



# Celestial Tai Chi College Newsletter

Term 4

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July 2018

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*Grand Master Eng Chor Khor at the Philosophy Q & A Session*

## Upcoming Events:

### **Wushu, Tai Chi and Qigong Festival**

Sunday 26<sup>th</sup> August 10 am – 5 pm (see inside for further details)

### **Qigong Workshop with Grand Master Eng Chor and Master Tong Low**

Saturday 27<sup>th</sup> October 2 – 5 pm (see inside for further details)

### **Free Tai Chi and Qigong Park Lessons**

Saturday 11<sup>th</sup> August at Central Park East Malvern and Sunday 19<sup>th</sup> August at Fairfield Park Fairfield – bring your friends and family!

## Q&A Philosophy Session

That was NOT what I call a philosophy session. *That* was fun!

I reckon it was really a conspiracy to unveil secrets of Tai Chi mysteries!

Enlightenment – Here we come!!!

Grand Master Eng Chor was in fine form (when is he not?), *deflecting* our questions. A few Confucius moments and we had our life force breathed back into us. *We parried* with unfamiliar terms; Grand Master Eng Chor *held the ball* and patiently *brushed away cobwebs clouding* our minds.

Wushu was exposed! The true, all-encompassing Daddy of Martial Arts - a term adopted by a language ill-equipped to accurately define the beautiful symbolic Chinese characters.

Our gentle, relaxing, life-giving “soft” Tai Chi is brother (or sister) to the “harder” forms of “skilled machinations” referred to as Martial Arts. Tai Chi is Yin and Yang. It is Balance. It is cohesiveness. It is flow. And it is The Universe. What did our Grand Master tell us: there are 35 ways to react to trouble? Number one is not to be there! My interpretation (that I took away) was to bend to the power until it reaches its limit and then use its power to overcome - never fight it.

We were *hooked* on the Grand Master’s words as his body language flowed lightly and unobtrusively before us. We were so enthralled that time was escaping and we had to rush a lovely refreshment break with apricot cake and brownies, tea, ginger tea and coffee.

Then back into two mesmerising performances by the Grand Master, who admitted that the Wild Goose was his favourite daily morning ritual, followed by a traditional form of Wu-Style Tai Chi. Some recognisable moves and a wholly different perspective.

Whoever said philosophy was not entertaining has never been to Grand Master Eng Chor’s “philosophy sessions”!

Amanda Cubit – Trainee Instructor Camberwell



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## **Qigong Workshop with Grand Master Eng Chor Khor and Master Tong Low**

The third workshop in the four-part Health Qigong seminar series is on:

### **Yi Jin Jing Tendon-Muscle Strengthening Qigong Exercises**



The Yi Jin Jing is one of the oldest qigong forms and is believed to date back to the Han Dynasty almost 2000 years ago. More recently, the form has been standardised and promoted by the Chinese Health Qigong Association.

The form focuses on strengthening, stretching, bending and rotating the body in a calm, controlled and smooth manner. Regular practice of this routine will leave you feeling like you have had a good workout while at the same time feeling relaxed, peaceful and focused.

Join Grand Master Eng Chor Khor and Master Tong Low as we learn beautiful moves like “Plucking a Star and Exchanging a Start Cluster”, “Black Dragon Displaying its Claws” and “Tiger Springing on its Prey”.

Venue: Ashburton Primary School Hall  
Fakenham Road Ashburton

Date: Saturday 27<sup>th</sup> October 2018

Time: 2.00pm to 5.00pm

Cost: \$69 / \$59 concession

Bookings: email: [info@celestiaitaichi.com.au](mailto:info@celestiaitaichi.com.au)  
Tel: 9840 2855 / 0407 402 852

## Masters, gurus and inspiration...

Many of us can remember a school teacher or a coach who stirred into being a lifelong passion. At school – a very long time ago – a spiky English teacher nicknamed ‘Wasp’ asked me to read aloud a particular poem. I don’t know why I did it but instead of reading in the flat stumbling way of 13-year-olds, I gave the words all the weight and expression I felt they deserved. My fellow students behind me were stifling sniggers, but the look on the teacher’s face said I had made her day. I have retained a love of language and literature ever since.

We call them by different names: teacher, trainer, coach, instructor, or guru. Their function is the same, to encourage our aims and to help us reach those goals, from hitting a ball across the net or learning to play drums, to studying the art of tai chi. Our Masters spearhead the way and we follow in their slipstream.

All Celestial instructors, from trainees to seniors, are fortunate to have regular supplementary training sessions with Margie Brett and Wally Wilkinson. During these hugely productive sessions we are encouraged to take our individual application and confidence to a higher level in order to maintain a professional teaching standard; the best teachers work from a deep well of knowledge and an inspired philosophy.

