



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 1

P.O. Box 1135, Box Hill, 3128

www.celestialtaichi.com

www.facebook.com/CelestialTaiChi

March 2015

Tel: (03) 9840 2855

Fax: (03) 9077 7896



Senior Master Chin Min and Grand Master Eng Chor with newly appointed Instructors Anna Yeow, Zenaida Calderon, Assistant Instructor Linda Samson, Instructors Joy Muir and Rita Sullivan at the Banquet.

Free Park Lessons

Saturday 7 March

Time: 10:00am to noon

Malvern, Central Park Malvern

Cnr Burke & Wattletree Rds

(Melway 59 G10)

Sunday 15 March

Time: 10:00am to noon

Fairfield, Fairfield Park

Cnr Heidelberg Rd & Fairfield Park Dr

(Melway 30 J12)

WORLD TAI CHI & QIQONG DAY 26 APRIL

This year the College celebrates its 25th anniversary and the full year's calendar is on the back page for entry into your diaries.

Welcome to 2015

The Chinese Year of the Sheep (Goat or Ram)

This year the Celestial Tai Chi College will be celebrating its 25th anniversary and Grand Master Eng Chor Khor, Senior Master Chin Min Lian together with 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.

The Tai Chi year is very compatible with the Chinese year, as the sheep is considered gentle and calm. Since ancient times, people have learned to use its fleece to make writing brushes and skin to keep warm. The highly precious and valued white jade is called 'mutton fat jade' indicating the great value the Chinese put on sheep or goats.

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

The College's 25th anniversary will be celebrated with a College Dinner in November and other activities will be planned throughout the year.

Many of your Tai Chi centres will also hold special events and activities such as weekly park lessons in your area.

There is a regular 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.

Every term a newsletter is produced containing information of all activities and this is available through our Website. Everyone is also welcome to sign up to become a friend of the College on our Facebook pages.

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)

Miracles do Happen!

I am a Tai Chi Instructor running 2 weekly sessions for General Fitness at the Ashburton, Pool and Recreation Club.

A former student of the College who attended our classes about 20 years ago at Camberwell (now Hawthorn) has started attending this class. He related to me his extensive health problems, one of which is diabetes.

One day he came to me before class and said his blood sugar had skyrocketed and that the recommendation from doctors is that with such sugar levels, exercise is not recommended. He told me he decided that the gentle exercises would be within his range of capabilities and that he would check his sugar levels after the half hour of Qigong exercises and before the Tai Chi practice and may need to leave at that time.

He indeed checked the levels and returned to the class and completed the session. He came to me after the class very excited as his blood sugar level had gone down by 9 points which according to him was amazing and he was sold on the benefits of the gentle art of Qigong and Tai Chi.

Margaret Rogers



**Sunday morning Tai Chi in the Bowen Gardens
Bowen Street, Camberwell.
Everyone is welcome on Sundays at 8.30am.**

TAI CHI BANQUET 2014

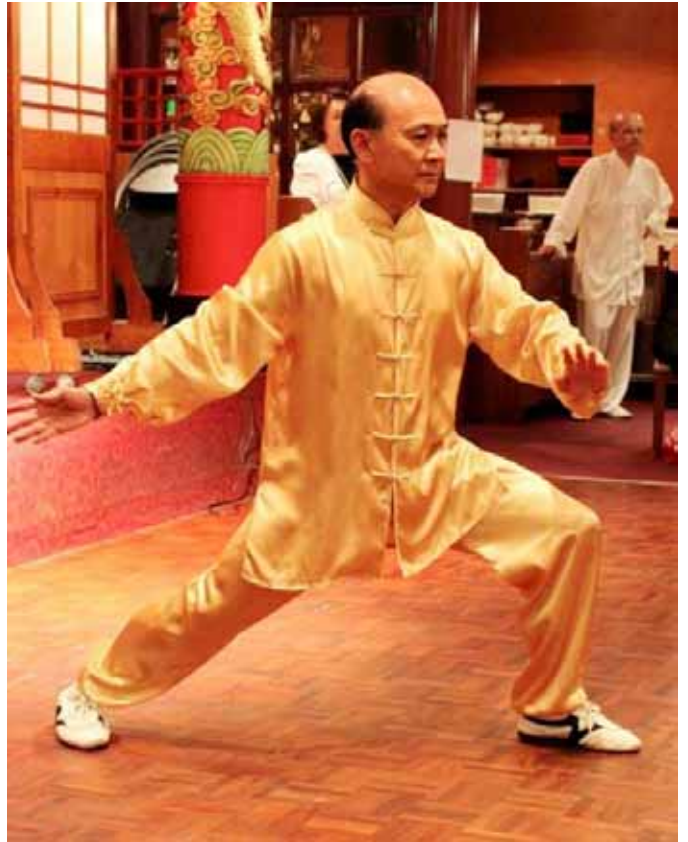


Once again, the end of year College banquet was deemed a great success by the over 200 participants. After the 9-course meal we were entertained with Tai Chi performances from the Grand Master Eng Chor, Senior Master Chin Min and visiting Senior Master Tong Low. Video highlights from the performances can to be seen on our website www.celestialtaichi.com.

