



Celestial Tai Chi College Newsletter

Term 2

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April 2018

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Senior Master Chin Min and Si Beng Yan performing Dawu Qigong at the banquet

Upcoming Events:

Workshop with Senior Master Chin Min

Saturday 21st April (see inside for further details)

World Tai Chi & Qigong Day Park Lesson with Senior Master Chin Min

Saturday 28th April 10am – 12 noon

Ruffey Lake Park, The Boulevard off George St, Doncaster East (free event)

Please note that this event replaces the park lesson at Central Park Malvern

Fairfield Park Lesson with Grandmaster Eng Chor

Sunday 6th May 10am – 12 noon

Fairfield Park Drive Fairfield (free event)

Farewell to Judy Grant – Eltham Centre

Judy Grant, our long-time instructor from Eltham, has retired from teaching tai chi. Judy joined Celestial as a student in 1993. Having first started at the Bundoora Centre, she spent time at Bulleen, then Moonee Ponds and finally settled at Eltham.

She took over the running of the Eltham Centre around 2006. Judy has contributed to the College greatly over the years; she has performed at banquets, performed at Moomba, attended many retreats, and been a great supporter of participants at the WTQA Festival. Judy leads by example, and always attended instructor training and also encouraged her instructing team to attend as well. Judy's tai chi is beautiful and precise and reflects the attention she puts into her learning and teaching.

Judy has maintained very high student numbers at her centre due to the amount of care and thought she puts into every little detail. She always has a positive word to say and is quick with praise and a smile. She is an incredibly generous, warm, sharing person. Judy is greatly respected by all at the College and will be greatly missed. Congratulations to Judy on her 25 years at Celestial Tai Chi College and we wish her all the best in her retirement. Senior Instructor Suzette Hosken will take over the running of the Eltham Centre.



A big thank you to all those instructors and students who have influenced me over the past twenty-five years with the college. To the Eltham team – bravo! Your dedication and support has made the centre what it is today. Special thanks for the emails, cards, gifts and expressions of gratitude I have received on my retirement. It has been surprising and gratifying. I wish you all well for your tai chi endeavours and trust you find the benefits of regular practice just as life changing as I have. *Judy Grant*

Qigong Workshop with Senior Master Chin Min

Our health is the greatest asset we have and keeping our bodies healthy is the greatest obligation we owe to ourselves. The Chinese have developed and perfected a vast knowledge of health preservation exercises.

Join Senior Master Chin Min as he shares this health qigong form with you and reap the benefits of his skills and wisdom.

12-step Daoyin Health Qigong

This is one of the new health qigong routines compiled and developed by the Health Qigong Association of China. The form consists of 12 steps of exercises based on the traditional Daoyin and Traditional Chinese Medicine health preservation principles. The 12-step Daoyin Health Qigong emphasizes the effect on life produced by movement, just as running water is never stale and the door-hinge will never rust.

These exercises are harmonious and symmetrical, embodying left and right, upper and lower, front and back, and high and low motions symbolizing the balance of yin and yang. They attach importance to the cultivation of the essence, qi (energy) through regulating the breath, 'nourishing the shen (spirit) through regulating the mind' and 'circulating meridians through regulating the form.'

This is an exercise with graceful movements, easy to learn routines, is suitable for all ages and effective for maintaining good health and prolonging life.

6 Combination Palm Qigong

This is an excellent qigong exercise focusing on the 6 different palm movements to rejuvenate and circulate your internal energy throughout the body.

Venue:	Ashburton Primary School Hall Fakenham Road Ashburton
Date:	Saturday 21 st April 2018
Time:	2.00pm to 6.00pm
Cost:	\$69 / \$59 concession
Bookings:	email: info@celestiaitaichi.com.au Tel: 9840 2855 / 0407 402 852

A very Happy Evening...

The Banquet for 2018 was held Sunday March 4th at Happy Receptions in West Footscray, a new venue, smart, clean, well-appointed and well-organised. Judging from the sound of bright chatter, *happy* was the best word to describe the evening.

This year I was amazed to see so many faces I didn't recognise; it was an inspiring reminder of how large the Celestial Community is, and testament to the success of the college.

Of great interest at the beginning of the evening was the playing of constant videos on large screens, a wonderful way to view the many different forms and styles, some exactly like Celestial and others fascinatingly different. I had never heard of Combat Tai Chi. Again, it was a reminder of how vast and varied is the worldwide Martial Arts Community to which we belong.



Grand Master Eng Chor officially opened the evening. He welcomed us all with encouraging messages and invited us to enjoy the banquet soon to be served. The arrival of many platters piled with fragrant and delicious meats, fish and vegetables, plus large bowls of rice did little to silence the chatter. Clearly we all had a lot to share.

There was a joke. Maybe it was the wine but I missed the punchline. Maybe your instructor can tell you how many Masters it takes to change a lightbulb.

The performances ran like clockwork and were a delight to watch. It was the only time during the evening that the chatter stilled.



