



Celestial Tai Chi College Newsletter

Term 4

info@celestialtaichi.com.au

www.celestialtaichi.com.au

www.facebook.com/CelestialTaiChi

July 2017

Tel: (03) 9840 2855

Fax: (03) 9077 7896



Grand Master Eng Chor presenting the Philosophy behind Tai Chi

Upcoming Events:

Workshop with Grandmaster Eng Chor and Master Tong Low

Saturday 29th July (see inside for further details)

Malvern Park Lesson with Senior Master Chin Min

Saturday 12th August, 10am to noon

Fairfield Park Lesson with Grandmaster Eng Chor

Sunday 20th August, 10am to noon

Please refer to the calendar on the back page for other College dates

Philosophy Lesson with Grandmaster Eng Chor

Do you understand the underlying philosophy of tai chi? Do you know about Yin Yang theory, the five elements, the Bagua trigrams? How do these inform the way we do our tai chi? Can you tell your Chen from your Yang? Your Wu from your Sun?

Chinese history? Which was the most successful dynasty? During which dynasty did the soft martial art known as 'cotton fist' develop? What are the influences of Taoism, Buddhism and Confucianism on tai chi? What does the word Shaolin mean? Was the Yellow Emperor real or fictitious? What was the effect of the Cultural Revolution on tai chi? How's your Chinese calligraphy?



What exactly is 'chi'? What is correct tai chi posture and breathing? Qi Gong breathing? When is a martial art not a martial art?

Well, people who attended Grandmaster Eng Chor's 2017 Annual Philosophy Lesson now have the answers to all those questions!

In just two hours, GM Eng Chor led us through the principles, types, history, development and practice of tai chi, with many other fascinating excursions along the way. Because space is limited here, let's just look at some of the general discussion of 'philosophy'.

There are many different martial arts practised today, but only a martial art that has a 'philosophy' is officially considered to be a real martial art. Tai Chi's philosophy is that of Chinese culture and tradition, based in the Taoist theories of Yin and Yang (opposites/polarity) in relation to the universe, and to our tai chi form practice, as we feel the difference between 'soft' and 'strong' in hands, legs etc.

In tai chi, our breathing should be natural and comfortable and is determined by our movements, whereas in qi gong exercise it is the opposite - the breath is used to control the movement. Qi gong is our "chi skill" and we develop our chi for the purpose of strengthening our own bodies for health.

GM Eng Chor emphasized his understanding that we practise tai chi and qi gong for health, fitness and longevity. Unlike the movies, this won't teach us to fly through the air or generate mysterious forces. There is no religious or mystical element to our practice.

For our Grandmaster, tai chi is a basic philosophy of Chinese culture. And it will go wherever Chinese people go – Chinese culture and tradition, martial arts and Chinese food!

Sorry you missed all this? Don't despair – there is always next year. The lesson is different every year, so keep coming. There is always something more to learn.

Grateful thanks to GM Eng Chor for sharing his knowledge with us, and for his generosity in answering questions about anything and everything.

Thanks also to Zenaida for providing us with a wonderful afternoon tea.

Joy Muir – Instructor

For Your Calendar

19th Wushu Tai Chi and Qi Gong Festival
Monash University Sports Stadium, Clayton Campus

Sunday 27 August, 2017

In recent years, the Celestial Tai Chi College has become increasingly involved in this exciting day. College members have competed as individuals and in groups.

We have also provided a number of Judges and Floor Crew to help out on the day. SM Chin Min has been both a Judge and a Guest Performer.

It is a day of entertainment, opening with a thrilling performance by members of the Hung Gar Lion Dance Troupe.

After the morning competition, there is a lunch break and wonderful demonstrations by Guest Masters/Performers, including a very exciting Chinese drumming performance.

This year, an 'all in' Beijing 24 is being planned. Everyone in the stadium is invited to come onto the floor and join in. It is really exciting to do something like this with a large number of people. It generates a great spirit. So brush up your Beijing 24 before you come.

The whole day is an opportunity to see forms that you may not have seen before. Sword, Sabre, Cudgel, Spear, Horse Tail Whisk, Walking Stick and other weapons. It's different every year.

There is a canteen for coffee, snacks and lunch, or you can bring your own.

It can be very cold in the stadium, so dress warmly.

