



Wushu News

Newsletter of the Wushu & Tai Chi Practitioners Association Inc.

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Wushu & Tai Chi Practitioners Association Inc.

Co-operation Education Excellence

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Hi Everyone

Welcome to all our new organisation and individual members, both Victorian and interstate. In this edition we can announce further cooperation between our organisation and AKWF as set out in the following item by WTPA Secretary Jean Rogers. Also a reminder that membership renewals are due at the end of this month.

TAI CHI & WUSHU NEWS

WTPA Wushu & Tai Chi Festival

This year, the WTPA committee has invited AKWF Victorian Branch to run the Victorian State Championships in conjunction with the WTPA's annual Wushu and Tai Chi Festival, on a trial basis. It is hoped that this combined event will encourage participation in the competitions and attract spectators. The WTPA Festival will include all its usual competition categories. The Festival will continue to be the WTPA's major event of the year and we look forward to your continuing support in making it a success.

Help Needed

The WTPA committee needs someone with a truck or trailer, plus manpower, to transport the competition carpet from Frankston to Monash (Clayton) and back for the annual Wushu & Tai Chi Festival. Two people should be enough to lift the carpet (2 x 4m carpets). Dates: Frankston to Monash, Saturday 29 August, to be delivered at 8pm (we don't have access until that time). Monash to Frankston, Sunday 30 August, 6pm. WTPA is offering \$300 for the job. If you think you can help with this, please respond by 30 June to secretary@wtpa.org.au

My Journey of Tai Chi

by Valmai Budds

I became interested in Tai Chi when a few friends decided to join a class. We did a short course at the CAE. I later enrolled in the Australian Academy of Tai Chi and commenced classes with Christine Adolphson and Sue Kirk. Sue retired several years later.

The first form I learnt was Yang Style 108. I continued with Tai Chi and Chi Kung Academy, then on to the Tai Chi and Qigong Centre. My instructor through the years was Christine Adolphson. Forms learned were Yang Style, Lohan Chi Kung, Pure Sun Fan, Shibashi Qigong, Siu Lohan, Yin Yan Sword, Beijing 32 Sword, Beijing 24 and 48. I learnt Beijing 42 from Stuart, an instructor from Master Liu Deming's school.

Under Christine's leadership, a group of six entered the National Chinese Wushu and Tai Chi competition in 1999, demonstrating Beijing 24. The group received a presentation trophy. Christine also received a trophy, coming second in her group. During the years I have attended many workshops from visiting Masters and Howard Choy visited frequently from Sydney to give workshops and also

when we had a Retreat at The Basin, Victoria. Wattle Park was another beautiful, peaceful area where Brad Thompson encouraged Tai Chi in the park. Christine has taken the group to many interesting places to demonstrate. One place was up in the mountains outside Healesville, a community called Moora Moora. We followed a mud track, it was cold, wet and clouds were down low and it was difficult to see where we were going. We were greeted by bright, happy people, the sun came out while we were demonstrating, the music was supplied by Konrad Dorn - we had a great day.

Another place was a weekend festival at the Rhododendron Gardens (Olinda, in the Dandenong Ranges) in the middle of summer, in 39 - 40 degree heat. It was a challenge as the area was on a slope. It's a beautiful place and we enjoyed it. We visited several universities, giving demonstrations during their lunch hour. The response was varied, even to one student walking through our group. As I turned to do "repulse monkey" I nearly scooped his lunch out of his hand!

After retiring from work, I joined U3A Ringwood and EPR (Enjoying Planned Retirement). I became Tai Chi team leader in both groups. The EPR group has closed, due to lack of members.

U3A classes have members ranging in age from 60s, 70s - the oldest is 88. There have been a few health problems but members always keep coming back and it's always one hour of the week when we can slow down and enjoy Tai Chi. The group has given many demonstrations, especially during Seniors' Week, also at a local gym where about 30 people joined in. We have our social side, going out to lunch three or four times a year, and at the end of each year we enjoy Tai Chi in the park, taking morning tea. It is a good social outing at the end of the year. We are a bright, happy group and we enjoy our Tai Chi!



Andrea Lam

Andrea Lam

If you are interested in classic music, especially piano music, you probably have heard of the Van Cliburn Piano competition, one of the most prestigious international competitions.

