



# CELESTIAL TAI CHI COLLEGE NEWSLETTER

Term 6

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Grand Master Eng Chor and Senior Master Chin Min performing at last year's Christmas Banquet.

## 2016 Christmas Banquet

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

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

**Cost:** \$55, fully licensed

**Bookings:** Through your Instructors or by ringing the office on 9840 2855  
Vegetarians can be catered for, please place your request when booking.

Classes for next year start on

## 23<sup>rd</sup> January 2017

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

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## **China Tour**

Sixteen of us, hosted by Grand Master Eng Chor, students of Celestial College and their friends (3 western faces among 13 Chinese Malaysian/Taiwanese Australians gave us a cultural and language tourist advantage) enjoyed a fascinating 13 days sightseeing around China's Sichuan Province. It was Karen's third trip to China and Spencer's first.

### **Yangtze Cruise - Three Gorges Dam, early history along Yangtze**

- Spectacular scenery - hills and low mountains rising high above the banks of the river.
- Engineering feat - the world's largest dam has five big locks enabling large ships, including our cruise ship, to move past the dam more than 600 km upstream to the large industrial city of Chongqing.
- One new city built to house some of the 1.4 million people displaced as towns and farms were flooded by dam induced rising river levels.
- Colourful mockups of village and family life as it was for some of the minority group river people centuries ago.
- Contemplation on the effect of this project on China's people, environment and economy.
- A fast train ride and bus connection further west to 3000m Mt Emei.
- Trekking with crowds of fellow Chinese tourists and pilgrims, by foot and cable car, to the very beautiful Golden Summit, shrouded in cloud.
- Temples and an evening performance enhanced the cultural visit with colour, action and an appreciation of Buddhism.
- 71m high Big Buddha, carved out of a very big red rock face, is quite spectacular!

### **Chengdu - ancient irrigation system, Poet Du Fu, pandas, shopping, very hot and humid**

- Chengdu, China's fifth largest city and the capital of Sichuan Province without the China megacity feel.
- Large irrigation system established by father and son 2200 years ago, and still working today.
- A visit to the garden and (rebuilt) Chengdu home of China's hugely influential poet, Du Fu (712 - 771), tried to buy English translation.
- Pandas (giant and red) at the Chengdu Research Base for Giant Panda Breeding.

- Shopping in an ancient village redesigned to cater for modern shoppers and tourists but couldn't buy a \$5 Rolex watch!



### **Banquets, beer, wine and LOTS OF FUN!!**

- Two banquets daily!! While Spencer loved every morsel, he's off Chinese food for 6 months and of course on a diet. Sichuan food is peppery, not chili hot.
- Chinese wine is not often good, but Karen found a few interesting drops for sharing, resorting to beer, Chinese whisky and brandy with fruit juice.

### **Tai Chi**

- 6.30am Tai Chi with Grand Master Eng Chor in sometimes very interesting car parks.
- The cruise ship's Dr Lei was a medical doctor, an acupuncturist and a tai chi master, and some of us enjoyed his morning tai chi sessions. Dr Lei gave a very enlightening seminar on Chinese medicine and acupuncture, and Spencer was treated rewardingly for low back pain.

Most of all though, we shared great fun together!!! We got along tremendously and with great humour, making the whole time a fantastic experience. Thank you Sam for looking after us so well. Spencer's experience was new and exciting, Karen's a view of a different, more laid back and quite beautiful part of China.

**Karen Coulston & Spencer Field, Eltham**



## Senior Master Chin Min's Workshop

Bunnings garden centre profits surged as we dutifully purchased our bamboo Ta Chi Health Stick (AKA a plant stake) for our workshop with Senior Master Chin Min on Sunday 11<sup>th</sup> of September in the afternoon.



Senior Master Chin Min physically instructed and verbally explained two routines during the four hour workshop.

The first session was Yi Jing Jing Qigong which has twelve movements.

The second session was Tai Chi Health Stick Qigong which has eight movements.

Senior Master Chin Min conducted the workshop with his usual enthusiasm and a few light-hearted moments, but with an

underlying determination to instruct with discipline. He regularly changed locations in the room to give all of the large group the best opportunity to observe the movements, a lot of which were of an intricate nature.



A twenty minute break between the workshops was welcomed by all with light refreshments. Thanks to Belinda and her helpers.

During the break, to the great relief of a lot of us trying to absorb all the information and techniques. A handout was provided listing the movements for both routines.

On completion of the afternoon's activities a rousing round of applause was provided to Senior Master Chin Min in appreciation of his most informative workshop.

