



# CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 4

P.O. Box 1135, Box Hill, 3128

[www.celestialtaichi.com](http://www.celestialtaichi.com)

August 2016

Tel: (03) 9840 2855

[www.facebook.com/CelestialTaiChi](https://www.facebook.com/CelestialTaiChi)



*The Workshops held by the Masters provide a wonderful opportunity to learn new forms and further explore current forms. SM Chin Min's next workshop is scheduled for Sunday September 11<sup>th</sup>, details are in this newsletter.*

## Free Park Lessons – Beginners welcome

### **Saturday 13<sup>th</sup> August**

Time: 10:00am to noon

### **Central Park Malvern East**

Cnr Burke & Wattletree Rds  
(Melway 59 G10)

### **Sunday 21<sup>st</sup> August**

Time: 10:00am to noon

### **Fairfield Park - Fairfield**

Cnr Heidelberg Rd & Fairfield Park  
Dr (Melway 30 J12)

**SPECIAL SPRING OFFER - 50% DISCOUNT ON TERM 5 FEES**

**SEE PAGE 7 FOR DETAILS**

## Philosophy Lesson with Grandmaster Eng Chor

The 2016 Philosophy Lesson was a most entertaining journey through the roots of tai chi and qigong. We heard about the differences between tai chi, an internal martial art, and the Shaolin martial arts which are external. Then there is qigong which is not a martial art at all, but breathing exercises. The yin and yang of tai chi were explored and explained along with the various elements of tai chi.



On the first level we have yin and yang. Yin flows into yang, which flows into yin and so on; there is constant change between the two and this is reflected in the constant transfer of weight, the strengthening and relaxing of tai chi movements.

On the second level we have the 5 elements of earth, fire, wood, metal and water. Earth relates to standing still, fire relates to moving to the left or west, wood relates to moving to the right or east, metal relates to moving backwards or south and water relates to moving forwards or north. Translate this into tai chi movements and we have the left and right movements of cloud hands, the forward movements of brush knees and the backward movements of repulse monkeys.

On the third level is the Bagua, which includes movements to the corners like the 'jade ladies'. These are all of our basic tai chi movements. If we add in the martial arts application behind each of the movements, then we have a complete tai chi form.

There is much more depth to understand than this brief explanation, but it's very interesting to think about and is worth reading about this topic to understand it more fully. Grandmaster Eng Chor also showed us some of the applications behind the tai chi movements with demonstrations on some of the audience members, which is always fun to see!

Many more topics were discussed before we were treated to a demonstration of Wu Tai Chi and of Wild Goose (Dayan) Qigong. Thank you to Grandmaster Eng Chor for another fascinating and entertaining lesson.

Suzette Hosken – Senior Instructor



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## **Tai Chi Workshop with Senior Master Chin Min**

### **YI JIN JING QIGONG**

Yi Jin Jing also known as “Tendon-muscle Strengthening Qigong” is a health and fitness exercise passed down from ancient China and made popular by the Chinese Health Qigong Association of China. This qigong features extended, soft and even movements displaying a graceful charm and focuses on the turning and flexing of the spine, thus invigorating the limbs and internal organs. It involves an integration of mind and body, natural breathing, gentle movements infused with strength, and interplay of the insubstantial and the substantial.

### **TAI CHI STICK**

The Tai Chi Stick exercise embodies the concept of tai chi and qigong, emphasising the harmony of yin and yang for energy balance, fitness and health. It incorporates the essence of traditional stick practice to guide body movements, breathing rhythm and good stretching. The stick exercise is not used as a “martial art” weapon per se, but rather done more like a tai chi “dance”, which portrays the typical tai chi gracefulness. This exercise is easy to learn and suitable for people of all ages.

### **TAI CHI REFINEMENT**

In this section, we explore the principles and application of tai chi movements. Principles drive the movements, and the application is the end product of the movements. A good understanding of the principles and application of the movements enables you to reach a higher level of proficiency in tai chi.

Join Snr Master Chin Min as he shares these skills with you. This is a rare opportunity to interact with the Master and reap the benefit of his skills and wisdom.

**Venue:** Beverley Hills Primary School Hall, Cassowary Street (cnr Blackburn Road), Doncaster East

**Date & Time:** Sunday 11<sup>th</sup> September, 2.00pm to 6.00pm.

**Cost:** \$45, \$40 (Concession)

Please advise your Instructor if you would like to enrol in this workshop.

