



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 6

P.O. Box 1135, Box Hill, 3128

www.celestialtaichi.com

www.facebook.com/CelestialTaiChi

November 2014

Tel: (03) 9840 2855

Fax: (03) 9077 7896



Grand Master Eng Chor and his students striking a pose at the Hawthorn venue.

Free Park Lessons

Saturday 29th November

Time: 10:00am to noon

Malvern

Central Park Malvern

Cnr Burke & Wattletree Rds

(Melway 59 G10)

Sunday 7th December

Time: 10:00am to noon

Fairfield

Fairfield Park

Cnr Heidelberg Rd & Fairfield Park Dr

(Melway 30 J12)

**Classes for next year start on
26 January 2015**

During the Tai Chi break, your centre may hold an informal practice session in your local area. Please ask your instructor for more details.

Workshop with Grand Master Eng Chor

In September, around 25 students and instructors joined Grandmaster Eng Chor for an afternoon workshop on tai chi applications, qigong and pushing hands. As always, the session was highly informative and thoroughly enjoyable.

We started the session with the tai chi levels and an explanation of the importance of practicing our tai chi with an even, flowing tempo. It's the transition between each movement that creates the flow; we slowly move from one move into the next. Tai chi isn't a series of postures, it's a moving meditation; otherwise it would be like any other martial art. So attention to each transition movement is the key to graceful, elegant tai chi.



All tai chi movements have a martial arts mechanism. These strikes or blocks inform the tai chi movement, but don't dominate it. We practice our tai chi for health and relaxation; the application of each move is a matter of interest only.

Having said that, we then spent a very enjoyable period of time practicing the application behind some of the movements. For example, when we turn to hold the ball, we are turning to present a smaller front, then we block and push away. For slant fly, we step in close behind the opponent, grab one hand and use the other arm to sweep across the opponent to overbalance. If that wasn't enough, we can also push our knee behind the attacker's knee to force the person down. If someone grabs our

arm, we can turn the hand, as in repulse monkeys. If that doesn't break the grip alone, then we can use the other hand to break the grip. Similarly, we can also use needle at sea bottom. A person grabbing your hand might expect you to try to pull it back, but they probably wouldn't expect you to suddenly plunge towards the ground. Either they go with you or the grip is broken. If they remain holding on, you have your other hand to break the grip.

It's a lot of fun to practice some of these moves (especially with a teenage son), but we must remember to be gentle, never aggressive. I spent quite some time at the workshop apologising to my partner Jacquie for being a bit enthusiastic with the blocks!

Grand Master Eng Chor frequently talks about the ancient Chinese proverbs. My favourite for the day was this: "Of 36 very good ideas, the best is to run away" or, in Chinese, "San Tze Liu Jor, Joee Wei Sun Jor".

Suzette Hosken
Instructor, Camberwell



Participants going through their paces at Grand Master Eng Chor's workshop in September.



Grand Master Eng Chor and Edward Yong demonstrating the application of Needle at Sea Bottom.

Benefits of Tai Chi

It is now 17 years since I went to Beverley Hills to “try” Tai Chi with Tony and Mario. Apparently the trial was successful, because I am still going to classes, instructing students, helping Belinda run the Beverley Hills Centre, helping Mario at Box Hill and Doncaster, and most importantly, still learning from our Masters and from fellow practitioners.

When I first started Tai Chi, I was after another form of exercise and was amazed at the extent of the workout that I got from such a slow, gentle routine. As I progressed, I discovered relaxation. No matter how stressed I was when I started, 5 to 10 minutes of Qi Gong had me feeling completely relaxed due primarily to the deep slow breathing involved. I also found that when I started to get stiff after several hours sitting in front of a computer at work, a 10 minute break for a couple of rounds of The Lotus routine not only relieved the stiffness, but relaxed me mentally as well.

With further progression, I found great mental stimulation. This came not only from the challenge of learning additional routines, but from answering the many questions from students as I developed my instructing skills.

Then in late 2006 I was diagnosed with Lymphoma and undertook 5 months of Chemo Therapy. Fortunately, I had a type of Lymphoma that responded well to Chemo, with high rates of total cure. My rate of recovery was good and the Oncologist put this partly down to good fitness and ability to relax that was a result of my Tai Chi practice.

