



# CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 6  
P.O. Box 1135, Box Hill, 3128  
[www.celestialtaichi.com](http://www.celestialtaichi.com)

November 2015  
Tel: (03)9840 2855  
[www.facebook.com/CelestialTaiChi](http://www.facebook.com/CelestialTaiChi)



Grand Master Eng Chor teaching Wild Goose Qigong at the workshop on Sunday 13th September.

## Upcoming Events

**25th Anniversary Dinner:** Sunday 22<sup>nd</sup> November 6pm  
Happy Receptions, 199-203 Union Road, Ascot Vale.

**Malvern Park Lesson:** Saturday 28<sup>th</sup> November 10am-12pm  
Central Park in East Malvern. Cnr Burke & Wattle tree Roads.

**Fairfield Park Lesson:** Sunday 6<sup>th</sup> December 10am-12pm  
Fairfield Park in Fairfield. Cnr Heidelberg Rd & Fairfield Park Drive.

**International Martial Arts Games:** Monday 7<sup>th</sup> December in India.

Classes for next year start on  
**25<sup>th</sup> January 2016**

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

## WTQA Competition 2015

The Celestial Tai Chi college competed again at the Wushu, Tai Chi and Qigong (WTQA) competition held at Monash University in August 2015. The college is very proud of the results achieved by the following participants:

- The team of **Amanda Cubit, Catriona Wells, Jo Fraser, Judith Michael** and **Suzette Hosken** won 2 **Gold** medals for Lohan Qigong in the Group Qigong competition and for Yang Tai Chi Levels 1 to 3 in the Group Tai Chi competition.
- **Rita Sullivan** (Werribee Centre) won the **Gold** medal for the Phoenix Fan in the Tai Chi Traditional short weapon (Female) competition.
- **Jo Fraser** won the **Gold** medal for the Lohan Qigong in the Health Qigong competition.
- **Tom Strang** (South Yarra Centre) won the **Silver** medal for the Flute in the Tai Chi Traditional short weapon (Male) competition.

Senior Master Chin Min was one of the judges at the competition and demonstrated the Wild Goose Qigong. College instructors Zenaida Calderon and Joy Muir assisted with the event.



## 25th Anniversary Dinner

Please join us to celebrate our 25th Anniversary with dinner in November. There will be special performances by Grandmaster Eng Chor and Senior Master Chin Min. This is a wonderful opportunity to celebrate this special milestone with all of the students and instructors from the college.

Venue: Happy Receptions  
199-203 Union Road, Ascot Vale

Time: 6.00 pm for 6.30 pm start

Cost: \$50.00 per person

RSVP: 14th November 2015

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

Vegetarians can be catered for so please place your request on booking.



## Celebratory Park Lesson

What a great way to start daylight savings. On a glorious Spring morning, students, assistant instructors, and instructors gathered to join the Masters of the Celestial Tai Chi College at Ruffey Lake Park in Doncaster on Sunday 4th October 2015. The gathering was to celebrate the 25th Anniversary of the founding of the College in 1990.

Senior Instructor Noel Schmidt acted as MC for the event with warm up sessions led by Senior Instructors Margie Brett and John Sindoni and special demonstrations by our Masters. Firstly, Senior Master Chin Min demonstrated the Flute Routine. Many of us have learnt and practised the Flute over many years, but the fluency and precision of the demonstration showed us a whole new level of performance and gave us all an additional level to target for ourselves. Then Grand Master Eng Chor demonstrated the Wild Goose Qigong. Most of us have witnessed this routine before, but to me, it has remained a little mysterious and was in the too hard basket

However, GM Eng Chor then proceeded to teach us the first portion of the Wild Goose Qigong with a detailed, but simple explanation that the Wild Goose routine was modelled on the daily morning stretching of the Wild Goose. The routine is primarily about gathering new Chi, directing the Chi to the dantian and Acupoints, dispelling the old Chi from our bodies, improving the flow of Chi through the body, improving our flexibility and health. With this knowledge of the objectives of the routine, the routine became much easier for me to understand and remember. And also the knowledge of the objectives, and the associated health benefits, provides the motivation to practice regularly.



The Wild Goose lesson was followed by SM Chin Min teaching us Baduanjin (Eight Brocade Qigong). This routine is my personal favourite Qigong. It is both a very good strengthening and stretching routine that can be done in a relaxed manner if you are tired, or in a stronger manner when you want to get maximum benefit. There are only 8 basic movements in the routine and so it is relatively easy to remember. SM Chin Min's teaching of the movements was, as usual, precise with good explanations. The routine is simple yet challenging. It is definitely worth learning the routine and to practise regularly.

After these two special lessons by the Masters, the instructors demonstrated Levels 1 and 2 of the Yang 108 Tai Chi routine. Then to wrap up the morning of classes and practise, nearly 100 attendees performed Levels 1 to 6 Yang Tai Chi. After the enjoyment of the demonstrations, and concentration of the lessons, this was our chance to enjoy our Tai Chi together again, despite the challenge of somewhat rough ground and particularly hot sunshine as the group moved from the shaded areas.

