



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 3
P.O. Box 1135, Box Hill, 3128
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June 2013
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International Martial Arts Games 2013 - Melbourne

Free Park Lessons

Saturday 22nd June

Time: 10:00am to noon

Malvern

Central Park Malvern
Cnr Burke & Wattle tree Rds
(Melway 59 G10)

Sunday 30th June

Time: 10:00am to noon

Fairfield

Fairfield Park
Cnr Heidelberg Rd & Fairfield Park Dr
(Melway 30 J12)

Don't forget that the park lessons also offer a free introductory lesson for anyone who is interested so tell a friend, bring your family.

Other Dates: July 1 – 7 College break
Aug 20 – Sep 3 China Silk Road Tour

`Celestial Tai Chi College's Success at the IMAG

Teams of Instructors from the Celestial Tai Chi College won gold, silver and bronze medals in the Beijing 24 and Phoenix Fan routines at the recent highly successful 5th International Martial Arts Games held in Melbourne.

The Games are held every 2 years and are affiliated with the Olympic Games Federation and Grand Master Eng Chor Khor is the President of the National Martial Art Games of Australia. The fact that the Games were held in Australia for the first time is an indication of the respect that our Grand Master Eng Chor Khor holds within the international scene of all martial arts.

The Instructors performing were:

Beijing 24:

Margaret Rogers, Suzette Hosken, Jo Fraser and Joy Muir – Gold medal

Noel Schmidt, Zenaida Calderon, Mary Hill, Andy Law and Karen Law – Silver medal

Belinda Leong, Doreen Giannini, Yvonne Kurowski, Graeme Sullivan and Rita Sullivan – Bronze medal

Phoenix Fan:

Suzette Hosken, Jo Fraser, James Owen and Tsi Wai Kang - Gold Medal

Christina Koh, Zenaida Calderon, Dave Brogden and Yvonne Kurowski – Silver Medal

Margie Brett, Anja Tanhane, Joy Muir and Bill Evgeniotis – Bronze Medal

Congratulations to everyone involved.



Joy Muir watching Dave Brogden preparing for takeoff!

The Fan groups were coached by Senior Master Chin Min and the Beijing 24 by Senior Instructor Margaret Rogers.



Instructors from the College also helped in the judging and time keeping under the direction of an International Judge and these were:

Wayne Bradborn, Mario Cianci, Snezana Dabic, Beng Yan Lian, Bob Maver and Wally Wilkinson.

The judges had to undertake special training to reach the International Standard and they all did a marvellous job under difficult circumstances.



The College was privileged to be in the Extravaganza performance at the end of the Games and the Beijing 24 and Phoenix Fan groups each were involved.

The philosophy of the Celestial Tai Chi College is to promote the health benefits of Tai Chi and does not normally participate in competitions but the success of our Instructors and the high standard of performance achieved has shown that our dedication to the art is well founded.

Margaret Rogers

Senior Instructor Ashburton and Hawthorn Centres

International Martial Art Games – From the Audience

When I saw participants from Celestial Tai Chi College march onto the mat to compete in Beijing 24 and The Fan routine at the IMAG, I felt proud to be connected to the College. Everyone conducted themselves with a sense of professionalism and grace. Well done all those who trained hard leading up to the event. That includes the performers and the judges!

It was interesting to be asked questions from audience members from other disciplines; eg Do the different coloured costumes represent levels of achievement? What does the fan represent? Where do the performers come from?

Well done also to the other supporters from the College who endured the long day/night waiting for presentation of medals to competitors from all disciplines and finally the beautiful demonstration by tired and hungry performers from our College.

Di Campbell - Eltham



Happy participants Noel Schmidt and Suzette Hosken



All smiles in the rehearsal room before the fan competition

The Value of Competition:

10 Key Points for Refining Tai Chi Skills

2013 International Martial Arts Games held in Melbourne have proven to be an excellent gauging mechanism for all tai chi competitors, making the Celestial tai Chi College of Australia proud of their achievement, motivation, genuine effort and rigorous discipline, essential for both individual and group competition.

The Tai Chi Judging Team was supervised by the Chief Judge, Master Tong Low, who is also an International Wushu Judge. The judges were impressed with the overall performance, level of skill and accomplishment of the competitors in Beijing 24 and Phoenix Fan routines. Chen style competitors have also exhibited substantial proficiency.