Grand Master Eng Chor



Senior Master Chin Min



LOFTY MOUNTAINS AND FLOWING WATER:

Concert Review

As part of the Melbourne Festival the Jun Tian Yun He Ensemble from China re-created the tranquil sounds of China's lofty mountains and flowing water at the Melbourne Recital Centre on Sunday 19 October. The Ensemble is committed to spreading the culture of the majestic seven-stringed guqin one of the oldest Chinese musical instruments with a history of over three thousand years.

In Imperial China, a well-educated scholar was expected to be skilled in four arts: 1- *Qin (the guqin)*, 2- *Qi (the game of Go)*, 3- *Shu (calligraphy)* and 4- *Hua (painting)*. Historically, the guqin has been viewed as a symbol of Chinese high culture and the instrument most expressive of the essence of Chinese music. More than 100 harmonics can be played on the guqin, which probably is the largest number of harmonics of any instrument.

When the U.S. spaceship "Voyager" was launched in 1977, a gold CD was placed on board to introduce the music of our planet to the rest of the universe. The guqin piece "*Flowing Water*" was included as one representative of the world's music.

The Ensemble opened with a peaceful flowing work, *Lofty Mountains and Flowing Water*, featuring two guqins who took the roles of mountains and water respectively – this was an arrangement from the Tang Dynasty. Traditional forms of songs featuring elements of *kun* opera and ancient poetry.

Highlights of the evening were the improvisation of these ancient musical instruments with the Western instruments, the cello and guitar combining the Eastern and Western rhythms and tempos. Solo singers sang in Chinese opera styles, magnificent throat singing and pop music – all of which created a magnificent mosaic of a blending of Chinese and Western cultures.

The main highlight for the many Celestial Tai Chi College students and Instructors who were privileged to attend was the unusual combination of the guqin player with a Tai Chi performance by Chong Goa a gold medallist in many championships in China. He was elected ambassador of Taijizen in 2013 to represent China visiting countries in Asia, Africa and the South Pacific. The title of his performance was *Without a Trace – An*

Improvisation and the program notes describe the performance as “The sound of the Qin flows like water and is hard to stop; the drill of the taichi blows like the wind and is hard to trace. Performing under a meticulously designed stage lighting plan, the combination of the qin and the taichi highlights the essence of the elegant eastern musical arts, and will immerse the audience in a beautiful and pure harmony.”

The performance certainly immersed the audience and especially those who practice the art of tai chi as we were able to fully appreciate the artistry and martial arts aspect of the tai chi expert Chong Goa as well as the spiritual and emotional meaning of his performance.

What a wonderful concert and performance at all levels and we hope that the Jun Tian Yun He Ensemble returns to Melbourne for a repeat performance. More information on this Ensemble and their music is available on their website www.juntianfang.com.

Margaret Rogers



Rock carving of Bodhisattva playing the guqin, found in Shanti, Northern Wei Dynasty 386-534

2015 COLLEGE DATES

January 26 to March 15: TERM 1

March 7: PARK LESSON at Malvern* 10 am to noon
March 15: PARK LESSON at Fairfield** 10 am to noon

March 16 to May 10: TERM 2

March 31 - April 14: CHINA TOUR
April 2 – April 10 COLLEGE BREAK (Easter)
April 26 WORLD TAI CHI AND QIGONG DAY
May 2: PARK LESSON at Malvern* 10 am to noon
May 10: PARK LESSON at Fairfield** 10 am to noon

May 11 to June 28: TERM 3

May 17: TAI CHI WORKSHOP
June 14: PHILOSOPHY LESSON
June 20: PARK LESSON at Malvern* 10 am to noon
June 28: PARK LESSON at Fairfield** 10 am to noon
June 29 to July 5: COLLEGE BREAK

July 6 to August 23: TERM 4

August 15: PARK LESSON at Malvern* 10 am to noon
August 23: PARK LESSON at Fairfield** 10 am to noon

August 24 to October 18: TERM 5

August 30: WTQA COMPETITION
September 13 TAI CHI WORKSHOP
September 28 to October 4: COLLEGE BREAK
October 10: PARK LESSON at Malvern* 10 am to noon
October 18: PARK LESSON at Fairfield** 10 am to noon

October 19 to December 6: TERM 6

November 21: COLLEGE 25TH ANNIVERSARY DINNER
November 28: PARK LESSON at Malvern* 10 am to noon
December 6: PARK LESSON at Fairfield** 10 am to noon
December 7: IMAG GAMES - INDIA

***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