



CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 2

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April 2016

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Grandmaster Eng Chor with Senior Instructors Wally Wilkinson, Snezana Dabic and Suzette Hosken with Arnold Schwarzenegger at the Arnold Classic.

Free Park Lessons – Beginners welcome

Saturday 30th April

Time: 10:00am to noon

Central Park – Malvern East

Cnr Burke & Wattleree Rds

World Tai Chi & Qigong Day

Sunday 8th May

Time: 10:00am to noon

Fairfield Park - Fairfield

Cnr Heidelberg Rd & Fairfield Park Dr

Upcoming Events:

WTQA X Training Day Sunday 24th April (more info: www.wtqa.org.au)

Tai Chi Workshop with Grandmaster Eng Chor - Sunday 15th May

Arnold Classic – Martial Arts Festival

The Arnold Classic is a huge, three-day multi-sport event that is staged in many countries around the world. It came to Melbourne over the weekend of the 18th, 19th and 20th of March, and was held at the Melbourne Convention and Exhibition Centre (Jeff's Shed). The Arnold referred to is non other than Arnold Schwarzenegger and his previous sport of body-building was a large part of the event. Other sports included were Strongman, Wrestling, Weight Lifting, Boxing and Fencing.

However our involvement was with the Martial Arts Festival which saw 8 mats in operation at the same time across many different Martial Arts. Celestial Tai College was honoured to be involved with three Senior Instructors invited to be judges and Grandmaster Eng Chor as an Honorary Advisor.

Wushu, Tai Chi, Qigong and Wing Chun/Wooden Dummy were the featured forms. Wally Wilkinson, Snezana Dabic and Suzette Hosken attended two training workshops for judges and were closely mentored and helped by Master Tong Low, who also trained our instructors to be judges during the International Martial Arts Games in 2013. We had a very steep learning curve as we were also called on to judge Wushu as well as Tai Chi and Qigong. There were around 15 judges and we rotated around in three groups. The Head Judge, Tyler Rowe, was consistent across the three groups.



The standard of competition was very high. Competitors travelled from as far as NSW and Queensland to compete and I'm sure all of them made their Masters very proud. Many of our local competitors were students from Tai Chi for Life and this group was also invited to perform for Arnold Schwarzenegger on Sunday along with several other Martial Art disciplines. This demonstration was simply breathtaking. Many of the athletes could have been working as stunt performers in the movies, they were that good. The Tai Chi for Life students demonstrated various forms of Wushu using the Cudgel, Spear, Straight Sword, Pu Dao and Fan. Most of these athletes are regulars at the WTQA competition held each August. Their performance was dynamic, exciting and beautiful.

We all had the opportunity to present the competitors with their medals, which was a great honour. Congratulations to all involved in this exciting and very well-run event.

Suzette Hosken – Senior Instructor



Ramesh Patel – Ba Duan Jin



William Thompson
Shaolin Monkey Form



William Bond – Double Broadsword



Arnold Schwarzenegger
addressing the crowd ahead of the
martial arts demonstration



Head judge Tyler Rowe showing the final score
with Wally and Snezana as part of the panel

Moonee Valley Festival, 28 February 2016

This year the weather gods smiled on the Moonee Valley Festival, and gave us a lovely clear day with moderate temperature, sunshine and blue skies. Margie Brett, Dave Brogden, Doreen Giannini and Joy Muir performed on the Community Stage in the morning, demonstrating the Lotus and Lohan Qigong sets, and Levels 1-3 with a specially choreographed mirror-image opening section!



As usual, accompanied by the inestimable Wayne Bradborn, we maintained a presence at our Celestial Tai Chi College stall during the day, and so had the opportunity to talk to many passers-by about the benefits of practising qi gong and tai chi, and to share our enthusiasm with them.

We hope some will be inspired to come and join us as the year goes on, and would like to

thank the Moonee Ponds class colleagues who came along to support us.

Joy Muir - Instructor

Ashburton Festival

The Celestial Tai Chi College has a strong following in Ashburton with our classes on Saturday mornings at the Ashburton Primary School and our Instructors providing Tai Chi sessions at the Ashburton Support Service and the Ashburton Pool and Recreation Centre. We have participated for many years at the Ashburton Festival and this year manned a stall throughout the whole Festival demonstrating our routine and giving out pamphlets on our classes in Boroondara and information about the benefits of Tai Chi. Special thanks go to Senior Instructor Mario Cianci and Instructors Belinda Leong and Anna Yeow for their participation.



Margaret Rogers - Senior Instructor

Belinda, Mario and Christina at the Ajani Multicultural Festival in Lower Templestowe.



Eltham Centre News

This is Aileen Laney, who at eighty-six is still enjoying her Tai Chi.

“I came to classes at Eltham in 2002, after some serious health issues. I was keen to see whether I could cope with doing structured exercise and improve my balance.”



Well, Aileen did cope and enjoyed the classes so much she kept coming back. Over the past thirteen years she's had a go at whatever is being taught. She moves at her own pace and mastered our Yang 108 over three years.

2004 saw her with a sword in her hand, brandishing it with confidence. In 2014 she repeated the sword routine showing how well she had remembered it.