**Allan McClaren, Doncaster**



***Free Park Lessons – Beginners welcome!***

**Saturday 26<sup>th</sup> November**

Time: 10:00am to noon

**Central Park Malvern East**

Cnr Burke & Wattletree Roads

**Sunday 4<sup>th</sup> December**

Time: 10:00am to noon

**Fairfield Park – Fairfield**

Cnr Heidelberg Rd & Fairfield Park Dr

**FREE Park Lessons** are a great opportunity to bring your family and friends and meet your fellow Tai Chi mates from all over the Celestial Tai Chi College while refining your movements.

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## Tai Chi in Western Australia

Laurie and I thought we'd share this photo with our Tai Chi fraternity. It's an image of one of numerous serene, remote and natural environments that we have travelled and camped through during June and July this year. It's always such a delight to practise our Tai Chi in these special places.

This photo is taken at camp and shows Mount Augustus glowing in morning sunlight behind us. The area is in the northern Gascoyne region of Western Australia. Mount Augustus, an inselberg, rises abruptly 715m out of the surrounding alluvial plain. Really beautiful remote country to do Tai Chi.

**Kerry Bradford, Doncaster**



## Tai Chi and Cross Country Skiing

In my experience over nearly thirty years of ski racing on the mountains of Victoria, the Skate technique used in cross country ski racing, requires

- good balance - the skier must maintain a long glide on one ski that is only 40mm wide
- complete weight transfer from one ski to the other on every stride
- strong legs with good knee flex - knee bent just enough to cover the toes, with backside tucked in
- the ability to relax between strides in order to avoid premature muscle fatigue and exhaustion
- an upright posture at most times



Does any of this sound like a list of requirements or benefits of Tai Chi?

I certainly think it does, and I am convinced that 19 years of Tai Chi has helped me to steadily improve my cross country skiing a little more each year.

It is also interesting that age is not necessarily a limiting factor in either pursuit. It certainly is not in Tai Chi, and because Ski racing is run in age groups (I currently race in the over 75 years class), you can remain competitive as the years go by. Plus, if you are not interested in racing, you can ski at any pace from a gentle walk to an uphill run - it's your choice.

As Grand Master Eng Chor has frequently said: strong legs, healthy body. So far this has certainly worked for me.

The leg strengthening that we get from regular Tai Chi practise, never ceases to amaze me.

**Bruce Ellis, Doncaster**

## **Qigong at Manningham's Relay For Life**

On a sunny Sunday morning on 11th September, members from the Doncaster centre joined the Manningham Relay for Life fund raising event for the Australia Cancer Council. Belinda, Jana, Pavla, Christina and Gabrielle joined the walkers and runners at Rieschiecks Reserve to practice Qigong, 24 routine, traditional Yang style routine, Lohan and the Lotus. What a great way it was to start the day, practicing tai chi in the park with a number of people doing other forms of exercises at the same time.

**Gabrielle Jang, Doncaster**



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## **Grand Master Eng Chor's End of Year Message**

Dear Tai Chi friends,

I hope that you have enjoyed doing Tai Chi with us this year. Senior Master Chin Min and I conducted special workshops which gave everyone the opportunity to refine old routines and learn new routines from the Masters. These have been very popular and we will be continuing to do this next year.

I am very proud of the participants who competed, judged or assisted at the Wushu, Tai Chi & Qigong Australia (WTQA) competition. The performances of our participants were outstanding and a pleasure to watch.

In September, I hosted our cultural tour in China, where we enjoyed a relaxing cruise along the Yangtze river to visit the Three Gorges Dam. We admired the amazing Big Buddha at Mt Emei and enjoyed seeing pandas in Chengdu.

Next year in November, please join me on a trip to Minsk Belarus to attend the International Martial Arts and Tai Chi competition. As the president of the Australian IMGC (International Martial Arts Games Committee), I continue my involvement in representing Australia. This event is an opportunity to see exciting world class competition and performances from practitioners across the world in various disciplines of Martial Arts and Tai Chi.

SM Chin Min and I would like to thank our instructors, trainees and class helpers for their commitment and dedication in running classes to share the benefits of doing Tai Chi and Qigong with our students. All of our instructors and trainees attend special training sessions throughout the year conducted by the Masters and Senior Instructors. This is to ensure they deliver high standard of teaching to our students.

I hope that you will join me at our last major event for 2016 at the Christmas Banquet. This is an opportunity to enjoy performances by SM Chin Min and myself while enjoying a delicious meal with the company of the members of the Tai Chi college.

SM Chin Min and I look forward to seeing all of our students return in 2017 to enjoy doing Tai Chi with us and to continue reaping the health benefits of doing Tai Chi.

**Grand Master Eng Chor**