



Wushu News

Newsletter of the Wushu & Tai Chi Practitioners Association Inc.

Volume 7 No: 2 April 2009

Wushu & Tai Chi Practitioners Association Inc.

Co-operation Education Excellence

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Hi Everyone

WTPA would like to welcome to all our new members for 2009.

To all our members we wish a successful and enjoyable World Tai Chi & Qigong Day (25 April 2009). We hope that those schools arranging events for this day will provide us with photos and stories regarding them. World Tai Chi and Qigong Day is officially recognised by the United Nations World Health Organisation.

TAI CHI & WUSHU NEWS

Cathedral View Moving On

WTPA members Kay Menzies & Nora Spitzer whose idyllic retreat in Buxton has been devastated by the Black Saturday bushfires have advised they are now recovering and "moving on" towards rebuilding. Following is an extract from their recent advice to WTPA.

"The bushfire in the Marysville area has destroyed our magnificent retreat and sensory walk but not our determination to rebuild at an unknown future date. Our Marysville business has also been lost. Our Spirit, energy and focus has been a little shaken but we are moving to restore all of this but in a slightly different format. We are still in recovery mode and what we are doing at present is helping others in the community with our stress support skills. Our intention is to refocus back to empowering others through our retreat programs."

If you would like to assist Kay & Nora or to seek further information visit

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

Cancellation of WTPA Tai Chi Retreat

Due to the destruction of Marysville in the bushfires there are no venues left standing. Consequently WTPA has reluctantly decided to cancel the proposed Tai Chi retreat for this year. Perhaps next year.

Black Saturday – The Day Australia Cried.

The following beautifully written poem was forwarded to me, (author unknown).

THE DAY AUSTRALIA CRIED.

We love to hate Victorians throughout the footy
season
Just for the fact they're from Victoria would seem a
valid reason,
They tend to think Australian Rules belongs to them,
at least
In the west we simply label them the know alls from
the East.
But Australians came together, sporting squabbles set
aside,
When disaster struck Victoria, the day Australia cried.
We've seen pictures in the papers; we've seen them
on TV
Homes and buildings burnt to ashes, the pain and
misery

The faces of survivors, the tears they tried to hide,
Gave us just the briefest glimpse of how they feel
inside.
We saw the flames engulf the trees; we saw the sky
turn red,
And, in the aftermath, the cars, where some died as
they fled.
We heard the graphic stories of the panic they felt
that day,
As the townsfolk faced decisions, should they go or
should they stay?
The horrors of reality, their lives gone up in smoke,
The loss of whole communities with pretty sounding
names.
The toll we don't want to hear, the numbers who
have died,
On that black Saturday, the day Australia cried.
The worst peacetime disaster Australia's ever seen,
In surroundings long regarded as being lush and
green.
Drought throughout the country had left it tinder dry,
At the mercy of the fireballs that rained down from
the sky

The fires that raged through the hills that February
day,
Have changed the course of countless lives in every
kind of way.
There's absolutely nothing left of the futures that
were planned,
Just twisted tin and ashes and scars upon the land.
Survivors say they'll build again in their old
neighbourhood,
And life will become normal, and life will become
good,
But their lives will be so different and they won't
forget the cost
Of absent family and friends that they have loved and
lost.
No matter where you come from, or how far you may
roam,
There's some place in Australia your heart will know
as home
But above all we are Australians, State issues can't
divide
And we won't forget what happened the Day Australia
Cried!

Author Unknown

Taichi for Life Bushfire Fundraising Event

On Sunday, 8th March, 2009, Taichi for Life in Nunawading held a fundraising event in aid of those affected by the recent Victorian bushfires. Students and masters from many schools attended to join in a morning of training and demonstrations and, of course, keeping priorities in order, socialising over an extensive morning tea (thanks to all those who brought extra food!).



Tai Chi Practice at Tai Chi For Life Bushfire Fundraiser

The spirit of the day was one of giving and receiving, sharing and learning, fun and relaxation. Among the group, a wealth of combined skill and knowledge. We started the day with Master Tang and Master John Hanna leading everyone through a warm up and Beijing 24 Forms – both taichi and wushu students all joining in. Then the group split, beginners receiving instruction in 24 Forms with Master Tong and everyone else doing 32 Sword.