Paul Lam's daughter, Andrea, is one of the 29 competitors selected out of 150 auditioned worldwide, and the only Australian. She performed Monday 25th May 2009. You can listen to the online broadcast of her and all other performances. Please follow this link and the instructions. <http://www.cliburn.tv/>

Assistance To Bushfire Victims

The WTPA committee has agreed, that WTPA members who are bushfire victims should be offered free membership for the next year. Several of Gary Jackson' students lost their homes, plus Kay and Nora, and there may be a others. It's only a small thing but it's something personal that the Association can do to support these members. Could members please notify WTPA of those affected.

Master Tang Lai Wei's Generosity

Having been advised of the plight of those who lost everything in the fires (including Tai Chi equipment), Master Tang (further to the generous contribution announced in our last newsletter) has offered to provide replacement swords to those members who lost their swords in the bushfires. Please contact Master Tang at Tai Chi For Life, Springvale Road Nunawading if you know of members affected.

Free Classes in Tai Chi and Qi Gong

Miriam Rosewarne has offered free classes for those who lost homes or family in recent bushfires. Classes held at Wattle Glen on Wednesday mornings and Thursday evenings. Conditions apply. For details phone Miriam on 0418 576885 miriam@internationlataichi.com.au
www.internationaltaichi.com.au

AKWF "San Shou Judges Course" in Melbourne

"San Shou" or "San Da" is a free style combat of Chinese martial arts. Originally it contains "Ti, Da, Shuai, Na" meaning: Kicking, Boxing, Wrestling, Seizing (or Locking). Regardless what kind of "Kung Fu" you have, getting involved in "Da Lei Tai" which is a "free style fighting on a platform" has been an important activity in Chinese martial arts history. Thanks to Bruce Lee's great contribution, Chinese "Kung Fu" is now well known in global free style combat competitions. Of course, "San Shou" is one of the favourite contests entertaining our audience in recent years.

Consequently, setting up a set of correctly updated rules and having enough qualified judges for these contests are more and more important in competitions.

On Saturday the 25th of April, a "San Shou judges course" run by AKWF was held in Melbourne. Hosted by AKWF Victorian president Mr. Dana Wong and conducted by New Zealand senior judge Mr. Grant Butcher, this course was well attended and very informative. About 30 people attended the course, most of them from AKWF; I was one of a few members from WTPA attending on the day. It was a good refresher course with the latest updated information. To me, one of the most impressive rules the lecturer mentioned was the introduction of scoring 3 points in contest for effective "Shuai jiao"- a Chinese wrestling used by contestants. Grant explained that "effective Shuai jiao" techniques meant a combination throwing method used both in Tai Chi pushing hand contest and in Chinese wrestling contest. In my opinion, the introduction of 3 point judging for effective "Shuai Jiao" is a good initiative in "San Shou" competition and a right way to be for Chinese martial arts as both Tai Ji Quan and Chinese wrestling are actually kinds of Wushu anyway. From a Chinese martial arts point of view, supplying such kind of informative course for our "Kung Fu" practitioners in Australia is both necessary and important as I believe that along with other martial arts, "Tao Lu"(both traditional and contemporary) and

"San Shou" competitions in Australia will be entertaining more and more people in the near future.

Jian Gao

COMING EVENTS

Chen Style TJQ 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 peterszwo@hotmail.com
Angelina Chung 0419 109 356

Pushing Hand Training News:

Harmonious Art Research, Australia will be conducting a Wu Style Tai Chi pushing hand training course in July. This course is aiming to help those Tai Chi practitioners who have years of Tai Chi training experience but feel themselves still needing to deepen their perception in Tai Chi's principles and its applications.

The course is scheduled to start on Sunday the 12th of July and finish on 27th September; total 15 training hours in 10 weeks.

It contains Tai Chi pushing hand theory, pile stance training, eight methods of pushing hand, "Ting Jin" training, stationery stance and mobile stance pushing. The training will effectively improve trainee's sense of "actual use" and real skill. We believe that if possible, those who attended previous training course with us would love to have another go again!

Booking with deposit before 28th of June for this course is essential.

Interested persons please contact Jian Gao for more information (e-mail: wanggao@optushome.com.au).

"Exploring the depth of Tai Chi for Arthritis".

Conducted by Dr. Paul Lam

When: 29 - 30 August, 9.00am - 5.00pm both days

Requirements: Have learnt Tai Chi for Arthritis Part 1 and Part 2 and be able to practice the sets from memory.