## 2016 Christmas Banquet Change of Date

The Banquet provides a great opportunity to meet socially with the Celestial Tai Chi College community, enjoy excellent food, and appreciate **Tai Chi performances by the Masters.**

**Date:** Sunday 4 December 2016, 6pm for 6.30pm start.

**Venue:** *Happy Receptions*, 199-203 Union Rd, Ascot Vale

**Cost:** \$50, fully licensed

Please **make your Bookings** through your Instructors or by ringing the office on 9840 2855.



## 2016 Cultural Tour to China with Grandmaster Eng Chor

Sichuan Province – 14 Day Tour, Sept. 1<sup>st</sup> to 14<sup>th</sup>, 2016

Sichuan is a southwestern Chinese province that contains the spectacular Three Gorges located on the Yangtze River; Mt Emei one of China's Sacred Buddhist Mountains and is also home to The Giant Panda Nature Reserve in Chengdu.

The scenic variety and cultural diversity of this fascinating tour will provide for a truly unforgettable travel experience for those travelling with GM Eng Chor on this year's Tai Chi Cultural Trip. We wish you all safe and very enjoyable travels. Should you wish to follow their journey, a detailed itinerary is available on the College website:

[www.celestialtaichi.com/about-us/309-celestial-taichi-cultural-tour-sept-2016](http://www.celestialtaichi.com/about-us/309-celestial-taichi-cultural-tour-sept-2016)

## 2016 18th WTQA Wushu, Tai Chi & Qigong Festival Competition

The 18th WTQA Competition is coming up on Sunday 28<sup>th</sup> August and a number of Instructors and senior students from our College will be performing, competing and volunteering on the day. This event is a terrific opportunity to watch precision tai chi and support the competitors from the College. There is a range of forms, which you will see on the day, many quite familiar to you.

Arrive early and you can watch the opening ceremony, which includes drumming and dragon/lion dance, then the competition starts.

Senior Master Chin Min has been invited to perform this year - what a great honour. Senior Instructors Snezana Dabic and Wally Wilkinson will be judging on the day.

If you are interested in competing, you have the option of both tai chi and qi gong, and the competition is open to solo and/or teams. Last year the College had a Lohan Qigong team compete and they were magnificent.

The WTQA is seeking assistance in running the competition and if you are interested in volunteering there are all sorts of roles in assisting the judges with data entry, scoring, timekeeping as well as preparing Certificates, Medals etc on the day - registrations at the door etc. This year there will be a volunteer training workshop being held on 14<sup>th</sup> August, so people can understand what they have to do on the day in particular roles, and can be used in roles, which have interest for them.

Should you be interested in either competing or volunteering, information is available on the WTQA website ([www.wtqa.org.au/](http://www.wtqa.org.au/)) and you can download the appropriate forms. Closing dates for submission of the forms to the WTQA are:

- Competitors by **7<sup>th</sup> August** (by mail or email)
- Judges, Performers & Floor Crew (all volunteers) by **14<sup>th</sup> August** (at the workshop).

Please consider coming along to watch and support your tai chi friends and Senior Master Chin Min.

*Editor's note: I have it on good authority that the venue is cold – ensure you take along your winter woollies!*

**2016 18th WTQA Competition Details:**

Date: Sunday 28<sup>th</sup> August 2016,

Time: 9.30 am to 5.00pm

Venue: Monash University - Clayton Campus, Basketball Stadium, Wellington Rd, Clayton

For further details: [www.wtqa.org.au/](http://www.wtqa.org.au/)

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**SPECIAL SPRING OFFER**

**50% DISCOUNT ON TERM 5 FEES**

**As the leaves are falling, so are the College fees with this special Spring offer.....**

Receive a 50% discount on Term 5 Fees when you bring along a new student!

The current student & the new student both receive a 50% discount when they enrol for Term 5!

## **Upcoming Events :**

- WTQA Competition - Sunday August 28<sup>th</sup>
  - Tai Chi Workshop with Senior Master Chin Min – Sunday September 11<sup>th</sup>
  - Xmas banquet – Sunday 4<sup>th</sup> December
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## **Have You Seen the College Website Recently?**

[www.celestialtaichi.com](http://www.celestialtaichi.com)

In addition to accessing information about the College, there is terrific video footage which features:

- “A Tai Chi journey from Malaysia to Melbourne” – Highlights of the Masters interview which was produced for the 25<sup>th</sup> anniversary 2015 Banquet
- 2015 Workshop with Chin Min – Teaching Qigong Forms ( Ba Duan Jin & Shaolin Qigong)
- Performance highlights from the 2013 International Martial Arts Games.

Don't forget the College Facebook page where you will find excellent articles and details of College events. Of particular interest is a recent article entitled “How to Teach Seniors Tai Chi” – a worthwhile read, no matter what your age!

[www.facebook.com/CelestialTaiChi](https://www.facebook.com/CelestialTaiChi)