



# 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

In this edition we would like to focus on the 11<sup>th</sup> Annual WTPA Festival held in August. We'd also like to remind you of the coming Annual General Meeting an event of great importance to the association.

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

This year's festival was a resounding success. A record number of entries, excellent spectator attendance and due to the hard work and diligence of officials and volunteers the event actually finished ahead of time. Our sincere thanks to all officials and volunteers for their wonderful work during a long and tiring day. The holding of the event in conjunction with the Victorian Branch of the AKWF also proved to be a great success and the sparring events were most popular. Thanks to all AKWF personnel and Branch Chairman Sifu Dana Wong and Deputy Chairman Sifu Terry Lim in particular.

The Festival was officially opened by WTPA President Sifu Tong Low who then introduced Sifu Manel Dharmakeerthie visiting Sri Lankan and International Wushu Judge & Referee (see later article contributed by Sifu Manel. Tong Low then introduced Mr Walt Missingham AKWF President.



### Flying Dragons

We were then thrilled by a spectacular performance of Chen style Taijiquan by Master Tang Lai Wei of Tai Chi For Life.



### "Flying Dragon" Master Tang Lai Wei

Master Shao Zhao Ming of the Tai Chi Wushu Institute, despite suffering from a heavy cold then entertained us with a dynamic performance of the short staff.



### Master Shao Zhao Ming



### Sifu Dana Wong

Sifu Wong then presented a fascinating display of forms from Kwok Fu Wing Chun.



### Judges, Officials & Competitors during Playing of the National Anthem at the Festival

There were three competition areas at the Festival; Tai Chi, Wushu & AKWF Light Contact Sparring.

### Invited Performers.

As always the demonstrations by invited performers following the lunch break proved most popular.

This session opened with a colourful and entertaining performance by the Dragon Dancers from the Shaolin Chan Wu Association.



### Crouching Tiger and Flying Dragon

Master Lily Sun then gave a beautiful performance of the 36 Tai Chi Fan.



**Master (Lily) Sun Han Xiang**

The invited performances were finalised by a most impressive performance that almost defies description. Summarized, a steel rod pushed against the throat of Sifu Terry Lim was bent almost double culminating in the smashing of tiles on his back with a sledge hammer.



**Sifu Terry Lim with a Powerful Shaolin Performance**

The wonderful day's competition finished with the announcement of the **Most Valued Performer** awards for Male & Female in both Tai Chi & Wushu.

	<b>Female</b>	<b>Male</b>
<b>Tai Chi</b>	<b>Gemma Walsh</b>	<b>Bradley Jarvis</b>
<b>Wushu</b>	<b>Hoi Ka Au</b>	<b>Julius Ting</b>

Finally I would like to give special thanks to all the volunteers. It was a long day & many had attended the previous evening to help set up. WTPA is most fortunate to have such dedicated members who contribute so willingly in making the Festival and the Association such a success.

**Photography.**

I am sure you are all enthralled by the wonderful action photography by Terry Forrester. Terry is a keen Tai Chi Practitioner and WTPA member. He and his wife Barbara commenced Tai Chi in a 7 am class at Carlton Baths some 10 years ago, the class being conducted by Angelina Chung and myself. Thanks again Terry, keep developing that Fa Jin. Should you require the services of a professional photographer Terry can be contacted on 0419 539649 (The resolution of the photographs shown here has been reduced to produce the newsletter. Better copies and more photographs will be available on our website). Full results are also available on the WTPA website.

**Meeting Bruce Lee's Teacher Was An Experience Of A Lifetime** By Sifu Manel Dharmakeerthie **International Wushu Judge & Referee**

It was another beautiful but cold morning in Melbourne. We were just passing the scenic Yarra River in a green Toyota Camry. The driver was none other than Sifu Tong Low, described as Australia's Crouching Tiger by the UK Martial Arts Magazine 'Combat'. Sifu Tong, who runs one of Australia's famous Wushu Schools with Sifu Tang Lai Wei, the training partner of Li Lianji or Jet Li as the world and Hollywood fans have known him. He and I were heading to meet one of the martial arts giants in the World, or a living legend, Grand Master William Cheung. It has always been one of my dreams to meet this great martial artist who holds the World record for 8.3 punches per second, set up in USA some decades ago. But that was not the main reason for me to see him. I wanted to see Bruce Lee's best friend.