Senior Master Chin Min opened with Phoenix Fan and later, Yang style, Levels 1 to 3. Grand Master Eng Chor gave us Wild Goose Qigong and Wu Tai Chi.

Master Tong Low presented us with Sun Tai Chi. Most of us will have seen these routines before but it is always a treat to see them again and to see them demonstrated with such style, accuracy and conviction. A timely reminder of what we all work to achieve.

Senior Instructor Suzette Hosken displayed great horizontals in her Tai Chi 32 Sword. The open arm movements and straight lines mark a difference from the rounded fluency of other Tai Chi forms.

Senior Master Chin Min and Beng Yan demonstrated the beautiful dance of

Dawu Qigong.

Perhaps the most exotic contribution to the evening was Master Andy and Karen Law with their Chen Xiaojia 64. In their handsome homespun-like costumes they weaved patterns of another world, as individuals and together.

The performances were followed by speeches and the presentation of various certificates and medals. Congratulations to Catriona Wells, Graham Sullivan and Tsi Wai Kang on their promotions from trainee to assistant instructors.



The final speech of the evening was from Senior Master Chin Min who thanked all the instructors, and also the students who are the backbone of the college. *Judith Michael – Camberwell Centre*

The 2018 Ashburton Festival

The Celestial Tai Chi College has supported the Ashburton Festival for the last 20 years. In past years we have performed on one on the many stages along the street which only gave us exposure for a few minutes so for the past few years we have manned a display throughout the day.

This year was our most successful, with many people approaching the stand with a seemingly genuine interest in joining one of our groups. Interestingly most of them had relocated to Melbourne from interstate and wanted to join a class here.



Belinda Leong, Christine Dowdall, Anna Yeow and Margaret Rogers attended to everyone interested in the display. As well as the College leaflet, we handed out information on what Tai Chi is about and a list of all the College Centres and community classes in Ashburton, Hawthorn and Camberwell. This list was so popular that we ran out and people took photos of this on their phone. An osteopath who had a practice around the corner from the Ashburton Centre was so pleased to see us that she took a large handful of the College leaflets for her practice as she wants to refer her patients to us.

We were interviewed on our classes and the benefits of Tai Chi through the loud speaker system so everyone there knew the College was represented at the Festival and we hope we inspired people to come and try one of our classes.
Margaret Rogers – Ashburton & Hawthorn Centres

Congratulations Grandmaster Eng Chor Khor

We are very proud to announce that Grandmaster Eng Chor Khor has been appointed as president of the WTQA. Wushu, Tai Chi and Qigong Australia Inc. is an independent, inclusive, not-for-profit association with the principal aim of promoting the benefits and improving the standards of these arts across Australia. Grandmaster Eng Chor, as Celestial's cofounder, is a highly skilled and knowledgeable expert in tai chi, wushu and qigong including the philosophy and culture of these arts. His many national and international titles and posts are a testimony to the Grandmaster's competence and professionalism. Our congratulations to Grandmaster Eng Chor!



20th WTQA Wushu, Tai Chi and Qigong Festival

The WTQA Festival will be held on Sunday 26th of August at Monash University in Clayton. We would like to encourage Celestial students to support this event by attending as a spectator or entering as a participant. While the Festival is technically a competition, it is very much a 'friendly', with a supportive crowd and fellow competitors wishing every participant the very best. Celestial has been involved with the event for many years with our members working as volunteers, judges, spectators and participants. There are many friendly faces there! The College is happy to assist anyone thinking about performing to practise with some of our senior instructors to hone your skills and confidence. You may like to gather a group of friends from your centre and enter as a group. Please let your class instructor know if you wish to attend or perform. We highly recommend this event as a great means to enjoy the various forms, styles and routines being performed – everything from dynamic wushu, the multi-various tai chi forms and energising qigong. We'd love to see you there.

2018 College Dates

Term 2 – March 12 to May 6

March 30 to April 5: College Break (Easter)
April 21: Workshop with Senior Master Chin Min
April 28: World Tai Chi & Qigong Day Ruffey Lake Park
May 6: Park Lesson at Fairfield 10 am to noon

Term 3 – May 7 to June 24

June 2: Philosophy Q & A Session 3-5pm
June 16: Park Lesson at Malvern 10 am to noon
June 24: Park Lesson at Fairfield 10 am to noon

Term 4 – June 25 to August 19

July 9 to 15 College Break
August 11: Park Lesson at Malvern 10 am to noon
August 19: Park Lesson at Fairfield 10 am to noon

Term 5 – August 20 to October 14

August 26: WTQA Festival
September 8: Tai Chi Workshop
September 24 to 30: College Break
October 6: Park Lesson at Malvern 10 am to noon
October 14: Park Lesson at Fairfield 10 am to noon

Term 6 – October 15 to December 2

November 24: Park Lesson at Malvern 10 am to noon
December 2: Park Lesson at Fairfield 10 am to noon

Park Lesson at Central Park

Corner Burke & Wattletree Roads East Malvern: Melway 59 G10

Park Lesson at Fairfield Park

Corner Heidelberg Rd & Fairfield Park Dr Fairfield: Melway 30 J12