



# CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 1

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March 2016

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**Grand Master Eng Chor and Senior Master Chin Min with the College's Senior Instructors Suzette Hosken, Margie Brett, Snezana Dabic, Margaret Rogers, John Sindoni, Mario Cianci, Noel Schmidt and Wally Wilkinson at the 25<sup>th</sup> Anniversary Banquet.**

## Free Park Lessons

**Saturday 5 March**

**Time: 10:00am to noon**

**Malvern, Central Park Malvern**

**Cnr Burke & Wattleree Rds**

**(Melway 59 G10)**

**Sunday 13 March**

**Time: 10:00am to noon**

**Fairfield, Fairfield Park**

**Cnr Heidelberg Rd & Fairfield Park Dr**

**(Melway 30 J12)**

## WORLD TAI CHI & QIGONG DAY 30 APRIL

The full year's calendar is on the back page for entry into your diaries.

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# Welcome to 2016

## The Chinese Year of the Monkey

The **Monkey** (猴) is the ninth of the 12-year cycle of *animals* which appear in the *Chinese zodiac* related to the *Chinese calendar*. The **Year of the Monkey** is associated with the *Earthy Branch* symbol 申

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.

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 World Tai Chi and Qigong Day will be celebrated at the Malvern Park Lesson on Saturday 30 April. The year's program is on the back page so that you are informed well in advance of these activities.

Many of your Tai Chi centres will also hold special events and activities such as weekly park lessons in your area. These are a great opportunity to practice Tai Chi with like-minded friends.

The College has a selection of wall charts, CD's and DVD's to help you with your Tai Chi practice and these are available from your Instructors.

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 in hard copy and through our Website. Also, sign up to become a friend of the College on our Facebook pages to show your support.

We hope that everyone enjoys the health benefits, experience and comradeship of Tai Chi by participating in the activities of the College.

Margaret Rogers  
Senior Instructor  
Ashburton/Hawthorn

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## 2015 Banquet - 25th Anniversary Highlights

Our annual Christmas Banquet held at the end of 2015 provided a great celebration and memorable conclusion to our 25th Anniversary year. The banquet has traditionally provided a great opportunity for all in our Tai chi community to come together to enjoy great food and mix socially with the Masters, Instructors and students from all the College Tai Chi centres around Melbourne. It also provides the opportunity to see some excellent performances from both the Masters.

The MC for the evening (Senior Instructor Snezana Dabic) welcomed all and, following introductory comments from Grand Master Eng Chor, introduced a short video specially prepared for this event in which both Grand Master Eng Chor and Senior Master Chin Min recounted their early years in "A Tai Chi journey - from Malaysia to Melbourne" coming to Australia in the 1980's and some of the many challenges they experienced in setting up and running the new college in the early 1990's.

A number of great performances followed to the delight of the large audience. Performances by Grand Master Eng Chor included the flowing Dayan (or Wild Goose) Qigong routine as well as the Wu Tai Chi routine. Performances by Senior Master Chin Min included a graceful and flowing display of the Phoenix Fan and Tai Chi 42 Sword routines. Visiting Master Tong Lo gave a performance of a new version of Yang Tai Chi, followed by Andy and Karen Law who demonstrated a very focussed and powerful version of Chen Tai Chi.

This was followed by a focussed, well-coordinated and extremely graceful performance of the Lohan Qigong routine by a team from the Celestial Tai Chi College Camberwell class who won the Gold Medal at 2015 WTQA championships. This was done to some very striking music that was specially composed for the routine by Senior Instructor Wally Wilkinson.

The performances concluded with a striking presentation by Senior Master Chin Min and his wife Beng Yan of an adaption of the Tai Chi 24 routine in reverse mirror positions with the addition of pushing hands - all requiring great concentration and coordination.

The Masters expressed great pleasure announcing some new appointments within the instructor group. The College enjoys a rigorous instructor-training program, with appointments recognising the achievement of proficiency through many levels. Special congratulations go to Suzette Hosken on being promoted to

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Senior Instructor, Bruce Ellis to Instructor, and Jo Fraser and Christine Dowdall to Assistant Instructor.

In their closing comments, the Masters reflected on the contribution of the many students, helpers, trainees, assistant instructors, instructors and senior instructors who had assisted with development of the College over the last 25 years. All current members of the instructor group were presented with a certificate recognising their contribution to the college in this 25th year. As a grand finale, the Masters asked all those who had been with the college for over 20 years to come forward for presentation of a gift recognising their service to the growth of the college.

All up a memorable evening with all enjoying excellent and inspiring performances, great food and the continuing warm fellowship among our Tai Chi fraternity.

