



# Celestial Tai Chi College Newsletter

Term 6

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Grand Master Eng Chor and participants enjoying the outdoor weather at a recent Fairfield Park Lesson.

## Upcoming Events:

### Malvern Park Lesson

Saturday 25<sup>th</sup> November, 10am to noon

### Fairfield Park Lesson

Sunday 3<sup>rd</sup> December, 10am to noon

### Annual Banquet - Chinese New Year

Sunday 4<sup>th</sup> March 2018

**Summer Park Sessions** at various locations. See inside for more details.

## Classes for Next Year start from 22<sup>nd</sup> January 2018

All centres will start from 22<sup>nd</sup> January 2018. Except for Ashburton, Moonee Ponds and Eltham centres which will start one week later.

Details: <http://www.celestiaitai chi.com.au/college-dates/>

## The Great Dance with Senior Master Chin Min

On Sunday 29<sup>th</sup> October, Senior Master Chin Min conducted the final workshop for the year, leading a group of approximately 35 participants through the beautiful Da Wu Health Qigong.

Da Wu Qigong is said to originate from the Tang period, around 4,000 years ago however the term “great dance” (da wu) is said to come from the Lu Shi (Grand History) by Luo Mi during the Song dynasty. The Chinese Health Qigong Association has developed and standardized its forms into a new health routine, accessible to everyone.



Da Wu means Great Dance, and this form seems quite different in spirit and style from the Ba Duan Jin, Yi Jin Jing and others we have done. It is based on simple dance movements of ancient times, blending with the method of daoyin to rejuvenate energy and improve mobility and health.

Participants remarked that some of the forms were very like yoga postures, and many were certainly like dance postures, graceful and smooth, asking our bodies to move in quite unexpected ways. It was particularly challenging to have the lower part of our bodies pointing one way, while turning away to look in the opposite direction!



SM Chin Min guided us through a few movements at a time, giving us time for private practice in between, working in twos or threes, to see what we could remember and put together for ourselves. This was intended to help our sense of recall and independent learning, so that we might remember better when we got home. Hope it worked for everyone!

There was so much enthusiasm for the Da Wu that it took up most of the workshop time, so SM Chin Min finished by leading the group through the Shibashi Qigong Set 3, by way of a cool down and relaxing finish.

Many thanks to SM Chin Min for sharing his expertise with us in the final workshop. And, as usual, thanks so much to Zenaida for providing such a feast for afternoon tea.

**Joy Muir**  
Instructor, Moonee Ponds Centres

## Tai Chi at the Manningham's Relay for Life



Once again we put on a demonstration and a come and try Tai Chi session to support the Relay for Life. This charity event is run by the Cancer Council to raise funds to support people who are undergoing cancer treatment or recovering from cancer. This year we picked the 8 am session on Sunday 10th September. As it turned out the morning was COLD, but sunny and still, so we soon warmed to the task.

Jana, Pavla, Lucy, Christina and I were joined by second term student Ramon from the Doncaster Centre and about a dozen Relay participants and supporters.

After swinging arms and butterflies to get the blood flowing, we took the group through Shibashi Set 1, part of Set 2, and Yang Form 10, with very good participation and enthusiasm, especially from the younger participants.

Following our allocated 30 minute session, we continued on with a demonstration of Beijing 24 and then the full Yang 108 routine. This was mainly for our own benefit, but it certainly continued to attract interest.

**Bruce Ellis, Instructor, Doncaster East Centres**

## **Mario's 80th Birthday Celebrations**

I wish to sincerely thank Grand Master Eng Chor, Senior Master Chin Min and their wives for organising such a wonderful surprise banquet to celebrate my 80th birthday, an age which I approached with some trepidation!

I would also like to thank all the instructors and students from Camberwell and East Doncaster for also organising celebrations for me.

I did not expect such an overwhelming show of affection from so many, and I thank you from the bottom of my heart.

**Mario Cianci**  
**Senior Instructor, Camberwell and Doncaster East Day Centres**

PS: I'm really enjoying all the excellent wine given to me!!



