



# Wushu News

Newsletter of the Wushu & Tai Chi Practitioners Association Inc.

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Co-operation Education Excellence

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## Hi Everyone

A Happy and prosperous New Year to you all in this the Year of the Ox.

In this edition I would particularly like to thank all those who submitted material for this newsletter. It certainly makes my job easier and provides a greater variety of local news for our members. Please keep the good work up.

## Our New President



Master Tong Low

At the meeting held on February 1 the WTPA Committee unanimously elected Master Tong Low as President. Tong is well known in Tai Chi & Wushu circles principally as a senior competition judge and as instructor with Tai Chi For Life. The committee has been extremely pleased with his contributions to the annual WTPA Festival and with his valuable experience when he joined the committee last year. I am sure the Association will continue to develop and thrive under Tong's leadership. Remaining officer positions are unchanged: Vice-President John Hanna, Treasurer Sam Au & Secretary Jean Rogers.

## TAI CHI & WUSHU NEWS

### Proposed WTPA Grants

For many years now WTPA has awarded special grants to competitors in national and international championships. Last year a special grant to judges was proposed and at the February meeting the committee resolved that a total of \$1000 is available for participants in the IWUF International Judging and Coaching course conducted in 2008. Applicants must be individual members of WTPA or must belong to a school that is an Organisation Member, and will be required to submit proof of participation / successful completion with their applications. Closing date for applications is 30th March 2009. Anyone wishing to apply should email [secretary@wtpa.org.au](mailto:secretary@wtpa.org.au). Watch for announcements regarding future special grants.

### Chinese New Year In Melbourne

For those of you inter-state, you may have seen on the weather reports that Melbourne has been melting under temperatures of 43 to 45 degrees for about 5 days in a row - I've lost track actually - but that didn't deter thousands of people from heading down to Southbank for the annual Chinese New Year festival in front of Crown Casino. The festival showcases many Chinese cultural activities and performances including, of course, taichi and wushu. This year "Spider Man" made a special appearance to perform Southern Rake. Also, Chinese dancers and musicians with traditional instruments entertained the crowd with skilled repertoires and, not forgetting the "Noodle Man's" hand-

made noodle demo. We wandered through the vast smorgasbord of food vendors, and Feng Shui, clothes, parasols, animals, face painting stalls, etc. etc. before finally surrendering to the air-conditioning of Crown.



Wushu performers demonstrating Five Stance

I hope you too had a chance to celebrate Chinese New Year 2009 and good luck for the Year of the Ox.

Carolyn Marston.

### Cheng Ming International Championships

Cheng Ming had its first international championships tournament last year for Chinese Martial Arts. Held in Taiwan, countries competing were Australia, Taiwan, Japan, Israel, America and New Zealand. Neil and Miriam Rosewarne represented Australia in seven events winning a medal for each event. The tally was 1 gold, 3 silver, 3 bronze. Events entered were Tai Chi, Hsing-I five elements, Hsing-I sword, Hsing-I spear, Hsing-I saber, Hsing-I stick and Ba Gua. Participants were male and female, aged between 10 years and 70 years. There was no difference between level of skill, age or years of experience in training. The event ran for 3 days in 40 degrees heat in a hall that was not well air-conditioned. We were in attendance from 9am to 6pm each day.



### Miriam Rosewarne Proudly Displays Her Gold Medal

It was a great opportunity to finally measure our level of skills against others who had been training for many years. As we have travelled and trained in Japan, Israel, America and Taiwan for over 12 years now, it was the first time we were able to catch up with our fellow Cheng Ming students and discuss our situations and solve problems. For me personally, I found it a rewarding experience and a motivation to continue with the practice for health and wellbeing. Lets keeps the gates open for better communication with each other and further enhance this wonderful art to others less fortunate than ourselves.

I wish to thank Gary Jackson for his support over the years and wish him well in his retirement as president of WTPA. best regards

**Miriam Rosewarne.**

### **Tai Chi in the Hills**

In November I was joined by thirty Tai Chi students from Bayside who descended on Chestnut Hill Lodge in Kallista for a relaxing weekend in the Dandenongs. On Friday evening, as everyone was settling in around the fire we were entertained by Vinod on his Indian Flute and Paul on the Tabla. Margaret gave an interesting talk and demonstration on the art of bonsai. For the early risers on Saturday the day began at 7.00 am with qigong on the lawn, surrounded by the forest and watched by the kookaburras and parrots.

