



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 5
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September 2014
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L to R: Senior Master Chin Min, Edward Yong, Anna Yeow, Suzette Hosken, Joy Muir, Noel Schmidt, Jo Fraser, Chee Wah Khew, Yvonne Schmidt, Amanda Cubit, Catriona Welld, Christine Dowdall and Margaret Rogers at the WTQA Competition

Free Park Lessons

Saturday 11th October

Time: 10:00am to noon

Malvern

Central Park Malvern

Cnr Burke & Wattletree Rds
(Melway 59 G10)

Sunday 19th October

Time: 10:00am to noon

Fairfield

Fairfield Park

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

⇒ Tai Chi Term Break: 29 Sept – 5 Oct ⇐

Celestial Tai Chi at the 16th WTQA Wushu, Taijiquan and Qigong Competition

After the success of the Celestial Tai Chi College's group performances at the International Martial Arts Games (IMAG) held in Melbourne last year and the College's affiliation with Wushu, Tai Chi & Qigong Australia (WTQA), some of our Instructors and students were inspired to enter the 16th WTQA Wushu, Taijiquan & Qigong Competition held on 31 August at Monash University.



The participation was voluntary with no selection process taking place, as it is a friendly competition that allowed participants from our College to experience performing to a larger audience and to widen

their appreciation of other forms and standards of Tai Chi.

Instructors at the Celestial Tai Chi Centres in Ashburton, Camberwell and Hawthorn decided to enter the group event in the last days before applications closed.

The Ashburton Centre: Christine Dowdall, Chee Wah Khew, Margaret Rogers, Noel Schmidt, Yvonne Schmidt and Anna Yeow performed Traditional Yang Level 1-3.

The Camberwell Centre: Amanda Cubit, Jo Fraser, Suzette Hosken, Joy Muir (seconded from Moonee Ponds) and Catriona Wells performed Traditional Yang Level 1-3 and Beijing 24 and obtained equal bronze medals for both as they were in the same competition group.



The Hawthorn Centre: Belinda Leong, Thi Nguyen and Edward Yong performed Traditional Yang Level 1-3.

Thi Nguyen is a student at Hawthorn and we thank her for volunteering to participate – it was a wonderful effort on her part to be the only non-Instructor performing with us. It would have been very stressful for her and a bit tough, because normally a student does not get a lot of focused feedback whereas

Instructors are used to being reviewed by peers and the Masters. Thi enjoyed the experience as it focused on her movements and improved her Taiji.

Several of our Instructors also performed individually (Suzette Hosken, Rita Sullivan and Edward Yong and were awarded medals in some of their events. Senior Master Chin Min judged the Wushu and Qigong competitions and Zenaida



Calderon worked as a volunteer.

There were several performances during the day, which were very impressive. At the Opening Ceremony The Hung Gar Yau Shu Martial Arts School presented the spectacular Lion Dance. The WTQA President, Tara

Brayshaw, opened the competition with a stirring famous Chinese legend – The Two Pots (which you can read on our website) and set the scene for a friendly competition.

After the lunch break there were performances by the Melbourne University Tai Chi and Wushu Club, Bill, L Y Law – Cheng Zi Taiji (CMC) 13 & Pushing Hands, our Senior Master Chin Min Lian – Taiji Phoenix Fan Routine, Michael Agar – One Finger Shooting Zen and Combat Sequences, Lilei Lin Enright – 42 Form Taijiquan finishing off with a Drum Performance by the Hung Gar Yau Shu Martial Arts School. It was worth just going for these performances.

The friendliness of the competition was emphasized by the support given to participants who had ‘lost the plot’ and were encouraged by the judges to restart their routine by themselves – the audience applauded even louder for them.



It was an experience to see the varied and different Taiji forms that are being taught and I was very impressed with the Bamboo Wudang form – I could imagine the bamboo swaying in the breeze watching the 10 or so participants

dressed simply in figure-hugging black. It brought back memories of the 2012 China trip with Grand Master Eng Chor to the Wudang Mountains.

