



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 1

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March 2014

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Grand Master Eng Chor and Senior Master Chin Min presenting newly appointed Senior Instructors John Sindoni and Noel Schmidt with their certificates at the Celestial College banquet in December.

Free Park Lessons

Saturday 8 March

Time: 10:00am to noon

Malvern, Central Park Malvern

Cnr Burke & Wattletree Rds

(Melway 59 G10)

Sunday 16 March

Time: 10:00am to noon

Fairfield, Fairfield Park

Cnr Heidelberg Rd & Fairfield Park Dr

(Melway 30 J12)

WORKSHOP SATURDAY 5 APRIL – Details on page 3.

WORLD TAI CHI & QIQONG DAY 26 APRIL

Welcome to 2014

The Chinese Year of the Horse

Grand Master Eng Chor Khor, Senior Master Chin Min Lian and the instructing team extend a warm welcome to all Celestial Tai Chi College students and especially to the new students. We hope that everyone gains the benefits of Tai Chi in relation to stress reduction, general fitness and great friendships.

All students are able to take an opportunity to work with the Masters when they attend the 2 hour Park Lessons held at the weekends at the end of each term and the two Workshops planned during the year.

The Masters also arrange a selection of activities throughout the year in which all students and Instructors can develop their understanding of Tai Chi and also to socialize together. These include a Philosophy Day, a cultural tour of China, and the Christmas banquet which features Tai Chi performances from the Masters and Instructors.

The full Celestial College program for 2014 is listed on Page 8 so that these dates can be included in your diary. Many of your Tai Chi centres will also hold special events and activities such as weekly park lessons in your area.

This year will also see the start of an e-newsletter linked to the Celestial Tai Chi website to keep you informed of all the College activities and other information related to the practice of Tai Chi. You are encouraged to send these to your friends and acquaintances who have indicated that they are interested in Tai Chi.

Senior Master Chin Min is holding a Tai Chi Workshop on Saturday 5 April and this is a wonderful opportunity to experience a training session with one of our Masters.

We hope that everyone enjoys the experience and comradeship of Tai Chi by participating in the activities of the College.

Margaret Rogers (Senior Instructor, Editor of the March newsletter)

WORKSHOP WITH SENIOR MASTER CHIN MIN

Our health is the greatest asset we have and keeping our bodies healthy is the greatest obligation we owe to ourselves. Now is the time to be proactive to steer ourselves to enjoy good and better health. Senior Master Chin Min invites you to the coming workshop.

Venue: Beverley Hills Primary School Hall
 Cassowary Street (cnr Blackburn Road), Doncaster

Date: 5 April 2014 (Saturday)
Time: 2.00 pm – 4.00 pm (Session 1)
 4.00 pm – 6.00 pm (Session 2)

Workshop Contents:

Session 1: Shibashi Qigong set 3 & Six combination
 Palm Qigong
Session 2: Special Training on Tai Chi Flute routine

Cost: Session 1 only: \$25.00
 Session 2 only: \$25.00
 Session 1 & 2: \$40.00

In 1979, Professor Lin Housheng combined Tai chi movements and qigong and created Tai Chi Qigong 18 movements, commonly known in the West as “Shibashi”. Since then Shibashi has swept the world due to its simplicity yet therapeutic and healing effect on the human bodies.

Six combination palm qigong is an excellent Qigong exercise focussing on the 6 different palms movement to rejuvenate and circulate your internal energy (qi) throughout the body.

Special Tai Chi flute training is ideal for anyone who wishes to explore this routine and go away with a good grasp of the skills of this beautiful flute routine. It is also highly recommended for others who wish to do the flute routine to a higher level of proficiency.

(Note: For people who do not have a flute and do not wish to buy one, you can come equipped with a cylindrical pole of approx 60 cm long and 2 cm in diameter).

For enquiries ring Beng Yan on 9840 2855 or 0407 402 852

TAI CHI BANQUET 2013



Instructors Joy Muir (Moonee Ponds), Noel Schmidt (Ashburton) and Belinda Leong (Doncaster/Hawthorn) performing Beijing 24 at the banquet

Once again, the end of year College banquet was deemed a great success by the over 200 participants. After the 9-course meal we were entertained with Tai Chi performances from the Masters and Instructors. Video highlights from the performances are able to be seen on our website www.celestialtaichi.com.

Noel Schmidt (Ashburton) and John Sindoni (Werribee) were presented with their Senior Instructor certificates at the banquet – congratulations to you both.

TAI CHI WEEKEND RETREAT – November 2013

The retreat was again held at the YMCA facility at Lake Dewar near Myrniong. I have been to a few YMCA facilities in recent years, but this one was far the best with almost new buildings, great views over the lake, good outdoor decks for relaxation, very good rooms, good food, and good service.

After dinner, Margie Brett and Dave Brogden ran a “get to know you Bingo” and a Trivia quiz to break the ice and to help first timers, like myself, get to know everyone else. The idea sounded corny initially, but was great fun and really did break the ice.

Despite a cold windy Saturday morning, 15 to 20 hardy souls met outside for a 7am session. This was led by some of the Instructors who shared some of their favourite Qi Gong routines with us before we practiced the Yang routine together. As usual, a couple of the less experienced students were placed in the centre of the group so that they could follow along.