Evaluation of both technical and presentation aspects of competition routines brought high scores to those who demonstrated high quality of movements related to particular styles, power and stability, coordination, rhythm and spirit. The judges were specifically looking for technical accuracy of movements, smoothness and pace, synchronicity in group performance, good balance and stance.

On behalf of the Judging Team I'd like to summarise 10 key points of benefit to all tai chi practitioners who aim at continuously refining their tai chi skills:

- Hand form should always conform to a specific style (eg palm, fist, hook)
- Consistent body height should be maintained
- Kicks should be well controlled and smooth
- Foot work should always conform to a specific style (eg outward turn 45°, raised heel)
- Correct stance should be sustained (eg aligning front knee with tip of foot)
- Precision of movements and consistent rhythm should be observed
- Body posture should be relaxed yet firm, upright, yet natural
- Each stance should be completed before transition
- The body and facial expression should subtly reveal the spirit of the style performed
- Overall practice of routine should be well balanced, exuding confidence and serenity

Our Grand Master Eng Chor Khor and Senior Master Chin Min Lian have tirelessly trained the Tai Chi practitioners of the Celestial Tai Chi College in the above skills and much more over many years and for that we are genuinely grateful.

The Masters' utmost dedication as well as the passion and skill of all Tai Chi competitors have been crowned with success. Our combined Tai Chi skills, knowledge and love of the art we are now happily passing on to all our students.

Snezana Dabic
Senior Instructor Box Hill Centre



L-R Senior Master Chin Min Lian (Coach),
Bob Maver retired Executive Instructor (Judge),
Beng Yan Lian Senior Instructor (Time keeper),
Wally Wilkinson Senior Instructor (Judge),
Snezana Dabic Senior Instructor (Judge),
Mario Cianci Senior Instructor (Scoreboard),
Wayne Bradborn Instructor (Judge),
Master Tong Low (Chief Judge),
Grandmaster Eng Chor Khor



James's IMAG Experience

We arrived at 8 am to collect our passes, hear final instructions and encouragement, go through our warm-ups and practices, before our Masters called us forth.

Walking onto the competition floor and seeing the large International flags displayed for Serbia, USA, Russia, Italy, etc. and hearing the audience above chanting their alliance and urging their countrymen on, is an experience. You're in the main arena, the audience is above you, you are not in the audience this time, you're here to compete!

Five competing matted arenas are in motion filling the space with tension and noise as umpires whistled, competitors shouted, punched, kicked and wrestled with their opponents. The sixth arena was calm and empty, daring us, beckoning us to set foot upon, in a room full of bodies and movement. Our Judges sat guarding this sacred space, all business like, discussing the latest protocols and methodologies in all seriousness, as my time to perform drew near.

Suzette, Jo, Tsi Wai and myself were the first group for the morning, so we didn't have time to get more nervous than we already were. We did the new International salutation as learned only last Sunday, holding the fan in the right hand before changing to left and then we were walking onto that blue padded hallowed ground, just us four and the judges.

Worries surface on the realisation I was throwing and catching a completely black fan against a black background behind the judges, more focus required. We had our backs to the main audience, which was good and I just focused on Suzette's graceful moves and the incorporation of this morning's latest refinement in the sequence. (Bringing the foot back in after the high kick a split second before stepping forward and opening the fan)

Acceptance of the noise and activity of five other arenas behind and beside me was the first test, knowing I had to really focus on the sequence and not be distracted by yells, thumps and shouts around me. The sound of my fan opening loudly was hardly noticeable in this noisy cacophony of sound. Our music played but I could barely hear it, I just followed and allowed the months of training and practice to come through.

I particularly made sure I kept the focus intent until after we had walked off the matted arena and were awaiting the scores, as I noted in training to practice the last throw and catch, as it's easy to underestimate its difficulty. I also knew how easy it is to let the focus intent

wander in relief, as the last moves approached. Steadily the sequence unfolded and seemingly within seconds, the end of the sequence drew near and it was over and we were standing on the edge of the mat awaiting our score.

Mario proudly held up the scoreboard in all directions for all the audience and competitors to see, lingering and shaking it towards where our Tai Chi fans shouted out their support and enthusiasm. The chalkboard read 8.5 and we were happy. We saluted internationally and my competitive moment was over.