The Instructors from Ashburton enjoyed the refinement of their Taiji and the bonding experience of the exercise and are ready to participate next year again along with the participants from other centres too.

If you are interested in a performer's view of proceedings, an article *Competing at the WTPA Annual Competition* by Suzette Hosken, our silver and gold medallist both last year and this year, appeared in the Newsletter Term 5, September 2013 and you can read it on the website.

Margaret Rogers, Senior Instructor (Ashburton & Hawthorn)

2015 Cultural Tour to China & Taiwan (15 days, 31 March – 14 April)

Further Enquiries: GM Eng Chor Khor, Mob: 0412 922 618, khorec@bigpond.com

ATTENTION TO ALL SWORD CLASS STUDENTS

The control of weapons Act 1990 provides the framework for controlling the sale, transportation, possession and use of prohibited weapons, which unfortunately includes tai chi swords. There are 2 ways to receive special dispensation from the Act namely:

1. Approval of the Chief Commissioner of Police (Police Permit)
2. Governor in Council Exemption Order issued to organisations (Class Exemption)

The Wushu and Tai chi Practitioner Association (WTPA) has been granted a Class Exemption and through the Celestial College's affiliation with WTPA, the College is able to provide this Class Exemption to all our sword class students under specified purpose and conditions.

Purpose:

1. Study and participate in the practice of the martial art in which the martial arts organisation specialises or
2. Study, collect and display a sword with an historical or cultural significance that relates to the martial art in which the martial arts organisation specialises.

General Conditions

1. Use: The sword must only be used for the purposes for which the exemption was granted and must be used in the practice of the martial arts discipline in which the organisation specialises.

2. Storage: When not being used for the purposes specified in this Order, swords must be stored safely and securely.
3. Inspection on request: Sword in possession must be presented for inspection on request by a member of the police force.
4. Record of possession: A person seeking to rely on this exemption must maintain a record of the quantity and types of sword in possession.
5. Display: To ensure that the display occurs in the person's residential home or at an official event associated with the organisation of which the person is a member.
6. Prohibited Persons: This order does not apply to a person who is a prohibited person as defined in section 3 of the Control Act 1990, regardless of whether that person is a member of a class of classes of persons specified.

Procedures in order to be covered by this Class Exemption

1. To abide by the terms and conditions on which this Class Exemptions is given by signing a letter outlining the conditions mentioned above.
2. To submit to the College a Statutory Declaration that you are not a "Prohibited Person" as defined in Section 3 of the Control of Weapons Act 1990 and the Firearms Act 1996.
3. On receiving the above, the College will issue to you an Affiliation Card confirming that you are a student of the Celestial Tai Chi College. This card is to be carried with you when you are transporting or in possession of the sword together with an evidence of identity that includes a photograph.

Agreement forms and Statutory Declaration forms will be distributed to class instructors shortly.

The Joys of Tai Chi

I began learning Tai Chi early in 2013. I had no preconceived ideas of what was involved and found the first few weeks quite challenging, particularly remembering the name of the movements and their order. Two and a half years on, I have realised that, thanks to the routines and exercises, I have gained:

- Better balance
- Improved core



- Greater control in movements
- Quietening of my mind and
- Increased ability to focus on the task at hand

I am thoroughly enjoying my lessons each week and meeting up with my fellow class members.

Gail Norman is a student at Box Hill Evening Class

Staying Fit and Healthy with Tai Chi in Retirement

My introduction to Tai Chi was in a work setting when a colleague arranged for an instructor to conduct a class during our lunch hour. We learnt the first basic moves of Yang Style, although we had little idea of where these fitted into the whole. After staff changes and transfers, a small group remained with a new instructor, 'Simon', who was keen to provide us with exercises as well as Tai Chi movements. I was starting to feel the benefit of this intensive lunchtime workout as I found greater strength in my back muscles, relieving some of the problems I had suffered for many years. The break from inactivity in an office meant that I could face the afternoon feeling more alert and energetic.