Ultimately, we all look to our Masters for the inspiration that comes from a life-long practise of tai chi and martial arts. Grand Master Eng Chor has a style that makes the art look as easy as walking, and his relaxed movements are an invitation to join in. Senior Master Chin Min has the grace and precision of a dancer, or perhaps a sleek animal. Look closer and you will begin to see the beautifully hidden inspiration of martial arts in tai chi. It is truly a delight to follow that journey.

If you are an instructor I am sure you have experienced that lovely moment when the face of a beginner lights up; you know they have glimpsed the depth and breadth of what tai chi offers. It happened to me recently and it made my day!



In August this year, several Celestial members will take part in the WTQA Festival. It’s not just about winning glory for our college; we are training hard to achieve perfection, and then to pass our experience on to others, bringing full circle the rewards of inspiration.

Judith Michael – Trainee Instructor Camberwell

# The 20<sup>th</sup> WTQA Festival 2018

Please join us to help support Celestial's competitors and volunteers for the 20<sup>th</sup> WTQA Festival.

|        |   |
|--------|---|
| Venue: | Monash University (Clayton Campus) Basketball Stadium, Wellington Road, Clayton VIC 3168.<br>(Melway Ref: Map 70 G11) |
| Date:  | Sunday 26 <sup>th</sup> August 2018   |
| Time:  | 10.00am to 5.00pm   |
| Cost:  | \$10.00 entry per person<br>\$30.00 entry per family of four (U12 free)   |

Make sure you are there before the opening ceremony at 10am as you wouldn't want to miss the traditional Lion Dance and Drumming by the Hung Gar Lion Dance Troupe – it is spectacular!

The competitions follow the opening ceremony with three mats in operation; one for Qigong, one for Tai Chi and one for Wushu. There are standardised Tai Chi forms, traditional Tai Chi forms, Weapons, the Health Qigong forms and much more. It truly is wonderful entertainment for spectators.

Grand Master Eng Chor will be there as WTQA president, Celestial's Senior Instructors have all been invited to act as judges, Senior Master Chin Min has been invited to perform, Zenaida Calderon and Joy Muir will be working as floor crew, Suzette Hosken, Judith Michael, Catriona Wells and Christina Koh will be entering as individuals and there are always many Celestial students in the audience cheering on the competitors. The Festival is a great opportunity to see many different forms of tai chi under the one roof. It is delightful to see the great sense of camaraderie and good will amongst the participants. We hope to see many more Celestial members in the audience this year!

Further information: [www.wtqa.org.au](http://www.wtqa.org.au)



## Prom Coast Martial Arts Club Workshop

Prom Coast Martial Arts club recently held a Tai Chi and Qigong workshop with some students at the Inverloch Community Centre in sunny South Gippsland (maybe wet and overcast would be more accurate).



Grandmaster Eng Chor Khor was invited and to the delight of all involved accepted our invitation to participate on the day. The workshop was held on a Saturday afternoon and students were very happy and privileged to have the opportunity to train with and ask questions of such a well-respected Tai Chi Grandmaster.

The afternoon commenced with practice of Beijing 24 and traditional 108 forms along with philosophy discussion with the Grandmaster. The day then proceeded with Tao Yin, Lohan and Wild Goose practice and instruction. Students also learnt the first few movements from a traditional Wu form. After 3.5 hrs of practice, the day finished with demonstrations by Grandmaster Eng Chor and Masters Andy and Karen of Tai Chi Pole 32 form, Chen Broadsword, Chen 64, Wu traditional form and Wild Goose. A great afternoon finished back at the Inverloch RACV resort for coffees and snacks. All involved much appreciated Grandmaster giving us his time and everyone had a fantastic day.

Master Andy Law – Prom Coast Martial Arts Club

<http://www.promcoastmartialartsclub.com.au/>

## Instructor Training with Senior Master Chin Min



All of Celestial's instructors attend regular instructor training with Grand Master Eng Chor, Senior Master Chin Min, and Senior Instructors Margie Brett and Wally Wilkinson. These sessions are invaluable and ensure that the College's instructors keep polishing their form, don't fall into bad habits (not for too long anyway!) and learn how best to teach our beautiful exercise art. Our most recent training with Senior Master Chin Min saw us practising the Daoyin 12-Movement Health Qigong, Yang Tai Chi (including applications of the movements) and the 32 Sword.





*Senior Instructor Margaret Rogers teaching qigong at a conference in Bali*

## **2018 College Dates**

### **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 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**

|              |  |
|--------------|--|
| October 27:  | Qigong Workshop 2 – 5 pm               |
| November 24: | Park Lesson at Malvern 10 am to noon   |
| December 2:  | Park Lesson at Fairfield 10 am to noon |

*Venues, dates and times may change, so please check our website before attending for the latest details. <http://www.celestialtaichi.com.au/college-dates/>*

#### **Park Lesson at Central Park**

Corner Burke & Wattle tree Roads East Malvern: Melway 59 G10

#### **Park Lesson at Fairfield Park**

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