



Celestial Tai Chi College

Newsletter

Term 6

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November 2018

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Fairfield Park Lesson with Grand Master Eng Chor

Upcoming Events:

Annual Banquet

Sunday 25 November, 6:30pm at Shark Fin House, Melbourne.
See inside for more details.

Free Tai Chi and Qigong Park Lessons

Saturday 24 November, 10am-12pm at Central Park, Malvern
Sunday 2 December, 10am-12pm at Fairfield Park, Fairfield

Free Summer Park Sessions

Various locations and times. See inside for more details

Malahang Community Festival

Sunday 18 November, 11am-4pm at Malahang Reserve, Heidelberg West

Classes for next year start from Monday 4 February 2019

We look forward to seeing you again next year. Encourage your family and friends to join us, too. Everyone is welcome!

Yi Jin Jing Workshop



About 20 people recently attended Ashburton Primary School on Saturday 27 October 2018, for a very informative and fun Qigong workshop. Master Tong Low expertly taught the Yi Jin Jing Qigong which can be translated as Tendon-Muscle Strengthening Exercises. Grand Master Eng Chor was also in attendance and made valuable contributions.



Master Tong Low started by explaining some of the differences between Tai Chi Chaun and Qigong practice. He also provided some background of how Yi Jin Jing came about. This set of Qigong exercises, according to legend, was developed by Bodhidharma, an Indian Monk, who also brought Buddhism to China. When Bodhidharma arrived, he found some monks who were very unfit because of too much sitting meditation. So he developed this set of exercises for them.

The Yi Jin Jing has been practised for at least 2000 years and there are various versions. However, Master Tong Low emphasised that we would be learning the standardised version officially promoted by the Chinese Health Qigong Association. See <https://www.youtube.com/watch?v=sQvpsHO2abw>.



The Workshop ran from 2pm to 5pm and was paced so well that the time flew. There were regular breaks and tea was available (thank you to Margaret Rogers and Yvonne Schmidt). Master Tong Low went through each move in great detail and with clarity. His instructions not only explained the moves really well, but also the breathing and timing that went with them.

As Master Tong Low said with a smile, after we learnt the first three moves, 'It gets more interesting from here'. And he was right. Some of the movements had intriguing names such as Nine Ghosts Drawing Swords and Pulling the Tail of Nine Cows. Tiger Springing on Its Prey was very descriptive of what the movement was like. It was also quite challenging. However, Grand Master Eng Chor and Master Tong Low provided variations that could be done by all levels of ability.



One of the best features of the Workshop was that we had plenty of opportunity to go over the movements repeatedly and progressively as we learnt them. This was fantastic as it made remembering the set very easy. Grand Master Eng Chor and Master Tong Low were very approachable and answered many questions from the enthusiastic participants. As a result of the Workshop I can now make this wonderful routine a regular part of my practice. The Yi Jin Jing felt challenging and invigorating. It was definitely worth attending and learning it. Unfortunately, it was the last Qigong workshop for this year. But there will be more next year, so watch out for them!

Martin Bay, Assistant Instructor, Bundoora Centre



Tai Chi at the Manningham's Relay for Life

Relay For Life is a charity event run by the Cancer Council to raise funds to support people who are undergoing cancer treatment or recovering from cancer. We were pleased to be able to provide support to this event again this year and chose the 8am session on Sunday 9 September.



Standing in the centre of Rieschiecks Reserve, we were pleasantly surprised to see the large number of people who have come to support this events. Colourful tents were lined up around the track but many participants were already actively walking or jogging on around the athletics track.

Initially, a few people came to join us as Jana, Pavla, Christina, Lucy and I started to warm up our bodies with some limbering exercises. Pretty soon, a large gathering had formed, many of them were secondary college students. The enthusiastic participants followed us as we practiced Shibashi Set 1, the Lotus exercise and the Yang Beijing 24 form. We noticed there was even a little competition amongst the students from the girls' and boys' schools. Nevertheless, their smiling faces and feedback at the end of the practice told us how much they had enjoyed practicing Tai Chi.