When this arrangement ended due to the instructor's change of employment, I looked for a place to continue learning Tai Chi. Responding to an advertisement, I found a Celestial Tai Chi College evening class at Box Hill with Grand Master Eng Chor. Although it was often a great rush to get to class after travelling from the city, I knew that this was important to my general wellbeing. As Eng Chor inspired us to refine our movements, the assistants who helped with the small groups emphasised particular moves. Every time I perform 'needle at sea bottom' I remember the instructor's demonstrations of how to place my hands in a certain direction for the first time and the opposite for the second. That seemed to be his speciality!

After retirement, a day class was possible and I transferred to the morning class. That was thirteen and a half years ago. A small group of us at the same level continued to progress together. We supported each other, even meeting between classes sometimes to practise a new movement together. Most of us are still attending the morning class and the friendly social atmosphere is an added benefit.

Over the years, we have learned other forms and weapons, the Fan, the Flute and the Sword. The Qigong Shibashi sets provide a simple, gentle way to exercise all parts of the body and I am teaching them to my aging sister. I have become increasingly aware of the importance the continued learning and practice make

to my general health as the body and the mind age and arthritis is present. Balance, concentration, flexibility and strength are all enhanced by Tai Chi. Even my piano teacher tells me to use some Tai Chi relaxation before attending my music lesson.

My husband and I travel for several months each year and during breaks in long air flights, I can often be found in the corner of an airport doing some form of Tai Chi. Almost anywhere I have visited, a group can be seen practising Tai Chi in a park. The 'Lotus' is a wonderful way to ease a cramped body when travelling, as it can be done in a small space.

Monday morning at Box Hill class is an essential part of my week's routine.

Julie Hawley is currently learning Tai Chi at the Box Hill Day class run by Beng Yan Lian.

Reclaiming Good Health with Tai Chi Exercise

Ivonne, Robert, Theo and Irene, my Tai Chi classmates are all off overseas, lucky them! But so am I, for I continue attending Tai Chi classes in Box Hill Evening Centre.

After teaching for 35 years and while on long service leave, I had a severe stroke. Fortunately for me, it happened while I was in Prague. The doctors did not think I would make it, so they sent for my children, husband and brother to farewell me off, but I ended up having two operations and catching pneumonia. As you can tell, I did not die! I've got a second chance!!



They flew me back to St Vincent's Hospital in Melbourne to Intensive Care and later General Ward where I spent quite a few weeks, but because I was doing well they transferred me to Donvale Rehab Hospital. There I undertook physiology classes, speech therapy and OTP theory classes every day. I also did a stint as an 'outpatient' where I was able to do more therapy once a week again. After all that treatment, I still had issues with my balance and swallowing, so my physio team and my neurologist suggested I do Tai Chi, especially to aid me with my balance.

I cannot say I am fully recovered yet, but Tai Chi has certainly helped me with stability. I find I am so much more relaxed and my balance is better too. Truly, Tai Chi helps me immensely and I enjoy it as well. I am not perfect in my Tai Chi, but I am amazed at how able I am to control myself enough not to fall down!

When I had a stroke, I could not walk, speak, I could not eat or drink for 3 months. I can do all those things now. Tai Chi helps me to focus on the right things that matter to me!

Julie Poloni is a student at Box Hill Evening Class



Fairfield Park Lesson

FREE PARK LESSONS are a great opportunity to meet your fellow Tai Chi practitioners from all over the Celestial Tai Chi College and work with other instructors to refine your movements.

Your family and friends are welcome to join in for a couple of hours of relaxing bliss.

Tai Chi Workshop, Sunday, 21st September 2014

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

- Pushing Hands
- Martial Arts Application
- Lohan Qi Qong

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

Date: 21st September, 2014 (Sunday)

Time: 2.00pm – 5.00pm

Cost: \$40.00

2014 Christmas Banquet

The College Annual Dinner Banquet is being held on **Saturday, 13th 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.