everybody who helped with the creation of this book. Special thanks go out o all my old teachers and current teachers. Also the Shaolinbond Netherlands, STN Tai Ji Quan Netherlands and my Tai Chi students give me inexhaustible power to do this all with passion.

Zaijian!

- Douwe R. Geluk



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- VIII. Tai Chi Chuan by master Howard Qibbon
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- X. Yang Family Secret transmissions by Wile, Douglas
- XI. ChenStyle Taijiquan by Yu Shenquan

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BOOK OF SECRETS



17. IMAGES AND ATTACHEMENTS

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"BRON VAN GELUK"

TAI CHI CHUAN - QI QONG - MEDITATIE - WEERBAARHEID - COACHING

太
極
拳
福
源



Douwe Geluk



Welkom!

GRATIS
PROEFLES

Hartelijk dank voor uw interesse in Fú Yúan school voor Chinese bewegingsleer in Apeldoorn.



We verzorgen reguliere groepslessen, personal training, workshops maar ook trainingen voor bedrijven.



Neem contact op: 06 - 51820257

E-mail: fuyuan.apeldoorn@gmail.com

- Elke woensdag 20:00 tot 21:30
- Asselsestraat 167, 7311 EK Apeldoorn



www.facebook.com/bronvangeluk/

www.tai-chi-apeldoorn.jimdo.com



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源

太极拳 TAI CHI CHUAN 太极拳

Last name: _____	Name: _____
Address: _____	House number: _____
Postal Code: _____	Residence: _____
Nationality: _____	Date of birth: _____
Birthplace: _____	E-mail: _____
Medical data: _____	
Phone: _____	Signature: _____
If underage, signature of parent or guardian is mandatory!	
By signing, you agree to our terms and conditions (see below)	

MEMBERSHIP TERMS

- Tai Chi School Fu Yuan Source of Happiness Apeldoorn regulations and fee conditions:

- Participation in classes Tai Chi Chuan, Qi Qong, Kung Fu, Meditation is at your own risk
- You are required to indicate injuries and other medical issues in teacher Douwe Geluk
- Payment of the 30 euro monthly fee you must comply by the first lesson of each new month
- Tai Chi Apeldoorn, The Source of Happiness does not refund any money that is paid
- Bad behaviour will not be tolerated, in finding contact Douwe Geluk
- To participate come decent to the lessons, you sometimes practice with a partner
- Upon cancellation, you must cancel a whole calendar month in front, one month's payments applies
- In everything that this form not mentions decisions lay by teacher Douwe Geluk

Please give this form to the instructor after your second lesson!

TAI CHI CHUAN - QI QONG - MINDFULNESS - KUNG FU

Email: fuyuan.apeldoorn@gmail.com
Phone: 06-51820257

太极拳



TAI CHI & QI QONG 'The Book of Secrets'

A book, a guide with revealing intensions. The book is written and created by Douwe Geluk from Apeldoorn in the Netherlands.

Douwe is a Martial Arts instructor and owns his own school 'Fú Yúan' Bron van Geluk.

He is teaching several Tai Chi & Qi Qong styles and systems and is a personal coach.