Afterwards, Tyler Rowe led the more energetic amongst us through some wushu basics. Then it was time for individual demonstrations where everyone was given the rare opportunity to see forms they may not otherwise come across and for those performing, to show some of their favourites. The players from Taichi Plus showed us the beautiful Yang style Zhang Sanfeng 56 forms; Chris Adolphson from Taichi in Kallista demonstrated a chi kung form, Siu Lohan, depicting the great healing power of internal practice; many of the Taichi for Life students contrasting the slow and soft of taichi and chi kung with some slick wushu routines; a very interesting Walking Stick taichi form by Doug Freeman; and Master Tang, who wowed us all with the Chen 36 Forms.



Participants at TCFL Bushfire Fundraiser

The performances all highlighted to me the great diversity and endless possibilities of our art form. (My apologies to those I haven't named personally.)

The day raised \$595 for the Red Cross. On all counts, a successful and enjoyable day.

Carolyn Marston.

Tai Chi & Golf

An article in the Wall Street Journal, entitled "Mastery, Just 10,000 Hours Away" by sports writer John Paul Newport, credits Pia Nilsson the Swedish professional golfer and coach of a number of LPGA Tour professionals including Annika Sörenstam with suggesting Tai Chi like practice for golfers.

"One drill ... sometimes recommended is a super slow-motion, 30-second swing -- the tai chi swing, they call it. "About 25% of our students find this to be so difficult and awful that they won't do it," Ms. Nilsson said. I'm one of them. Each second is agony. Why? For people whose minds customarily operate at 100 mph, slowing to a snail's pace is just plain hard, but being totally in the present moment is a key to great performance, Ms. Nilsson said. The slow swing also reveals blind spots in awareness of where our hands, limbs and the golf club are. This is surprisingly uncomfortable, but the best players are hyper-aware of their positions throughout a swing and thus can detect when things are off.

One effective deliberate practice drill for the short game helps develop feel for distance on lag putts. Immediately after stroking the ball toward a hole, close your eyes and tell yourself explicitly where you think the putt will end up -- 6 inches to the right and 2 feet long, for instance. Most likely you'll be way off. This drill, too, becomes unaccountably disagreeable after more than, like, three minutes. But it works."

Highlights - Chen Style TJQ Academy Workshop talk.

Tas & Igor, senior students at Master Peter Wu's Chen Style Taijiquan Academy have generously provided us with the following highlights from their talk at the January Workshop.

A maxim often quoted at the *Chen Taiji Academy* is '*taiji is peng jin and peng jin in spirals*', (not to be confused with the peng – ward off movement of **tui shou push hands**) but it is to elaborate on the idea that *peng jin* is the energy of **extending force**. The Chen style describes itself in spirals and inherently places a focus on how these extending forces travel through and along these curves. Classically this is referred to as **Chan si jin** – silk reeling energy. A small turn at the ankles will set off an entire chain of events through your body spiral where the coordination of these extending curves will help to facilitate a resilient and dynamic structural integrity. An easy way to demonstrate this idea is by reaching for a door handle. The extending span between your reach and the handle illustrates this notion of *peng jin*. When *peng jin* is incorporated into your forms practice, lines of *perceived power* are generated and will permeate your entire structure in giving your body an almost radiating 'force field' quality. We express this *whole body force* as **Shen jin** (*here shen is not 'spirit' but merely 'extend'*) which can emanate or travel out into multiple directions, not only to cover yourself but your partner as well.

At a developed stage it is possible to extend through the floor via your feet as you would when you extend past an object through your hand. Being mindful of extending energy will help to assist in developing the idea that the physical body 'can' exist within a realm outside of itself, belonging to that of the 'extending field'. It is here that the body inhabits an almost ethereal quality and functions in such a way as to appear hyper-real. This idea isn't esoteric and can be quite easily explained through basic physics. A bridge relies on girders to anchor itself in order to give its span support. So too does your frame, which is governed by the same laws in expressing a similar function when dealing with your opponent. When you cross wrists with your partner you naturally form a bridge. The space between you is infused with extending force. This empty space creates a virtual force field in connecting your bodies.

