



# CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 4  
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August 2014  
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*The Commonwealth Games Bowls Team took some time out from their intensive training prior to heading off to Glasgow and enjoyed Tai Chi at Moonee Ponds.*

## Free Park Lessons

<p><b>Saturday 16<sup>th</sup> August</b> Time: 10:00am to noon <b>Malvern</b> Central Park Malvern Cnr Burke &amp; Wattleree Rds (Melway 59 G10)</p>	<p><b>Sunday 24<sup>th</sup> August</b> Time: 10:00am to noon <b>Fairfield</b> Fairfield Park Cnr Heidelberg Rd &amp; Fairfield Park Dr (Melway 30 J12)</p>
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*The park lessons also offer a free introductory lesson for anyone who is interested so tell a friend, bring your family*

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**Don't miss out on the upcoming workshop with Grand Master  
Eng Chor – details in this newsletter**

## Tai Chi for the Commonwealth Games Bowls Team

For the past two years, Australia's Commonwealth Games Bowls team has been conducting training sessions on Wednesday mornings at the Maribyrnong Park Bowls Club, home of the College's Moonee Ponds Centre. Members of the team from all over Australia attend these special training days several times each year.

The Games team and the Moonee Ponds tai chi crew have shared the facility on these Wednesday mornings and have shown an interest in each other's activities, so it seemed only natural that the Bowlers should take some time out from their intensive training regime to enjoy a session of relaxing Qi Gong and Tai Chi with the instructing team at Moonee Ponds.

About 20 Bowlers took part in this session, and they enjoyed it very much - as did we. It was their last visit to Maribyrnong Park before leaving for Glasgow to compete, and we hope they learnt a few relaxation techniques that will assist them in competition. Margie, Wayne, Joy and Doreen look forward to supporting the Bowls Team and we hope they have lots of success in Glasgow.

Joy Muir  
Asst Instructor, Moonee Ponds/Preston



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## **2015 Cultural Tour to China & Taiwan (15 days)**

Full details of the **Celestial 2015 Tai Chi Cultural tour** have been announced. The tour is planned to depart late Tuesday, 31 March, and return early Tuesday, 14 April 2015.

The tour will start in **China**, before flying to **Taiwan**. Between site seeing, tour participants will visit Tai Chi schools and take part in training sessions with local Masters at each location.

The tour will travel to the following destinations; details of the daily itinerary are available on the College website.

Day 1 : Melbourne - Guangzhou

Day 2 : Guangzhou - Xiamen

Day 3 : Xiamen – Zhangzhou

Day 4 : Xiamen – Guangzhou

Day 5 : Guangzhou

Day 6 : Xiamen (China) – Taipei (Taiwan)

Day 7 : Taipei – Hualien

Day 8 : Hualien – Taitung

Day 9 : Taitung - Kending – Kaohsiung

Day 10 : Kaohsiung – Alishan

Day 11 : Tainan – Taipei

Day 12 : Taipei

Day 13 : Taipei – Xiamen (China)

Day 14 : Xiamen - Melbourne

Day 15: Arrive Melbourne

**Price: \$4,000 per person, twin share** - includes Visa, airfare, all local transport, training with local grandmasters in Taiwan and Fujian and tip.

Excludes travel insurance and personal expenses.

**A non-refundable deposit of \$400 per person** due by end of July 2014.

Single supplement: to be confirmed

At this stage full payment will be due two (2) months before departure unless the travel agent advises otherwise.

**Further Enquiries:** GM Eng Chor Khor

Mob: 0412 922 618

Email: [khorec@bigpond.com](mailto:khorec@bigpond.com)

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### **Small in place & numbers, but not forgotten.**

The yearly visit from one of the Masters keeps Keilor Centre alive. This year, Senior Master Chin Min visited Keilor and left his Preston Centre for one night. We are grateful for his visit as it inspires others to continue Tai Chi. Some of the students are aiming for good balance, perfect Lotus kick, and snake creeps down the valley as low as Sr Master Chin. They were fascinated watching the second class practising flute. After that intense training, the class enjoyed a good spread.

The Keilor Centre group thanks Sr Master Chin Min for a wonderful evening of Tai Chi. And also to the Werribee Centre for sharing the evening.

Zenaida Calderon  
Asst Instructor, Keilor/South Yarra



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## **2014 16th WTPA WUSHU & TAIJIQUAN COMPETITION**

The 16th WTPA Competition is coming up on 31st August and a number of Instructors and senior students from our College will be competing in this event. This event is a terrific opportunity to watch precision Tai Chi and support the competitors from the College. There are a range of forms which you will see on the day, many quite familiar to you, some of the categories are:

1. 24 Forms
2. 42 Forms
3. 48 Forms & other contemporary combined Taijiquan Routines
4. IWUF Optional Taijiquan Routines
5. Yang style (standardised competition and traditional routines)
6. Chen style (standardised competition and traditional routines)
7. Wu (☐) style (standardised competition and traditional routines)
8. Sun style (standardised competition and traditional routines)
9. Wu (☐) / Hao (☐) style (standardised competition and traditional routines)
10. Other Traditional Taijiquan Style Routines

& the weapons categories are:

1. Taiji Sword 32-Forms
2. Taiji Sword 42-Forms
3. IWUF Optional Taijijian (Sword) Routines
4. Traditional Taiji Short Weapons (e.g. Sword, Sabre, Fan, etc.)
5. Traditional Taiji Long Weapons (e.g. Cudgel, Spear, Guandao, etc.)

Arrive early and you can watch the opening ceremony, which includes drumming and dragon/lion dance, then the competition starts.

Senior Master Chin Min was a judge at this competition last year and he has again been asked to not only judge, but also to perform this year - what a great honour. Please consider coming along to watch and support your tai chi friends and Senior Master Chin Min.

**Date : Sunday 31st August 2014,**

**Time: 10.00 am to 4.00 pm**

**Venue: Monash University - Clayton Campus, Basketball Stadium**

## **Change of Date 2014 Christmas Banquet**

The College Annual Dinner Banquet is being held on **Saturday, 13<sup>th</sup> December, 2014** at the Dragon Boat Palace, 149 Lonsdale St, Melbourne.

This is always one of the College highlights of the year, particularly the performances by our Masters & Instructors during the evening.

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## **Tai Chi Workshop, Sunday September 21<sup>st</sup>, 2014**

**Grand Master Eng Chor** invites you to the upcoming workshop as he explores the following:

- **Pushing Hands**
- **Martial Arts Application**
- **Lohan Qi Gong**

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

**Date :** 21<sup>st</sup> September, 2014 (Sunday)

**Time:** 2.00pm – 5.00pm

**Cost :** \$40.00

Please advise your Instructor if you would like to enrol for this workshop.

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### **Celestial Tai Chi College is on Facebook.**

Find us at [www.facebook.com/CelestialTaiChi](http://www.facebook.com/CelestialTaiChi)

On this page we keep you updated on upcoming events like park lessons, new term dates and cultural trips. We post photos and link to interesting articles. We won't bombard you with waffle and only post around once a week. If you are on Facebook, please LIKE us and keep in the loop!