Where: Kingston City Hall, 985 Nepean Hwy, Moorabbin, Melbourne

Cost: \$300 paid before 1 August

Contact : Tai Chi Productions, Ph (02) 9533 6511
manager@taichiproductions.com

In this stimulating workshop, Dr. Lam will be sharing with you the deeper meaning of the Tai Chi principles and how to incorporate them into your forms. He will then explore how the Qi works and how it is related to the Tai Chi principles. All theories and practice will guide you how to store, regenerate and deliver energy, not only with Tai Chi for Arthritis, but also with all Tai Chi forms. This workshop will facilitate you to reach a higher level and find more enjoyment from your practice.

Further details:

http://www.taichiproductions.com/workshops/calenda/individual_workshop.php?id=1591

INTERNATIONAL EVENTS IN CHINA

5th Jiaozuo International Taijiquan Competition

This is a friendly exchange competition, organized by the General Administration of Sport China/and the He Nan Provincial Government, and is under taken by the Chinese Wushu Association. During the event, the organizing committee will present various impressive

activities, including the grand opening ceremony, Tai Chi forum, Tai chi performances by well known Tai Chi Masters, trip to the origins of Tai Ji Quan and sightseeing. The competition includes all major styles of Tai Chi, Weaponry and Pushing Hands. "...In order to promote Tai Chi Culture, to encourage academic exchange of Tai Ji Quan on the international level, to make new friends and to achieve overall harmonious development" - the 5th Jiao Zuo International Taijiquan Exchange Competition will be held from 20th to 26th, August 2009 in the city of Jiaozuo. It is located in Henan province China, renowned as the birthplace of Taijiquan".

It has been held since 2004 and every year they invite Tai Chi practitioners from the whole world to meet for this special event.

Dan (Levels) Wu Shu Grading Examinations

As early as 702 AD during the Tang dynasty (618 AD - 907 AD), there was already an official level system for Wushu practitioners. It gradually became a complete examination system for the practitioners. The government selected different levels of Wushu practitioners through examinations, e.g. the Champion of Wushu (the applicant with the highest score). With the change of dynasties and the viewing of Wushu as being a potential vehicle for rebellions, the practice of Wushu was discouraged.

Subsequently, the examination system fell out of use. The idea to set up different levels for Wushu practitioners was revived in 1985 in China. Five levels were consequently implemented. Starting from the lowest to the highest, they are: Wutong (Junior Martial Artist), Wushi (Martial Warrior) Levels 3, 2 and 1; and Wuying (Martial Hero).

Since then, the Wushu community in China and overseas has grown dramatically. After consultations within China and the international community, the Chinese government's Sports Commission decided that it was necessary to implement a new Dan system of Wushu. This new system sets an official standard for Wushu practitioners, who now have an opportunity to attain formal and recognized qualifications that are commensurate with their skill levels and knowledge. There are 9 Dan levels for this new system.

The next examination will be held in Zhengzhou and Dengfeng City, Henan Province, China, from 15 to 19, August, 2009.

Who can participate?

Overseas Tai Chi/Wushu practitioners,
Members of different levels of the CWA (Chinese Wushu Association),
Physical Educational colleges,
Wushu schools/ Wushu institutes.

Anyone interested to be part of an Australian Team for these 2 events please contact Ming Shao at auswushu@gmail.com or 03-9569 0881.

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.

TCAA "Open Tai Chi Competition 2009".

The competition will be held on Sunday, August 2 at "The Southport School" Gold Coast, Qld.

Entry Forms can be down loaded from the TCAA website <http://www.taichiaustralia.com/> and is open to all Tai Chi schools and styles.

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.

Festival Judges pre festival meeting/workshop

23 August, 6 Mt Street Neighbourhood House, Glen Waverley 1-4.30 pm.

Further details next newsletter.

AKWF National Championships 2009

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

Reminder

Closing date for the next newsletter is Sunday 2 August. Please forward news items by that date

Membership Renewals

A reminder notice Members will be sent to members whose membership expires on 30 June 2009. (The expiry date is shown on your membership card). It is no longer necessary to complete a renewal form, just forward your payment (\$25 for individuals) with a cheque or money order together with your name and address and necessary alterations to your contact or other details if any.

An enrolment form is required from organisation members if a new nominated member is to be enrolled. Fees are \$50 for up to 20 school members \$75 for 21 school members or above.

Yummy Tai Chi

Finally for those who may be contemplating a trip to the UK we have discovered an appropriate restaurant in the London suburbs.



Yummy Tai Chi

They must be expecting some WTPA members as they are offering 30% off wines.