“I have also learned Beijing 24, Shibashi sets 1 and 2, Flute, Phoenix Fan (twice), Wild Goose Qi Gong and I'm enjoying learning Lohan Qi Gong for the second time.

“Tai Chi has improved my balance and provided me with a variety of exercise for both my brain and body. While I am unable to attend park lessons any more, I'm a regular at the college Christmas Banquet which I thoroughly enjoy.

“The Eltham Tai Chi community has made me very welcome and I've made some really good friends. A group of us go for lunch after class each week where we can be found discussing our difficulties and successes with our movements, among other things.”

Aileen is off to Alaska for her yearly overseas adventure where I'm sure she'll be practising her Tai Chi in the snow.

Good on you Aileen, you're an inspiration to us all!

Judy Grant – Instructor, with Aileen Laney



Eltham's advanced class learning the Warrior Lohan Qigong

Maintaining good posture whilst practising Tai Chi

At Eltham on a recent Friday a group of us were given a bean bag ball to balance on our head whilst we practised our tai chi levels 1-6. While concentrating on keeping the ball on my head, I noticed my footwork became more grounded, my weight transfers were smoother and my head remained upright, rather than dipping down as I so often do.

When I started this exercise my aim was to get to the end of level 1. Surprise, surprise! At the end of level 6 the ball was still balanced on my head!

Jacquie Cannavo – Eltham

Original Tai Chi Artwork prints for sale



Talented Eltham artist Chantal Stewart is offering the above print, Part the Horse's Mane, for sale. Chantal donated a similar piece of artwork to the College for raffle at our recent banquet. The size is w900mm x h380mm, price unframed \$100, framed \$250. Please place orders directly with Chantal at chantalstewart@room52.net www.chantalstewart.net

Celestial Tai Chi College Merchandise

An order has been put in to restock our shelves with College polo shirts and t-shirts. Some sleeveless vests are also available as is our black cap. Please see your Centre Instructor to put in an order. (It has been proven that your tai chi is better if you are wearing Celestial's clothing!)

T-shirts and polos are \$25.00

Vests are \$29.00

Caps are \$10.00

China Trip 2016 - Escorted by Grandmaster Eng Chor Khor

This year's trip will be from 1 – 13 September 2016 to Sichuan Province.

Day 1: Melbourne – Guangzhou

Day 2: Guangzhou – Yichang

Day 3: Yichang – The Three Gorges River Cruise. Morning is free for your leisure. Board the cruise ship after dinner.

Day 4: Three Gorges River Cruise. Experience your first river lock. Enjoy the Xiling Gorge vista. Visit the biggest and famous lock of the Three Gorges Dam. Dress up for the Welcome Captain's dinner.

Day 5: Three Gorges River Cruise. Enjoy the view of Shennu Stream. Visit the Wushan Small Three Gorges and Qutang Gorge.

Day 6: Three Gorges River Cruise. Visit Ghost City or Shibaozhai.

Day 7: Three Gorges River Cruise ends at Chongqing – Leshan - Mt Emei. View the Giant Buddha at Leshan. Mt Emei is 3099 m above sea level.

Day 8: Mount Emei. Visit various location of Mt Emei (foot of the hill and ½ way)

Day 9: Mt Emei. Visit the Baoguo Temple and Big Buddha Temple.

Day 10: Mt Emei - Chengdu. Visit Du Fu Cottage, Kuan and Zhai Alley.

Day 11: Chengdu. Visit Dujiangyan Irrigation System and Jiezi Ancient Town.

Day 12: Chengdu. Visit the Zhu Ge Liang Memorial Hall and Giant Panda Natural Reserve.

Day 13: Chengdu – Melbourne. Enjoy morning free time.

Day of arrival to Melbourne please add one day due to time zone.

Cost: \$3980.00 twin Share. Single Supplement: \$800.00

Deposit: \$400.00 by 1 May 2016. Final payment: by 1 July 2016

Includes: Single Chinese Visa, accommodation, cruises.

Excludes: Travel insurance and personal expenses.

Passport must be valid six months upon commencement of trip.

To find out more join the yum cha on Saturday 23 April 2016.

Enquires to GM Eng Chor Khor Mob: 0412 922 618

College Dates 2016

Term 2: March 14 to May 8

April 30	World Tai Chi & Qigong Day
April 30	Park Lesson at Malvern 10 am to noon
May 8	Park Lesson at Fairfield 10 am to noon

Term 3: May 9 to June 26

May 15	Tai Chi Workshop with Grandmaster Eng Chor
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

Term 4: July 4 to August 21

August 13	Park Lesson at Malvern 10 am to noon
August 21	Park Lesson at Fairfield 10 am to noon

Term 5: August 22 to October 16

August 28	WTQA Competition
September 11	Tai Chi Workshop with Snr Master Chin Min
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

Term 6: October 17 to December 4

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 Lessons at Central Park Malvern

Corner Burke & Wattletree Rds, East Malvern. Melway 59 G10

Park Lessons at Fairfield Park

Corner Heidelberg Rd & Fairfield Park Dr, Fairfield. Melway 30 J12