Tension mounted as the other groups then went through their Phoenix Fan sequences. Competitive thoughts surfaced for a few moments, before giving way to watching the others perform and showering them with encouragement and support, knowing the hours of practice they had put in and how they are feeling facing up to the IMAG challenge. We all hoped for those stepping onto the blue mat for their sake



that they will do well, make the catches, remember their moves, and be pleased with themselves. However the intensity of the atmosphere in the room meant all your emotions were heightened, a strange mixture of camaraderie, concern, support, enthusiasm, but also a deep interest in each other's scores.

The camaraderie was most enjoyable throughout the training sessions and I got to know several others from other centres better. With the groups finished it was time for each group leader's solo performance, with their scores added to their group's score. Suzette put in an outstanding performance and we couldn't work out how the score wasn't in the 9's.

By lunchtime my team had the blue ribbon medal and we had our presentations and celebratory photographs to record and acknowledge our achievement, and enjoy the relief.

The afternoon was spent relaxing in nature at the Botanical Gardens coming back to earth and listening to the resident harp player, before going back to the next challenge at IMAG participating in group

demonstrations of Beijing 24 and Phoenix Fan sequences, centre stage in front of the whole audience.

Following our demonstrations finishing at 10 pm, I am inspired by two young girls who performed a short double fan sequence. If they can do it.... Perhaps next year?

Many thanks to our Grandmaster Eng Chor, Senior Master Chin Min, Instructors and Organisers for making this event possible, with their patient expert training, encouragement to participate and believe in us all.

Salutations to all,
James Owen
Trainee Instructor Eltham Centre



Celestial instructors were joined by members of the Prom Coast Martial Arts Club in a performance of Beijing 24 as part of the Extravaganza to celebrate the end of two days of competition.

*****Videos Now on Website*****

Videos were taken of the tai chi competitions and the evening performances. These have been edited into four separate videos: the Chen competition, the Phoenix Fan competition, the Tai Chi 24 competition and Tai Chi 24 Extravaganza Performance. Look on the front page of the Celestial Tai Chi website: www.celestialtaichi.com for links to the videos.

The Song

I was impressed by a comment from International Judge Tong Low.

We were evaluating performances as a warm up to the IMAG and he was challenging us to find issues with formwork. He demonstrated moves in front of us and we were asked what he had done incorrectly and what the correct movement should be.

At one point he quipped “what about the song?” He then went on to explain that the performer should show in their demeanour the story of their performance; if you like they need to sing the song of the form.

This is the essence of our moving meditation.

It ultimately goes beyond posture, beyond sequences and becomes an experiential meditation in which the performer carries not only themselves but also the observer away on a journey beyond the self.

Wally Wilkinson
Senior Instructor Brighton Centre



Belinda Leong during the Tai Chi 24 Individual representative competition



Andy Law leading members of the Prom Coast Martial Arts Club in the Chen competition.

New Fee Structure Commencing Term 4: 8th July 2013

Regular fees	\$79
Concession	\$69
Repeat Fee	\$69
Repeat Concession	\$59

Please note that Repeat Fee denotes fees payable for repeating the level learned in the immediate previous term.

College Dates 2013

May 13 to July 30: Term 3

June 22:	Malvern Park Lesson * 10-12noon
June 30:	Fairfield Park Lesson ** 10-12noon
July 1 – July 7:	College Break

July 8 to August 25: Term 4

August 17:	Malvern Park Lesson * 10-12noon
August 20 – September 3	China Silk Road Cultural Tour
August 25:	Fairfield Park Lesson ** 10-12noon

August 26 to October 20: Term 5

September 30 – October 6:	College Break
October 12:	Malvern Park Lesson * 10-12noon
October 20:	Fairfield Park Lesson ** 10-12

October 21 to December 8: Term 6

November 15 – 17:	College Tai Chi Retreat
November 30:	Malvern Park Lesson * 10-12noon
December 7:	College Annual Banquet 6pm
December 8:	Fairfield Park Lesson ** 10-12noon

* Park lesson at Central Park
Corner Burke & Wattle tree Rds, East Malvern. Melway 59 G10

** Park Lesson at Fairfield Park
Corner Heidelberg Rd & Fairfield Park Dr, Fairfield. Melway 30 J12