## Summer Park Sessions

During the summer break, we will be holding free park sessions across Melbourne. This is an opportunity for present and past students to practice their Tai Chi and Qigong. Anyone new to Tai Chi and Qigong are also welcome to join in.



### **Box Hill**

Box Hill Gardens, Nelson Road, Box Hill  
Sunday 14th January 2018, 9:30am

### **Doncaster East**

Zerbes Reserve, Blackburn Road, Doncaster East  
Tuesday 12th December 2017, 16th January 2018, 6:30pm

### **Eltham**

Alistair Knox Park, 829 Main Road, Eltham  
Friday 5th, 12th, 19th January 2018, 9:30am

### **Essendon**

By the Maribyrnong River in Riverside Park, Essendon  
Thursday 18th, 25th January 2018, 6:30pm  
Contact: [margieb.taichi@gmail.com](mailto:margieb.taichi@gmail.com), 0418 121 783

## **Keilor**

Cliff Harvey Lagoon Reserve, Old Calder Hwy, Keilor (Opposite Shell Petrol Station and Domino)

Tuesday 12th, 19th December 2017, 9th, 16th January 2018, 6:30pm

## **South Yarra**

Fawkner Park, Commercial Road, South Yarra (Opposite the Alfred Hospital)

Monday 8th, 15th January 2018, 6:30pm

There are regular weekly practice park sessions and possibly more summer classes planned, so please check our website:

<http://www.celestialtaichi.com.au/activities/summer-park-sessions/>

## **Annual Banquet - Chinese New Year 2018**

Please join us to celebrate Chinese New Year in 2018 (The Year of the Dog) with dinner in March 2018. There will be special performances by Grand Master Eng Chor, Senior Master Chin Min and other participants. This is a wonderful opportunity to celebrate this special occasion with all of the students and instructors from the college.

Venue: Happy Receptions  
199 Sunshine Road, Tottenham (West Footscray)

Date: Sunday 4<sup>th</sup> March 2018

More details will be available next year, but keep an eye out for the latest updates on our website:

<http://www.celestialtaichi.com.au/activities/annual-banquet/>



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## **End of Year Message from Senior Master Chin Min**

Dear Tai Chi friends,

We have now come to a close of our 27<sup>th</sup> year of sharing Tai Chi with our communities and many have taken the opportunity to learn new routines, refined previously learned ones and others have just enjoyed being part of a friendly and warm Tai Chi fraternity. Lately the Masters have conducted various Qigong workshops to pass on the treasures of the various Qigong routines, Ba Duan Jin, Yi Jin Jing, Wu Qin Xi and Da Wu to name a few. The Tai Chi Stick Qigong was another popular and well received routine introduced to our people in a workshop attended by 48 participants. The College is ever committed to help people achieve quality of life through these essential health Qigong and Tai Chi exercises. The stories we hear from people testify to this. There will be more coming next year! Hope you can join us.

Tai Chi and Qigong are truly health exercises yet they are indeed very recreational in nature. There is tremendous pleasure and fun doing them especially in the company of like-minded people and among friends. This explains why so many of our Celestial members have been with the college for 10 or even 20 years and more. They have enjoyed just coming together to have a great time in doing Tai Chi and Qigong.

To take to another level, Tai Chi and Qigong can be taken as sports where you strive for perfection and excellence. The athletic and competitive nature of these exercises is displayed as you nurture your skills and technique to be judged on a competition arena just like any other sports such as tennis or swimming. This was shown by the competitors at the annual Tai Chi and Qigong festival organised by the Wushu, Tai Chi & Qigong Association.

Irrespective of whether you take Tai Chi and Qigong as health exercises, as recreational hobby or as sports, the Celestial Tai Chi College is here to assist and support you in your endeavour. We trust that you have enjoyed this year with us and we look forward to be there for you next year.

On behalf of Grandmaster Eng Chor and the teaching team of Celestial Tai Chi College, I wish you the best to come in your life and wish you a BLESSED CHRISTMAS AND A HAPPY NEW YEAR.

**Senior Master Chin Min**