Eight years on I am still free from Lymphoma and am enjoying Tai Chi more than ever as I probe further into the flow of Chi and endeavour to improve my practice with movement initiated from the Tan Tien.

Bruce Ellis
Assistant Instructor,
Doncaster

Doncaster class enjoying mooncake during the Mid-Autumn Festival.



Manningham Relay for Life

"What could be better than practicing Tai Chi with friends on as lovely spring morning? When you are also entertaining and involving people working to raise money for cancer research.

The Doncaster group were invited to work with the Manningham Relay for Life fundraiser to provide a demonstration for the participants in the relay on the morning of 14th September 2014. Participants were invited to join in Qi Gong and Shibashi exercises, and if inclined to also follow through Yang levels 1 to 3, ably led by Belinda Leong and Bruce Ellis. Relay participants and members of the organising committee joined in the sessions and expressed a keen interest in a return session at the next Relay for Life event at Doncaster.

The morning's session was topped off with a super-food fruit juice so we were fully energised to enjoy the rest of a sunny Sunday."

*Shelley Sandars
Trainee Instructor, Doncaster*



Belinda Leong, Jana Jares, Christina Koh, Shelley Sandars, Bruce Ellis

Fairfield Park Biscuit

If you have been attending any of the park lessons at Fairfield, not only would you have been enjoying Tai Chi with Grand Master Eng Chor, but enjoyed home-made biscuits baked by our Assistant Instructor, Zenaida Calderon.

She has kindly shared her recipe for all of us to enjoy, or if you're not a baker, then there is an additional incentive to join us for Tai Chi at the Fairfield park lessons!

Ingredients:

- ½ cup wall nuts, chopped
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ dried apricots
- ½ oatmeal
- 1/3 pitted dried dates
- 1/2 cup of flour or gluten free flour
- ½ teaspoon of baking flour
- 2 tablespoons sunflower oil
- 1 tablespoon of brown sugar
- 80 – 100 ml apple juice



Method:

1. Pre heat oven to 190°C.
2. Line a baking tray.
3. Mix all dry ingredients and add sugar, flour, baking flour.
4. Combine apple juice and oil and pour over the dry ingredients.
5. Mix thoroughly.
6. Using a spoon, scoop a walnut nut sized piece of mixture.
7. Place on baking tray and flatten slightly.
8. Repeat with the remaining mixture.
9. Bake for 10 – 15 minutes until slightly risen and just browned.
10. Transfer to a wire rack to cool, then store in an airtight container.



Christmas Banquet

Date: Saturday 13th December 2014

Venue: Dragon Boat Palace Restaurant
149 Lonsdale St, Melbourne

Time: 6pm for 6.30pm start

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

RSVP: 27th November 2014



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

Vegetarians 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.



End of Year Message

This year has been an exciting year with the College students, trainees and instructors participating in the Wushu, Tai Chi & Qigong Australia (WTQA) competition, winning medals and enjoying the events. This year, Senior Master Chin Min and I also conducted special workshops which gave everyone the opportunity to refine and learn new skills from the Masters.

Next year, an international martial arts and Tai Chi competition and performance will be held in Asia. The date and the venue will be decided soon. As the president of the Australian IMGCC (International Martial Arts Games Committee), I will be leading a team of competitors to compete at the international arena.

In April 2015, I will be hosting our cultural tour in China and Taiwan with our college members. The trip will include special visits to the Shaolin Temple in Fuchien province and various Tai Chi schools and academies. This is a wonderful opportunity to experience the Asian culture, visit major sights, enjoy hearty meals and have daily Tai Chi sessions in the morning with me. There are still vacancies for college students, their family and friends who are interested in joining this trip.

Also, the popular Tai Chi weekend retreat will be back next year. This is an enjoyable and relaxing experience where you spend the weekend fully immersed in practicing Tai Chi with the Masters in a tranquil environment away from the hustle and bustle of the city life.

Finally, I would like to take this opportunity with Senior Master Chin Min to thank all of our students, class helpers, instructors and senior instructors for their involvement and commitment this year. It has been a wonderful 2014 to see more students taking up Tai Chi and appreciating the health benefits of doing it.

In Chinese greetings, I would like to say, "Jian Kang, Wan Shi Lu Yee", meaning good health and enjoy good fortune in practicing Tai Chi, and I look forward to seeing every one of you return in 2015 to continue the health benefits of doing Tai Chi with us.

Grand Master Eng Chor