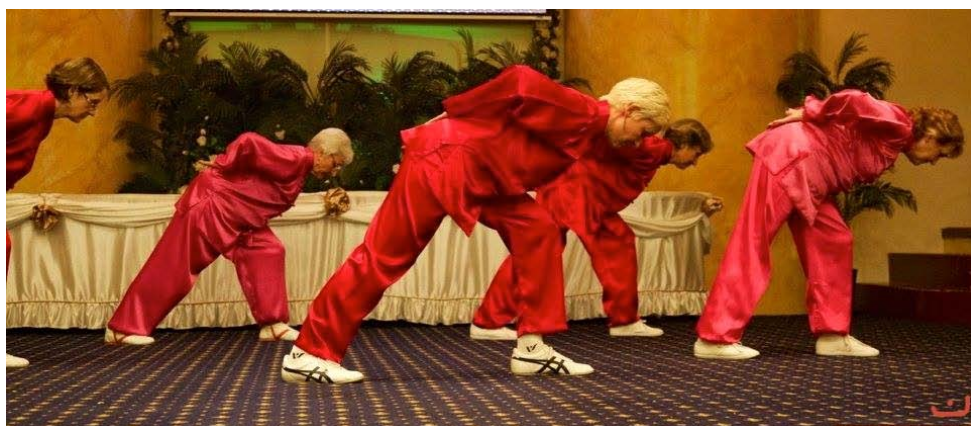
Noel Schmidt, Senior Instructor Ashburton



**Grand Master Eng Chor, Assistant Instructor Jo Fraser, Senior Instructor Suzette Hosken, Instructor Bruce Ellis, Assistant instructor Christine Dowdall and Senior Master Chin Min at their presentation.**



**The Teaching Staff of the Celestial Tai Chi College at the 25<sup>th</sup> Anniversary Banquet.**



**The Performance of the Warrior Lohan Qigong at the 25<sup>th</sup> Anniversary Banquet**

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## **Tai Chi: It won't hurt – and it is good for you!**

From my twenties into my forties, I took up a number of different forms of physical activity: aerobics, running, basketball, cycling, squash, yoga (Hatha and Iyengar); for their social and “well-being” aspects. Some also brought their problems – sprained ankles, bruises, sore knees, lower-back pain – and so I never lasted long.

I was 45 years old when diagnosed with osteoporosis, which was a major shock. I joined a gym to do strength and weight training to maintain my bone density as much as possible as I was determined not to end up as a frail, physically bent, old lady as I have a slight frame.

My house has one step internally – and a while after my diagnosis, I realised that I was holding onto the wall whenever I went down this step. Apart from the impact this was having on my white wall! - I realised I was subconsciously terrified of falling, despite having no balance problems at all; it was all in my mind.

When I saw an advertisement in the local paper for the Celestial Tai Chi College, I thought this might be just the thing – a combination of physical activity, movement, mental stimulation and concentration. This was January 2006. Now, 10 years later, I still enjoy Tai Chi even more and find that it has vastly improved my physical movement, balance and, importantly, my physical confidence.

I have always worked at busy jobs which required a great deal of detail and have found it difficult to switch my mind off at the end of the day to go to sleep. My mind can be quietened by practising either the routine I am currently learning, or Qigong exercises – which I do both physically and in my head. If I am in a particularly stressful situation, I do the Lotus exercise several times until my breathing normalises and I can think properly again. When I started instructing in 2009, it made me think about each move quite differently and how I would explain this to others.

I still go to the gym – because it's good for me! But I go to Tai Chi for pleasure – for the combination of combined mental activity and relaxation, for the graceful (or my version!) continuous flowing movements and the physical and mental calmness and satisfaction which follow each session.

My advice to anyone not sure whether to take up Tai Chi – why not give it a try, it won't hurt, it can do many positive things. It can take up as little or as much time as you want. You can do it alone or in a group. It is an inexpensive activity, requires no special clothing or equipment to start, and you will make new friends.

Christine Dowdall – Assistant Instructor Ashburton/Hawthorn



**The Ashburton Celestial Tai Chi College Class – 2016**



**The Hawthorn Chen 56 Class Practice in the Park which was followed by an end of year dinner.**

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## 2016 COLLEGE DATES

### January 25 to March 13: TERM 1

**March 5:** PARK LESSON at Malvern\* 10 am to noon  
**March 13:** PARK LESSON at Fairfield\*\* 10 am to noon

### March 14 to May 8: TERM 2

**March 24 to March 31:** COLLEGE BREAK (Easter)  
**April 30** **WORLD TAI CHI AND QIGONG DAY**  
**April 30:** PARK LESSON at Malvern\* 10 am to noon  
**May 8:** PARK LESSON at Fairfield\*\* 10 am to noon

### May 9 to June 26: TERM 3

**May 15:** **TAI CHI WORKSHOP**  
**June 18:** PARK LESSON at Malvern\* 10 am to noon  
**June 19:** **PHILOSOPHY LESSON**  
**June 26:** PARK LESSON at Fairfield\*\* 10 am to noon  
**June 27 to July 3:** COLLEGE BREAK

### July 4 to August 21: TERM 4

**August 13:** PARK LESSON at Malvern\* 10 am to noon  
**August 21:** PARK LESSON at Fairfield\*\* 10 am to noon

### August 22 to October 16: TERM 5

**August 28:** **WTQA COMPETITION**  
**September 11** **TAI CHI WORKSHOP**  
**September 26 to 30:** COLLEGE BREAK  
**October 8:** PARK LESSON at Malvern\* 10 am to noon  
**October 16:** PARK LESSON at Fairfield\*\* 10 am to noon

### October 17 to December 4: TERM 6

**November 26:** PARK LESSON at Malvern\* 10 am to noon  
**December 3:** **COLLEGE BANQUET**  
**December 4:** PARK LESSON at Fairfield\*\* 10 am to noon

#### **\*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