If you are not interested in competing, consider becoming a member of the Floor Crew (scoring, timekeeping, marshalling, setting up etc). No experience is necessary. There will be a workshop for Judges and Volunteers on 13th August from 11.30 – 4pm explaining what jobs need to be done. You can volunteer for just half a day if you wish. Judges and volunteers are provided with a free lunch!

Or ... be a Very Important Audience Member. Get to know other practitioners of tai chi and qi gong, see what other people in the tai chi world are doing, and support any Celestial Tai Chi colleagues who may be competing.

Some details are still being finalized, but information is now available on the WTQA website at www.wtqa.org.au

Entry for audience members is \$10. For families \$30 and children under 12 are free.

Joy Muir – Instructor



A team from Celestial Tai Chi College competing in a WTQA Competition

2017 19th WTQA Competition Details:

Date: Sunday 27th August 2017,

Venue: Monash University Sports Stadium, Clayton Campus,

Further details: www.wtqa.org.au

Celestial Tai Chi College Health 2nd Qigong Seminar with Grandmaster Eng Chor

Wu Qin Xi

- Saturday 29th July 2017, 2pm to 6pm
- Beverley Hills Primary School Hall
- Cassowary Street, Doncaster East
- Cost: \$69 (*\$63 for multiple sessions*)

The Chinese Health Qigong Association has officially recognised the following Health Qigong forms:

*Ba Duan Jin * Yi Jin Jing * Wu Qin Xi **

Lui Zi Jue

Grandmaster Eng Chor Khor is presenting the 2nd Qigong seminar on the benefits of Wu Qin Xi. He will be assisted by Master Tong Low on the practical movements of the forms.

Please bring a pen and paper for taking notes.

At the end of the session, a Certificate of Attendance will be personally signed by Grandmaster Eng Chor Khor and awarded to each participant.

Further workshops on the Health Qigong forms are being conducted in the coming months for those interested in learning the forms.

For enquiries please call, Grandmaster Eng Chor Khor on 0412 922 618 or Tong Low on 0432 675 036

Please RSVP your attendance to info@celestialtaichi.com.au.

Payment can be made on the day of seminar.

Change to the 2017 College End of Year Celebration Banquet

One of the annual highlights on the College calendar is the Christmas banquet where many of us celebrate the year and enjoy excellent food and the Tai Chi performances.

However this year the celebrations will be deferred as our Masters are travelling to Minsk in Belarus for the IMAG Games in December.

The **College Celebration will now be held in 2018** and will coincide with **Chinese New Year**. Details are being finalised and will be available later on in the year.

Grand Master Eng Chor is offering the 2017 Martial Arts Tour - 16 Days Russia and Belarus

19th Nov to 5th Dec, 2017

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 Martial Arts Tour. The tour takes in the sights of Moscow, St Petersburg and attending the International Martial Arts Games in Minsk.

Enquires to Grandmaster Eng Chor Khor on 0412 922 618

Email: khorec@bigpond.com

Further details are on our website: www.celestialtaichi.com.au

College Dates 2017

Term 4 - July 3 to August 20:

| | |
|-----------|---|
| July 29 | 2nd series Qigong Seminar |
| August 12 | Park Lesson at Malvern (10am to noon) |
| August 20 | Park Lesson at Fairfield (10am to noon) |

Term 5 – August 21 to October 15

| | |
|------------------|---|
| August 27 | WTQA Wushu, Tai Chi & Qi Gong Competition |
| September 10 | Tai Chi Workshop with SM Chin Min |
| Sept 25 to Oct 1 | College Break |
| October 7 | Park Lesson at Malvern (10am to noon) |
| October 15 | Park Lesson at Fairfield (10am to noon) |

Term 6 – October 16 to December 3

| | |
|----------------|--|
| November 25 | Park Lesson at Malvern (10am to noon) |
| December 3 | Park Lesson at Fairfield (10am to noon) |
| Nov 21 – Dec 4 | Belarus & Russia Tour incorporating the International Martial Arts Games in Minsk, Belarus |

The College Banquet will be held during Chinese New Year in early 2018

Don't forget that the Park Lessons also offer a free introductory lesson for anyone who is interested so tell a friend or bring a family member

Finally..... take a moment to log onto the College Website or the College Facebook page. You'll find excellent articles, videos & also details of College events :

website: www.celestialtaichi.com.au

facebook: www.facebook.com/CelestialTaiChi