Gabrielle Jang, Class Helper, Doncaster evening centre

Summer Park Sessions

During the summer break, we will be holding free park sessions across Melbourne. This is an opportunity for present and past students to practice their Tai Chi and Qigong. Anyone new to Tai Chi and Qigong are also welcome to join in.



Box Hill - Box Hill Gardens, Nelson Road
Sunday 13 January 2019, 9:00am

Brighton - Brighton Beach Gardens, Esplanade (near Green Point, opposite Milanos)
Every Sunday, 7:00am in summer, 7:30am in winter

Bundoora - 135 McLeans Road
Every Sunday, 8:30am

Camberwell - Bowen Street Gardens, Bowen Street
Every Sunday, 8:30am

Doncaster East - Ruffey Lake Park, The Boulevard off George Street
Tuesdays 11 December 2018, 22 January 2019, 6:30pm

Essendon - By the Maribyrnong River in Riverside Park
Thursdays 17, 24 January 2019, 6.30pm
Contact: margieb.taichi@gmail.com, 0418 121 783

Keilor - Cliff Harvey Lagoon Reserve, Old Calder Hwy (Opposite Shell Petrol Station and Domino)

Tuesdays 11, 18 December 2018; 8, 15 January 2019, 6:30pm

Moonee Ponds - Queens Park, Mt Alexander Road

Every Sunday, 8:00am

Runs weekly, but no park session on the same Sunday that has the Fairfield Park Lesson.

Werribee - Kelly Park, Cherry Street, Werribee

Saturday 8 December 2018, 10:30am

Venues, dates and times may change, so check this website for the latest details before attending:

<http://www.celestialtaichi.com.au/activities/summer-park-sessions/>

Annual Banquet

Please join us for our end of year banquet. This is an opportunity to meet the teaching staff, students, their families and friends.

Where: **Shark Fin House, 131 Little Bourke Street, Melbourne**

When: **Sunday 25 November 2018, 6.30 pm for 7:00 pm start**

Cost: **\$50** per person

RSVP: **17 November 2018 with payment**

Licensed and BYO:Corkage \$10 per 750ml bottle (red or white wine only)

Let us know if you have any special dietary needs.



End-of-Year Message from Grand Master Eng Chor

Dear Tai Chi friends,

Senior Master Chin Min and I hope that you have enjoyed doing Tai Chi with us this year. On top of our regular classes, we have conducted workshops to teach Qigong routines that are recommended by the Chinese Qigong Health Association. These have been very popular and we will be continuing to do this next year. During the Seniors Festival, we have welcomed our seniors to try Tai Chi and Qigong and enjoy the health benefits of doing these exercises to improve their mobility, memory and general health.

At the national level, I am honoured to be elected President of Wushu, Tai Chi & Qigong Australia (WTQA) this year. I thank the efforts of the committee members and volunteers who staged the annual WTQA friendly games. I am very proud of our Celestial Tai Chi's involvement in these games. Senior Master Chin Min performed, our instructors participated as judges and our talented members competed to give wonderful performances and win medals.

At the international level, as an executive member of the International Martial Arts Games Committee (IMGC), I will be traveling to Pyongyang in November. We are meeting to decide on the venue to hold next year's IMGC Games. Front-runners are currently Greece, India and Malaysia. This will be an opportunity for all to join me and attend these games.

Next year, I am considering conducting a Cultural Tour of Wudang Shan as a Qigong learning experience. More information about this next year.

SM Chin Min and I would like to thank our instructors, trainees and class helpers for their commitment and dedication in running classes to share the benefits of doing Tai Chi and Qigong with our students. All of our instructors and trainees attend special training sessions throughout the year conducted by the Masters and Senior Instructors. This is to ensure they deliver high standard of teaching to our students.

I hope that you will join me at our last major event for 2018 at the Annual Banquet. This is an opportunity to meet the Masters and the Teaching Team, while enjoying a delicious meal in the company of the members of the Celestial Tai Chi College.

SM Chin Min and I look forward to seeing all of our students return in 2019 to enjoy doing Tai Chi with us and to continue reaping the health benefits of doing Tai Chi.

Grand Master Eng Chor