



The College of Chinese Physical Culture:
Mindful Exercise in the pursuit of
Health, Learning & Skills

Direction

Official Newsletter of the College of CPC Summer 2005 Issue 11

THE PRINCIPALS UPDATE:

Welcome to 'Direction' and I hope this edition will keep you informed about progress the CCPC is making in many areas it works.



The last year has been a difficult but exciting one as we have concentrated on moving away from delivering short-term projects, to developing longer-term projects and sustainable employment for our teachers and staff. We are making

progress with this and have been highlighted in a case study by the West Yorkshire Learning and Skills Council as a flagship voluntary and community organisation for our efforts towards becoming more mainstream. People within strategic organisations are beginning to see the benefits of our interdisciplinary approach to health, learning, skills, the arts and social inclusion. This approach is unique; it is 'Daoist'. As Government departments begin to work in a more 'joined up' way, our approach is becoming increasingly recognised. I am personally very excited by the research projects in China that we have been involved in alongside the International

Daoist Society. The College has been praised by the Chinese authorities for our innovative work in promoting CPC to people of all ages and backgrounds. I look forward to the book and documentary we have been working on being published in the next year and their potential to promote CPC and 'Weihai Lishi Quanfa' even further. My thanks go out for the efforts of all the teachers and staff, who have worked tirelessly this year. Thanks also to our partners from all the other organisations, who have worked with us during 2004/05.

Desmond P. Murray - Principal

PROJECT NEWS:



LCT >

Our highly successful partnership with Leeds College of Technology (LCT) has been developed and strengthened this year. Following five years of high quality standards and success rates, the Learning and Skills Council (LSC), who fund us, gave permission last summer for the geography of enrolment to be expanded this year to include students from our 50 or so classes all over England. Both the LSC and LCT have agreed to work with us in support of becoming a mainstream funded LSC provider in our own right during 2006/07 subject to LSC budgets. In 2005/06 we will be offering more nationally approved qualifications and gearing up to this. One of the new developments for 2005/06 will be the delivery of Applied GCSEs in Performing Arts to young adults 16 years old and above. This course, which we are currently promoting in conjunction with 'Crouching Tiger' below, will be the first GCSE of its kind based on CPC and, if successful, will extend in 2006/07 to be offered as an Applied A-Level. Any interested young adults aged over 16 should call 0113 2930630 or email ben@ccpc.ac.uk for an information pack.



CROUCHING TIGER >

This exciting and truly innovative project was launched in May 2005. Funded by the West Yorkshire LSC and the European Social Fund and supported by Education Leeds, the project will be run in partnership with three Leeds based secondary schools. The aim is to provide a motivating learning opportunity for disengaged young people, leading to a vocationally related qualification at level 2. The project will act as a pilot for developing and delivering the new Applied GCSE (single award) in Performing Arts. 36 young people in years 10 or 11 of school will be re-engaged in learning and progress towards achieving a GCSE. The demand from schools in Leeds wanting to work with us is overwhelming. The key to the success of the project is that we will be using CPC (promoted as traditional Chinese Wushu) as the basis for the development of performance skills; the young people in the schools are extremely keen to be involved.



CITY AND ISLINGTON COLLEGE

CITY & ISLINGTON COLLEGE >

We continue to deliver our LSC funded London classes in partnership with City and Islington College (CIC). CIC are extremely pleased with our three year track record of excellence and proven ability to meet challenging targets. Lesson observations this year have been very successful with very high grades awarded for the teaching and learning standards. The inclusion of short courses run during weekends has helped people who cannot attend weekly classes to attend at times that suit them and also to progress. Elizabeth House in Islington continues to be our main training facility and London office base.



ADULT & COMMUNITY LEARNING IN THE BRADFORD AREA

In partnership with the Cathedral Centre, the project is now in its second year having expanded by 50% in 2004/05. CPC classes are targeted to reach areas of deprivation in Bradford and specific groups in need of education including the unemployed, older people and people with disabilities.



SMARTFIT >

The CCPC approach to developing workforce skills has been successful in working with 9 voluntary and community sector (VCS) organisations in West Yorkshire. 80 staff have benefited from learning CPC and developing their skills in managing effective relationships through teamwork exercises, based on CPC, delivered at their workplace. Run in partnership with the West Yorkshire Learning Consortium and funded by the West Yorkshire LSC and European Social Fund, the participants gained qualifications in 'Working With Others' and 'Effective Participation and Communication'. In line with government agendas for improving health, many of the participants said they are now doing more physical activity as a result of the project. We will soon be publishing a report of participants' evaluations and testimonials.



FALLS PREVENTION >

Our Falls Prevention CPC classes in Derbyshire (promoted as "Taiji") continue to flourish with many of the groups having waiting lists for new participants. Each group is separately constituted and currently funded by the Community Fund. In a truly 'joined up' way, representatives from the Community Fund and other strategic based organisations including health, learning, sport and economic development met with a representative from the groups and the CCPC. They discussed developing a five year development plan for the project that would be, it is hoped, strategically funded by the new Big Lottery and the Primary Care Trusts. Rather than each group applying for funding itself, which is time consuming and costly to administer, the CCPC has been asked to take a lead. As well as reducing overhead costs, the group proposed expanding the provision, making stronger links to local GPs for Falls Prevention referral and including a research study to investigate the benefits of participation for older people.