A few people slept in but arrived in time for breakfast of pancakes, bacon and egg, cereals, fruit and coffee. The owners of the lodge, Cathy and Robert, certainly proved to

be very good cooks. After such a big breakfast it was time for some exercise. We experienced an Awareness Through Movement session with Paul, a Feldenkrais practitioner, followed by Tai Chi outside in the fresh air. Chris, a local Tai Chi instructor joined us during the morning to lead us through Yin Yang walking and Shibashi. Some senior students gave demonstrations of the spear and fan while our youngest participant Nikolas (age 3) performed with his plastic sword.



**Jackie & Tai Chi In The Dandenongs**

After lunch every one was free to explore the surroundings and many people chose to go on a bush-walk through the Sherbrooke Forest and visit the local tearooms. For those who stayed back at the Lodge there were lessons in lotus flower making and an opportunity to have a massage with Lindsey. All the money raised through the massage was sent to the orphanage in Cambodia where we sponsor a young boy,

During the evening we had a chance to join a laughter group with Pam and experience meditation with Rani. Various talented participants entertained us with singing, piano, drama and games. One of the highlights was the solo performance of young Angelique (age 6).

Maxine from Emerald and Syd from Bunyip joined us on Sunday for some qigong and an introduction to Inner Transformation using the Five Element Theory.

The Lodge was surrounded by eight acres of beautiful gardens and with perfect weather we were able to enjoy a wonderful weekend away.

We departed tired but refreshed for the short trip back to Melbourne on Sunday afternoon.

Jackie Watt Bayside Tai Chi Centre

### **My experience from the Chen Style Taiji Academy Workshop '09 (Master Peter Wu).**

This year was my second visit to Master Wu's January workshop – this time to study the applications from the "Hong" Chen - 32 forms that I learnt last year. It turned out to be a tremendously challenging yet very rewarding week. For someone like myself living interstate with very few opportunities to train with like minded Taiji aspirants, these workshops are like gold, never failing to serve up an intense and humbling reflection of my skill level. It was particularly great to be able to finally make sense of all of the forms I

have been practicing for so long and understand the principals of Taiji in more depth which act as a thread throughout all styles and sequences.



### **David is airborne as Master Wu demonstrates Fa Jin**

All of Master Wu's senior students were very gracious in spending time to answer questions during breaks in practice which helped to solidify the learning process. Also, a perfect reflection of the depth and quality of Master Wu's teaching is how I am left feeling before and after a workshop, which is best summed up in these words: "I can never get enough - soon enough". Beforehand always struggling to make my mind up on which workshop option to choose because all of it is so valuable I want to do everything at once, and afterwards already looking forward to the next workshop. Thanks for a great week.

### **David Palmer Sunshine Coast, Qld**

(The 8th Chen Style Taiji Academy summer workshop by Master Peter Wu Shizeng was held in Jan 4-10, 2009 in Melbourne. It was attended by 33 participants, a good contingent from Queensland, New Zealand and country Victoria. Many were there to consolidate their knowledge and to lift their skill levels rather than to learn another new form. It was great to be able to refuel and recharge at the start of the New Year.

**Angelina Chung).**

**Taichi For Life-Australia" to teach Wushu in Sri Lanka** (extract from 'The Sunday Times' Sri Lanka article by Harry Jayachandra)



**Picture shows Manel Dharmakeerthie and Sifu Tong Low exchanging the MOU while Hon. T.B. Ekanayake, the Minister of Highways and Road Developments and President of Wushu Federation of Sri Lanka looks on.**

"To mark of a new era in Sri Lankan Wushu and Thaijiquan sporting sphere, a memorandum of understanding [MOU] was signed with the world famous Taichi Institute in Nunawading, Melbourne, Australia, "The Taichi for Life" recently in Bali Islands, Indonesia during the 2nd World Junior Wushu Championships. According to the MOU a Sri Lankan "Taichi for Life Institute" will be formed affiliated to "Taichi for Life in Australia" and technical know-how, players and instructors, infrastructure and equipments will be exchanged between the institutes. Also in the plan is to start a "Taichi and Wushu Competition" between two countries similar to Cricket encounters between Australia and Sri Lanka regularly.

Sifu Low is a Certified International Wushu Judge and Referee [Taolu] and has more than 20 years of International Judging and Refereeing experience. He is also a "4th Duan" Wushu master having produced many world famous Wushu players. Chinese born Laoshi Tang Laiwei is a former member of the "Beijing Wushu Team" which won China National Wushu Championship 12 times consecutively and a training brother of famous Hollywood movie star Jet Lee."