As you reach for a door so to does your torso on projecting down and out towards your partner. When you're partner applies pressure to your frame, you accommodate this energy and deflect it down into the ground 'earthing' it. You add to your partner's energy if need be by extending along and through it. Once a circuit is created, you then utilise your peng jin spirals to *eject* your partner away from this *compressed* state. This needs to be experienced empirically in order to appreciate its efficacy and to truly understand how versatile this peng jin force can be. To extend the analogy with the forces of physics, as the electro-magnetic field can be found not only inside a wire conducting the electric current but also outside the conductor, so it would be a mistake to think of peng jin as functioning only along the chain of joints. Although the analogy is a bit drawn in the sense that generating the electro-magnetic field does not require any additional work (at least known so far) neither from the wire nor the particles, generating peng jin *radially* does require relaxing and extending certain groups of muscles. But understanding this requirement and practicing it will give the students the 'mysterious' ability to fajin with any part of the body in any direction, not just along their limbs or spine.

If you can imagine your body encased in a sphere of peng jin while you practice your form, then your movements become *charged*. Anything that enters this sphere will be enveloped by your extending energy. *Where ever* contact is made the energy spirals in multiple directions: to ground your partner's force and to simultaneously spiral and eject it away in a controlled manner. This describes the notion that yin and yang occur simultaneously within and along the same action. This idea cannot be easily explained here but needs an in depth discussion at a future time.

This section will conclude by stating - your peng jin spiral should exceed your range of action. Again this helps to emphasise the maxim that '*taiji is peng jin and peng jin in spirals*'.

By Tas Dimitrakakis and Igor Makarov.

Our thanks to Tas & Igor who have also agreed to provide a follow up to this article.

WHO appoints Jet Li as Goodwill Ambassador

World Health Organisation Director-General Dr Margaret Chan has appointed international film star Jet Li as WHO Goodwill Ambassador.

In his first official function as Goodwill Ambassador, Mr Li will attend the launch of World Health Day in Beijing on 7 April. He will help spread the World Health Day message of making hospitals safe during emergencies.

Jet Li is expected to use his worldwide celebrity to raise attention on key health issues, including public health responses to emergencies and mental health. Before launching his film career Beijing-born Jet Li began studying Wushu (Chinese martial arts) at the age of eight and won his first Chinese national championship for the Beijing Wushu Team three years later. Jet Li has represented China in over 45 countries performing martial arts at various state functions. Shortly after retiring from the sport at the age of 17, his film career started with a number of successful martial arts films. Today, his film credits include a string of successful Hollywood movies.

COMING EVENTS

Chen Style TJJ Academy Intensive Weekend Workshop

Enrich & Enhance Your Jin Development

Saturday 10 & Sunday 11 July 2009 at Burwood Uniting Church Hall Cnr Warrigal Road & Hyslop Street Burwood. (Melway Map 60 C6)
Cost \$250 (\$240 if paid in full by 10 June).
Additional \$10 discount for WTPA & TCAA members.
Enquiries Master Wu 03 98988118 or 0403 066 032.
Email peterszwu@hotmail.com
Angelina Chung 0419 109 356

In this inaugural workshop Master Wu will introduce the first 4 fundamental topics, namely **relaxation, opening, upright & bow theory**. Participants will be given ample time for self and partnered practice in correct posture, single movement and combined movements. Skills gained can be applied directly to any push hand exercise and incorporated into any Taijiquan styles for enhanced effectiveness. A registration form will be forwarded with this newsletter.

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.

11th 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.

AKWF National Championships 2009

Curtin University Sports Stadium Bentley WA 4 & 5 July 2009. Further details: www.akwf.com.au

World Martial Arts Games to further popularise Wushu

International sports federations and associations will take an active part in the first World Martial Arts Games next year, said Hein Verbruggen, the President of the General Association of International Sports Federations (AGFIS) in northeast China's Harbin on Wednesday afternoon, according to China.org.cn. The World Martial Arts Games were first initiated by Verbruggen to promote martial arts worldwide. According to Verbruggen, 13 members of AGFIS have already confirmed their participation in the Games, including the Wrestling, Judo and Taekwondo Federations. Wushu, the "national martial art" of China, will definitely be an important part of the Games, he said.

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 7 June.

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.

Rob Fennell

Membership