It was then back into the welcome shade of the park's many trees to enjoy the celebratory picnic lunch. Beng Yan with the assistance from Zenaida Calderon, and many others put on a very special picnic lunch. The food was supplemented by everyone bringing a plate of finger food. The variety and succulence had to be seen, and tasted, to be believed.

A great way to end a wonderful day.

*Bruce Ellis*  
*Assistant Instructor, Doncaster Centre*



## Tai Chi on Holidays

One of the joys of being retired is the freedom to travel, and our passion is to escape to the bush, often for several months over winter. We love getting into the outback, 4 wheel driving and camping in the bush. We've done this most of our married life, but in retirement we are now members of a 4X4 club for retirees, so these days we camp and travel in company.

But what has this got to do with Tai Chi I hear you asking?

Well we reckon it's one of the easiest and most effective ways to keep flexible and active, given most days involve at least a couple of hours sitting in the car. We've found that a combination of ShiBaShi and Tai Chi built into the days programme really helps. Watching our practise will often occasion bemused looks from not only our companions, but others who may be in the vicinity. I recall one such occasion when we were delayed by "road works" on a track up in Cape York. I passed the time by quietly going through my Tai Chi practice and later one of my friends told me a road worker had wanted to know "what is that old lady doing???" I took exception to the adjective, but was pleased my friend had been able to put him straight. In fact this friend had been joining us quite often in our morning routine. These days Laurie and I take our poles, swords and fan...I wonder what that worker would have made of the weapons!



Tai Chi in the bushland at Coongie Lakes near Innaminka S.A.

Within each group there is usually at least one companion who joins in and learns a level or two of Tai Chi over the course of the trip and a couple have continued with their interest once home.

Over the years Laurie and I have practised our Tai Chi in some truly inspiring environments with the sounds of birds and waves as background and a vast range of natural vistas. This sensory experience, for me, really adds to the benefits that flow from the practise. Usually we start the day with about ½ hour of tai chi or shibashi and if time permits, follow up with weapons. It's a great way to get the body moving, warm up on a cold morning and stimulate the mind.

*Kerrie Bradford, Doncaster Centre*

## **Doncaster Centre Community Participation**

During this year, the Doncaster Centre has been involved in a number of community events in the local area, such as Manningham's Chinese New Year and Relay for Life, Box Hill Centro's Moon Festival and retirement villages. These have been great opportunities to share and demonstrate the health benefits of doing Tai Chi in the wider community. We hope to do more of these events next year, so please join us to do Tai Chi!

*Belinda Leong  
Instructor, Doncaster Centre*



---

## End of Year Message

It has been 25 years since the College commenced classes in Victoria. Like every year in the last 25 years, this year has been a good year especially as we celebrate our 25<sup>th</sup> anniversary. I look forward to our 25<sup>th</sup> Anniversary celebration dinner on 22 November where we come together not only to celebrate this auspicious occasion of the college but to share in a time of a warm fellowship amongst our Tai chi fraternity with good food. Please join us!

We continue to participate actively in the Wushu & Tai chi communities around us. At the local level the college again participated in the WTQA competition on 31 August and winning 4 gold and 1 silver medals.

Congratulations to these people. We are proud of your achievements. On 31 May, I conducted a workshop at the WTQA Cross Training day which was attended by participants from various Tai chi schools. At the international level, I attended the torch lighting ceremony of the International Martial Arts Games (IMGC) on 22 October in Pyongyang, North Korea a prelude to this year's International martial arts games in New Delhi, India in December. GM Eng Chor remained a Board member of the Executive Board of IMGC, a position very well recognised in the martial arts world.

The College is also well recognised by our communities. This year the college was invited by a theatre company to be involved in a performance at the banks of the Maribyrnong River, a performance based on a research carried out by Victoria University depicting life along the Maribyrnong River. Thanks to Snr Instructor Margie Brett and her team for their contribution to this venture.

The College was also invited to give Tai chi performance at the Melbourne 2<sup>nd</sup> White Night celebrations on 21 February. We were also involved in many other festivals including Moonee Ponds, Ashburton, Doncaster, and Werribee among many others. The College is also proud to be part of Alzheimer Australia in promoting dementia risk reduction and brain health program. We gave tai chi and qigong demonstrations throughout the day at the Alzheimer Australia marquee during the Box Hill festival in February, an obvious testimony that Tai chi helps in dementia and Alzheimer prevention.

As we continue to make our contribution to our wider communities, we remained focussed to nurture our Celestial College family who are our students, helpers, trainees, assistant instructors, instructors and snr instructors. Our desire is that you continue to enjoy Tai chi and reap the manifold benefits this ancient health exercise gives. Thank you for your involvement with Celestial Tai Chi College and look forward to share Tai chi with you in 2016.

On behalf of Grandmaster Eng Chor together with Siew Ngoh and Beng Yan I wish all of you

A MERRY CHRISTMAS & A BLESSED NEW YEAR  
*SNR MASTER CHIN MIN*