



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 6

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November 2013

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The advanced students from Camberwell are enjoying the challenges of learning the flute from Instructor Suzette Hosken!

Free Park Lessons

Saturday 30th November
Time: 10:00am to noon
Malvern, Central Park Malvern
Cnr Burke & Wattleree Rds
(Melway 59 G10)

Sunday 8th December
Time: 10:00am to noon
Fairfield, Fairfield Park
Cnr Heidelberg Rd & Fairfield Park Dr
(Melway 30 J12)

Classes for next year start on
27 January 2014

Celestial College Cultural Tour 2013

The Silk Road and into the Gobi Desert

Catching the overnight train from Dunhuang to Jiayuguan was one of those memorable adventures of a traveller - long queues, ticket and carriage changing, laughing, shouting, talking with our eyes to fellow travellers and marvelling at the three-tiered 'hard' beds. Finally settled, I for one had a great sleep on the top bunk!

We awoke to a land of low dunes and pale sunrise in a desert landscape. Through the train window I watched as the train sped over dry land and crossed waterless gullies gouged by heavy downpours or snow-melt waters from the distant mountains that rose on both sides. The dream of Gobi - we were there! As the train neared Jiayuguan the black stones and hills gave way to a terrain flat like an ancient lake or seabed. Circular tufts of brown and beige grass grew in a land full of dull beige shades. I thought: 'no wonder the graceful Uyghur women wear such bright colours with glitter adorning their clothes'.

I wondered if, through the train window, there would be a chance sighting of a Gobi animal: the Mongolia gazelle, the white snake or yellow rat. But no, there before my eyes was another side of the Gobi - strings of power-lines and endless digs of exploration already familiar to us in today's China. The Gobi is just one of the memories that will live on in a memory-filled journey as we traced the Silk Road: the guide who sang a Tibetan love-song, the lesson in painting Chinese characters, the beauty of the Tian Shan, the Qinghai Lake and vast stretches of plateau, the cedars, spruce, cypresses and pines instead of eucalypts, the roads lined with planted poplars, trucks and more trucks, delicious foods and Tai Chi by the Yellow River.

Geraldine Ryan





One of our many Tai Chi sessions with Grand Master Eng Chor.



Clockwise from top left: Famen Temple Park, Famen Temple Pagoda, Wild Goose Pagoda, Kazak Yurtz,

My story Mario Cianci, Senior Instructor

After suffering from Chronic Fatigue Syndrome for several years and finding any physical exertion totally exhausting, my wife suggested I join her at Tai Chi classes in Camberwell. This centre was run by Grand Master Eng Chor. Tony Donnoli, my friend of many years, was one of the instructors.

I was sceptical about the benefits of Tai Chi. At first, I had great difficulty with remembering the movements and with balance and co-ordination. It was also difficult for me to get through the one hour class. But, as time passed, I felt my health and energy levels were improving, so I decided to continue with the weekly classes. Soon I was able to stay on for the second hour and from then on I never looked back.

Never did I imagine I could become an instructor myself, but with encouragement from Grand Master Eng Chor, I started attending Instructor Training and approximately 3 years later I approached Tony Donnoli with the idea of running our own classes. The venue was East Doncaster which we started in 1994 and taught together until his death early this year. Our partnership spawned many other centres and I continue to be involved with many of them.

As well as Training Sessions with Grand Master Eng Chor and Senior Master Chin Min, I found the Philosophy Lesson, run by Grand Master Eng Chor, of great benefit in gaining a deeper understanding of the meaning and history of Tai Chi.

Tai Chi has definitely helped me overcome Chronic Fatigue Syndrome. My energy and endurance improved, my frustration and anxiety diminished and this enabled me to return to full-time employment until my retirement at the age of 68 and now, 8 years later, I am still going strong.

Apart from the physical and mental benefits of Tai Chi, there is also much to be gained from the social aspects. Over the years that I have been involved with the Celestial Tai Chi College I have met many wonderful people and have made lasting friendships which enrich my life.

I enjoy passing on what I have learned to all who attend my classes and hope they gain as much from Tai Chi as I have.



Reflections Bruce Ellis, Assistant Instructor

It is now 16 years since I started learning Tai Chi with Tony and Mario at Doncaster. I was initially attracted to it by the physical aspects of breathing, joint movement, balance, and stretching. As I progressed, started helping out at class, and learning more, I realised the relaxation and general health aspects, as well as the mental stimulation of challenging my brain to learn new things.

Initially my Engineering training led me to keep asking - what is Chi? But I soon learnt to accept it and started to feel the flow.

In particular, I have found the Philosophy nights particularly informative. I am fortunate that I can now attend Instructor training reasonably regularly and never come away from a training session without learning something new.

This weekend's Retreat will be my first and I am sure that I will learn many more new things that I can pass on to the class members at Doncaster.

The Doncaster Centre



The Doncaster centre is currently led by Belinda Leong and Bruce Ellis, and accompanied by an experienced team of teachers.





Christmas Banquet

Date: Saturday 7th December 2013

Venue: Dragon Boat Palace Restaurant
149 Lonsdale St, Melbourne

Time: 6pm for 6.30pm start

Cost: \$45 per head, fully licensed (BYO wine only)

Bookings can be made through the Instructors or the office on 9840 2855.



Vegetarian will be catered for – please place your request on booking.

A great opportunity to enjoy excellent food, meet socially with the Celestial Tai Chi College community and appreciate Tai Chi performances by the Masters including Senior Instructors, Instructors and Students.



End of Year Message Senior Master Chin Min

Dear Tai Chi friends

The year 2013 is almost coming to an end and looking back the months past, I must say that it has been an eventful year.

Grandmaster Eng Chor is the Australian National President of the International Martial Arts Games committee and through his involvement, the **5th International Martial Arts Games** was held in Melbourne this year. The college participated in the Games held in May at the State Netball Centre in Parkville. This is the first time many have participated in an international event which has given the participants/competitors a great challenge in the way they have practised Tai Chi. They put in lots of hard work in preparation for the Games and as a result brought their tai chi to a high level of proficiency evidenced by the many medals that were awarded to them. Well done team!

The **15th Wushu & Tai chi Practitioners Annual Competition** was held on 25/8/13 at the Monash Sports Centre. It was a friendly competition among the many Tai Chi schools in Victoria. This was the first time the college has participated and Suzette Hosken did the college proud and brought honour to the college in winning the coveted Female Tai Chi Champion trophy. Well done Suzette!

In June I had the joy of sharing tai chi with our **Tai Chi friends in Launceston**. Instructor Geoff Koh has been tirelessly promoting tai chi and the Celestial banner on this Southern Island for the last 5 years. It was great to receive a warm reception there and especially from some of the tai chi practitioners from other tai chi schools. Keep it up Geoff!

In 2014, both GM Eng Chor and I will endeavour to conduct several workshops to give many the opportunities to work with the Masters in a more in-depth manner and to assist many to bring their Tai Chi to a greater level of proficiency. In closing, together with GM Eng Chor, I wish to express my appreciation to the Senior Instructors and the instructing team of the college for their devotion to assist the Masters in bringing Tai Chi to all. To all our Tai Chi friends, THANK YOU for your support of the College and I look forward to another exciting year in 2014 with all of you.

Have a blessed Christmas and a wonderful New Year!