ON SHOW >

As the CCPR movement and dance governing body, the CCPC are pleased to have been invited to participate, once again, in the 'National Celebration of Movement and Dance' to be held at the Royal Albert Hall in London on the 24th September 2005 from 3pm. The event is held every five years and the College provided a memorable performance the last time the event was held as 'Dancefest 2000'. The celebration, entitled 'On Show', is a unique opportunity to see more than 700 performers aged 6 to 76 from all over the UK celebrating dance styles from jazz and ballet, to Serbian folk and Caribbean fusion. This breathtaking spectacular brings together practitioners from the 25 CCPR movement and dance member organisations and friends for an unforgettable afternoon of energy, colour and excitement. For tickets please call the RAH Box Office on 020 7589 8212.



U C DAVIS >

Our Principal, Desmond Murray and Deputy Principal, Alex Boyd visited the USA earlier this year to

give a series of seminars and workshops to actors and dancers from the Theatre Department at the University of California, Davis. Working with Profs. Lynette Hunter and Peter Lichtenfels, these postgraduate artists have been learning CPC to develop their ability in bodywork using eastern methods. For the first time ever, CPC has also been offered to new UC Davis students as part of their credited 'Freshman' year, with exemplary results. This was the third visit Desmond and Alex have made to UC Davis in four years, and for the first time they were able to assess students progress in this unique and forward looking collaboration.

One recent development has been Alex Boyd's teaching for the University of California Summer Abroad Program in London as part of the acting course being taken by Peter Lichtenfels during June and July. This course is an upper level undergraduate course required for the BA in Dramatic Art.



CHINA RESEARCH >

Funding from Awards For All enabled the CCPC to visit China last year to conduct research that has led to a

documentary and book being produced about the background of CPC and the journey the arts have made from Weihai in China to the west. During the visit to China, many meetings and exchanges

of information were held at universities and hospitals, Daoist temples and Wushu associations. The particular system of CPC that was taught to Desmond Murray by Prof. Chee Soo was formally recognised and named as 'Weihai Lishi Quanfa' by a panel of Wushu experts from the main Wushu systems promoted by the Chinese Government.

The book that resulted from the trip, written by Desmond Murray with Lynette Hunter, has led to new research funds from the British Academy and the Arts and Humanities Research Council. These funds are to develop research in China partly on the exchange of traditional methods and modern applications, and partly on the incorporation of traditional physical culture into performance training.



RESEARCH STUDY >

Dr. Ron Butterly from Leeds Metropolitan University will be conducting a longitudinal research study into the benefits of CPC participation on young people. Starting from September this year, around 50 young people aged 14-18 from our Crouching Tiger project will be invited to take part. Our teachers will be trained in how to conduct the various physiological and psychological tests determined by Dr. Butterly with results being gathered throughout next year. We are extremely grateful to Leeds Metropolitan University and Dr. Butterly for their input to this.



IDS PROMOTION >

The International Daoist Society (IDS) is a membership and sports organisation that governs the particular system of CPC taught by our College world-wide. Our Principal, Desmond Murray is President of the IDS which includes members from the UK and many other countries around the world. The IDS controls standards for teacher and student assessments and runs regular international courses for registered teachers and students. Desmond Murray succeeded his teacher, Prof. Chee Soo as the President of the IDS after his death in 1994. The CCPC works closely with the IDS in the UK at many levels and is currently developing an entirely new website aimed at promoting the activity of CPC, or 'Weihai Lishi Quanfa' as it has now been named in China, to potential students. The IDS has recently updated its name from the International Taoist Society (spelt with a 'T') to correspond with the modern 'pinyin' romanisation of Chinese. A new newsletter from the IDS is also due to be published soon.



KICK ASS MOVES >

Funded by the West Yorkshire LSC under their Entry to Employment 'E2E' provision and in partnership with CMS Vocational Training of Huddersfield, this project targets NEET (not in education, employment or training) young people in the 16-24 year old age group. Eight-week programmes of CPC are being delivered to groups in Huddersfield, Halifax and Dewsbury. Many of the young people who have completed the programme have indicated that they would like to progress onto our new Applied GCSE courses being run with LCT from September.

NEW LOOK WEBSITE:

Our new look website is up and running at

www.ccpcc.ac.uk

This website is primarily aimed at organisations and individuals who are already working with the College or who may wish to do so in the future. You will be able to find external evaluation reports from previous projects we have run here and much more.



Would you like to discover more about Chinese Physical Culture? We run classes nationwide so call the College Hotline **0113 2930 630** to find out where your nearest class is then come along and give it a go!

Fancy a Team Away Day with a difference? Smart Fit offers half or full-day workshops tailored to the needs of your team. Based around the exercises of Chinese Physical Culture, professional facilitators will provide you with a fun approach to away days. Why not call the Smart Fit team on **0113 243 0011** to find out more and discuss how we can help.

Are you aged 16-18 and interested in the Performing Arts and Chinese Wu Shu? If so, you need to contact us about Crouching Tiger the first course of its kind in the UK where you can get an Applied GCSE and supporting qualifications by studying Chinese Physical Culture. For more info visit: www.ccpcc.ac.uk/crouchingtiger e-mail: crouchingtiger@ccpc.ac.uk or call: **0113 2930 630**

Do you work in the areas of Health, Education, Inclusion or the Performing Arts? Can you see the potential for working with us to meet your targets and objectives? If so, give us a call to see how we might work together.

WANTED:

Individuals qualified to teach CPC. Demand for CPC is very high and we are always looking for existing students who could be the next teachers. If you are strongly committed to the work of the college, currently support the college through voluntary work and would be keen to develop your career as a teacher register your interest by contacting the college.



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