



Ngui Family Style Qigong/Gongfu Traditions & Etiquette

ALL students are required to follow etiquette in accordance with Chinese Tradition. Like Yin and Yang, training cannot happen without the etiquette to enable proper learning, and vice versa.

PILLARS OF MORALITY

Humility (Qian Xu) – The taller the bamboo grows, the more it bows.

Will (Yi Zhi) – A clear direction can bring focus to an unseen path.

Respect (Zun Jing) – Those who respect themselves as well as others will also be respected.

Endurance – A manifestation of strong will and Qi.

Righteousness (Zheng Yi) – Let your Wisdom Mind lead the way, and allow the Emotional Mind to follow.

Perseverance (Yi Li) – Keep clear your Will and the path will unfold in front of you.

Trust (Xin Yong) – Both outward and inward trust must exist. For it may take many years to earn trust, but only a single moment to lose it.

Patience (Heng Xin) – A relaxed Will can yield great results if you allow your path to unfold.

Loyalty (Zhong Cheng) – Strong as the root of a tree, Trust can grow from it fruitfully.

Courage (Yong Gan) – Trust in the Wisdom Mind, and have Patience that your Perseverance will yield your strength.

CODE OF CONDUCT

1. A salutation or bow is given to the instructor when entering or leaving the school and when entering or leaving the kwoon.
2. It is mandatory to honor Chinese tradition by speaking with Chinese vocabulary when training in the kwoon.
3. The use of profanity is not allowed within the school.
4. Keep a clear mind and a healthy body. Smoking, the use of drugs or drinking alcohol are not permitted on the school premises.
5. Zero tolerance for any weapons inside the school, unless explicitly cleared by senior instructor.
6. When in a seated position, it is polite to keep toes pointed away from the instructor.
7. Always come to class clean and well groomed. Wear the appropriate school uniform. Jewelry and watches must be removed before practicing.
8. Be punctual in coming to class. If you are late, warm up on your own outside so as to not interrupt the rest of the class, then ask the instructor for permission to join the class.
9. If you are unable to attend class, notify the instructor.
10. Unnecessary discussions are discouraged. Talking is not allowed during a lesson except when asking pertinent questions. Please do not talk or whisper to your neighbor while the lesson is being taught. Have non-related discussions after class.
11. Do not interrupt the instructor when he/she is teaching. Do not disrupt any other student's class or practice.
12. To communicate use of sufficient force in training exercises, tapping will be used as an indicator to a fellow practitioner, student or teacher.
13. Do not teach what you have learned to anyone else including students within the school without the Instructor's permission.
14. Treat your fellow students with respect. Think of their progress as well as your own. Help each other practice, use control and never injure your fellow students.
15. Control your emotions at all times. The kwoon is an excellent place to increase your self control.
16. When asking a question during a lesson, it is courteous to bow, address your instructor and raise your hand.
17. To line up for beginning or end of lesson, all students should form a line with students in uniform to the right, then in order of descending seniority from right to left.

TRADITIONAL ETIQUETTE

1. It is traditional to wait to sit at a dinner table until your Sigong, Sifu and Senior students have sat down. The head of the table should be reserved for the most senior person present, with the senior students sitting closest, and the most junior students sitting furthest away.
2. It is traditional to make sure that the beverage cups and glasses of your Sigong, Sifu and Senior students are full. It is considered a loss of face for both parties if the senior person must pour his/her own drink.
3. It is traditional to pour beverages using both hands. Using only one hand shows disrespect and is a sign that you don't think that the person deserves your full attention.
4. It is traditional to insist on performing any menial chore that you see your Sigong, Sifu and Senior students doing. It is considered a loss of face for both parties if the senior person must do chores while the junior stands around and watches.
5. It is traditional to give and receive items to and from other people using both hands. Using only one hand shows disrespect and is a sign that you don't think that the person deserves your full attention.
6. It is traditional to allow Sigong, Sifu and Sihing's to walk ahead of you. The most senior student or person present walks in the front with the senior students walking closest to his/her side and the most junior students walking furthest behind.
7. It is traditional to hold doors and allow your Sigong, Sifu and Senior students to pass through first. The most junior student should always hold the door for everyone else and enter or leave last.

VOCABULARY

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| Teacher | Sifu |
| Teacher's wife | Simo |
| Sifu's Teacher | Sigong |
| Assistant Teacher | Sisuk |
| Senior student | Sihing |
| Junior student | Sidai |
| Disciple | Todai |
| Bow | Gokgong |
| Thank you | Dojeh |
| School | Kwoon |
| Energy Study / Practice | Qigong |
| Study of Man (human) | Gongfu |
| Wind-Water | Feng Shui |
| Qi Internal physicality Study / Practice | Neigong |
| Qi External physicality Study / Practice | Waigong |
| Tea | Cha |
| Dim Sum | Yum Cha |
| Yes | Hai |
| No | Mm Hai |
| One | Yut |
| Two | Yee |
| Three | Sam |
| Four | Say |
| Five | Nmm |
| Six | Luk |
| Seven | Chat |
| Eight | Baut |
| Nine | Gow |
| Ten | Sap |