### Hong Kong Club Tai Chi Group



The Tai Chi Workshop of Hong Kong Club Tai Chi Group was held on 31/1/09. The workshop was well attended. The weather in Melbourne was milder than the previous few days - only in the high 30's. Participants all appears to have had a good time.

### Tai Chi, Qigong & Dementia

PsychCentral an independent mental health network run by mental health professionals reports in it's newsletter: A new study suggests those diagnosed with early stage dementia can slow their physical, mental and psychological decline by taking part in therapeutic programs that combine counseling, support groups, Chinese exercise and meditation. Some of the benefits of this approach are comparable to those achieved with anti-dementia medications.

"Most of the research on dementia and most of the dollars up until this point have gone into pharmacological interventions," said Sandy Burgener, a professor of nursing at the University of Illinois and lead author on the study. "But we have evidence now from studies like mine that show that other approaches can make a difference in the way people live and can possibly also impact their cognitive function." In the study, 24 people with early stage dementia participated in an intensive 40-week program. The intervention included biweekly sessions of cognitive behavioral therapy and support groups, along with three sessions per week of traditional Chinese martial arts exercises and meditation, called qigong and Taiji. Participants in the program benefited in a variety of ways. After 20 weeks, those in the treatment group improved in several measures of physical function, including balance and lower leg strength, while those in the comparison group did not. There were also positive cognitive and psychological effects, Burgener said.

"We saw gains in self-esteem in the treatment group and pretty severe declines in self-esteem in the comparison group," she said. "Those in the treatment group also had sustained and slightly improved mental status scores, which meant we were impacting cognitive function."

A comparison group of people with early stage dementia did not participate in these programs for the first 20 weeks of the intervention. No additional benefits were seen after 40 weeks but participants were able to maintain their initial gains and the intervention proved very popular with the participants and their caregivers. Further information can be obtained at:

<http://mentalhealthupdate.blogspot.com/2008/12/tai-chi-and-dementia.html>

### COMING EVENTS

#### The 7th Hong Kong Wushu International Festival will take place from March 6 – 10th

Hong Kong Wushu International Festival has gone through seven years, and gained the recognition and support from fellow Wushu lovers all over the world. Until now there have been nearly 20,000 participators taking part in the competition. Regarded as the largest such Festival in Asia there will be Tao Lu competition, San Shou tournament, Nei gong and Qi Gong demonstrations and lots of more fantastic events being put on the stage.

What is more: there will be ¥300,000( Hong kong dollars) award for winners. Results of Taolu participators in the competition of the 7th HK Wushu International Martial Arts Festival can be recognized for the Appraisal of the Chinese Wushu Duanwei. If you plan on applying for the Chinese Wushu Duanwei, please enrol ahead of time and hand in relative materials. Information & application forms are available from <http://www.hkwsj.com> or E-mail: [hkwsj@hkwsj.com](mailto:hkwsj@hkwsj.com)

**The 9th World Games** will be held in Gaoxiong, Taiwan from July 16 to 26, 2009. The Gaoxiong Organizing Committee officially informed the IWUF that it has approved wushu would be an invitational event of the Games. The detailed information will be notified to all the IWUF members in due course.

#### 10th IWuF World Wushu Championships

Scheduled for October 23 – 29 in Toronto, Canada It is proposed that the event is to be staged at the Ricoh Coliseum in downtown Toronto. The venue offers two side-by-side facilities catered in space, technology and equipment for all necessities of the competition.

#### 2009 Accreditation Dates

Brisbane - Saturday 21st February 2009, 9am to 5pm  
Melbourne Saturday 28th February 2009, 9am to 5pm  
Sydney Saturday 14th March 2009, 9am to 5pm  
Further details are available from the AKWF website.

#### 11<sup>th</sup> WTPA Wushu & Tai Chi Festival

The annual Festival will be held on Sunday 30 August at the same venue, Monash University Clayton. Put this date in your diary.

#### WTPA Tai Chi Retreat

Plans are well under way for a WTPA retreat at Marysville scheduled for October 2009. All participants of "Retreats" conducted by John Hanna & Veronica Greer in past years will agree that events conducted by them are a must. They are principal organisers of this Retreat.

#### Reminder

Any members having newsworthy items, for example competitions, results, workshops, coming events please let me know for inclusion in 'Wushu News'. Closing date for the next newsletter is Sunday April 5.

#### Your Contact Address

There have been problems with some members not advising us of address or email address changes. If your details alter please notify us. Also I am sure there are members receiving this newsletter by mail who could assist us by providing an email address. If in doubt let us know.

Gong Xi Fa Cai

Rob Fennell

Membership