After breakfast, the first formal session started at 9am. Once again and was led by the Senior Instructors talking us through Qi Gong routines. The session included John Sindoni demonstrating the way he shows students how to really feel the flow of Chi when practising traditional Qi Gong, and Andy Law showed the different way he does it when practising Chen style. This session also included Geoffrey Koh’s very detailed limbering routine starting from the neck and progressing through shoulders, arms, waist, and legs.

Throughout the day some of us slipped away to have a welcome and relaxing massage by our masseur, Michelle who has provided this service for the last few years.

Following morning tea that featured excellent home-made muffins, Grand Master Eng Chor explained the complex differences between Tai Chi, a soft Martial art, and Qi Gong health systems that improve relaxation, breathing, and health. Grand Master Eng Chor then took us through Shibashi 1, Lotus, Tao Yin, Wild Goose, and Lohan Qi Gong routines, which are some of the more frequently practised routines in the College.

After lunch the Grand Master explained the differences between the traditional Tai Chi styles. We then practised Yang Tai Chi levels 1 to 6 followed by instruction in the first group of movements in Wu, Sun, and Chen styles. Sun and Chen styles posed particular challenges due to their significant differences to the Yang style that we normally learn. Sun style features fast agile movements and is an attacking style compared to the Yang defensive technique. Chen is also more challenging physically with deeper knee bend and explosive strikes. After another coffee break, we also explored Pa Qua and Hsing. These are both very different from our Yang style. Whilst being very elegant, Pa Qua is more dynamic than Yang style and relies on limber and active waist, hip, and foot movements. Hsing-i features powerful punches, half steps up, and foot stomping to increase power. The variety of styles is unbelievable and a little confusing.

I believe that one of the many benefits of Tai Chi is the exercising of the mind that learning new techniques demands. The range of Qi Gong and Tai Chi routines that we can learn within the Celestial College means that we will never run out of mind challenges if we wish to pursue them.

An excellent dinner was followed by a discussion on history and philosophy of Tai Chi led by Grand Master Eng Chor and then, for those who still had some energy left, a calligraphy class in Chinese numbers and words associated with Tai Chi.

Sunday dawned a little warmer with only a little cloud cover. The early risers were at it again at 7am for Tai Chi and weapons practice.

The first formal session practised the Wu, Sun, and Chen forms learnt on Saturday. After morning tea, we adjourned outside into beautiful spring sunshine to study the martial applications of the Yang style moves, and then the pushing hands, and sticky hands routines, prior lunch and conclusion of the Retreat.

This was my first attendance at a Tai Chi Retreat. I found the instruction, discussion, and comradeship was not only informative, but thoroughly enjoyable. I recommend attendance at future retreats to anyone who gets the chance.

The next Retreat is scheduled next year – 2015.

Assistant Instructor Bruce Ellis (Doncaster)

Tai Chi Retreat Participants



INNER MONGOLIA AND NORTHERN XINGIANG PROVINCE CHINA TOUR

Grand Master Eng Chor will lead this year's China tour of Inner Mongolia and the Northern Xingiang Province from 24 August to 7 September.

The tour will visit Chengdu, Hohhot, Grasslands, Ordos (Erdos), the Genghis Khan's Mausoleum, Urumqi, Tianshan (Heavenly Mountain), Kamas Lake, Buergin and Karamay.

The full itinerary will be placed on the website when available.

Bookings and final details can be obtained from Grand Master Eng Chor on 0412 922 618 or 9885 9874.

2014 COLLEGE DATES

January 27 to March 16: TERM 1

March 8: PARK LESSON at Malvern* 10 am to noon
March 16: PARK LESSON at Fairfield** 10 am to noon

March 17 to May 11: TERM 2

April 5: **WORKSHOP**
April 17 – April 25: COLLEGE BREAK (Easter)
April 26: WORLD TAI CHI AND QIGONG DAY
May 3: PARK LESSON at Malvern* 10 am to noon
May 11: PARK LESSON at Fairfield** 10 am to noon

May 12 to June 29: TERM 3

June 1: **PHILOSOPHY LESSON**
June 21: PARK LESSON at Malvern* 10 am to noon
June 29: PARK LESSON at Fairfield** 10 am to noon
June 30 to July 6: COLLEGE BREAK

July 7 to August 24: TERM 4

August 16: PARK LESSON at Malvern* 10 am to noon
August 24 to September 7: **CHINA TOUR**
August 24: PARK LESSON at Fairfield** 10 am to noon

August 25 to October 19: TERM 5

September 14: **WORKSHOP**
September 29 to October 5: COLLEGE BREAK
October 11: PARK LESSON at Malvern* 10 am to noon
October 19: PARK LESSON at Fairfield** 10 am to noon

October 20 to December 7: TERM 6

November 29: PARK LESSON at Malvern* 10 am to noon
December 6: **COLLEGE ANNUAL BANQUET 6.00pm**
December 7: PARK LESSON at Fairfield** 10 am to noon

***PARK LESSON AT CENTRAL PARK, MALVERN:**

Corner Burke & Wattletree Rds, East Malvern: Melway 59 G10

**** PARK LESSON AT FAIRFIELD PARK:**

Corner Heidelberg Rd & Fairfield Park Dr, Fairfield: Melway 30 J12