**Sifu Tong Low, Grandmaster William Cheung and Manel.**

I also wanted to see Bruce Lee's martial arts teacher who taught him Kung Fu. I also wanted to listen to some true stories of Bruce Lee from the most reliable person who lives today. All these prestigious and reliable sources are with one person: Grand Master William Cheung. A few minutes later Sifu Tong parked his car at a parking bay in Lonsdale Street and we walked towards the Level 02 of No. 111 where the legend lives.

A few seconds later we were welcomed and taken in. Then came the great man. 'Ni Hao' and a firm hand shake. Sifu Tong being Grand Master William Cheung's longstanding friend has previously told him about me as the Secretary General of Wushu Federation of Sri Lanka, Secretary General of South Asian Wushu Federation and an International Wushu Judge and Referee. Grandmaster William Cheung was the first President of Australian Wushu Kung-Fu Federation and still the President of World Wing Chun Kung-Fu Association which he founded some decades back. He was so happy to see me as he has heard a lot about my beautiful paradise isle, Sri Lanka. "Unfortunately I have not taught any Sri Lankan personally," Grandmaster said while we were talking. He called in his secretary to take photos with me and Sifu Tong. The great man is a very calm, pleasant and more importantly a very friendly person. Though he is one of the busiest in Melbourne we could not refuse his invitation for lunch. The three of us, walked down to Lonsdale Street and then to adjoining China Town. I saw how 'Melbourne run' (In Chinese, Melbourne people) respect him while we were walking down China Town. Everybody made way for him and greeted him. They are proud of this great martial artist, I realized. When he was ordering the food Sifu Tong was surprised. Grandmaster ordered many meat dishes to Sifu Tong's surprise as he knew that grandmaster was a vegetarian. Then he revealed that he has given up being a vegetarian. But I was not waiting for any food but for stories of Bruce Lee and

asked him how he met the Little Dragon. 'I first met Bruce Lee at a party,' he revealed. 'My uncle knew a lot of Chinese operatic artists and Bruce's father was one of them. When I was about 10 or 11 years old he took me to a young movie star's birthday bash and Bruce was there. At that time Bruce was a popular child star in Hong Kong so he did not care for me. I don't know whether he knew I was there or not', said the humble Grandmaster. "Bruce had a lot of trouble during his elementary school days," said Grandmaster. "He hit many overgrown schoolmates and had a lot of trouble." At that time young William Cheung was a student of Grandmaster and Professor Yip Man's Wing Chun Kung Fu School and was notorious for beating many senior boys of his school. Hong Kong was famous for street gangs and Bruce had one too. It was named "Junction Street Eight Tigers" and one of young William's classmates was also a member there. So Bruce wanted to know how William always managed to win his fights. Then he told him about Kung-Fu and Bruce immediately wanted to learn it. "On an autumn day in 1953 I took Bruce Lee to Grandmaster Wing Chun Kung Fu, Prof. Yip Man and he was so pleased to accept this young film star. That was Bruce Lee's first martial art experience, said Grandmaster Cheung. "After that there was no stopping Bruce", said Grandmaster. Bruce had started practicing every minute of the day. Grandmaster Yip Man has given him personal attention to him as he was so talented. Bruce was very fit and talented." However in 1956 Bruce became a big problem for Yip Man. Because of his talents and he progressed so quickly other seniors thought Bruce was a threat to them. Bruce always challenged and defeated his seniors. Then they demanded Yip Man to stop teaching Bruce as he was not fully Chinese but quarter German (Bruce's mother was half German). Very reluctantly Yip Man agreed," said Grandmaster. But Yip Man was so fond of Bruce Lee and asked his best disciple Cheung to take care of him and teach him. After Bruce left school and Cheung moved back home with his parents Bruce Lee trained almost exclusively with him." Bruce started visiting me and practiced with me at my parent's farm in New Territories every weekend when he wasn't working in a film until I left for Australia. Our luncheon meeting never seemed to end. Grandmaster was so sad about his friend's son, Bruce Lee's death. "It was not accidental" he said. had a lot to ask him but we all had to leave. Grandmaster was having a meeting in Perth the following morning and I had to leave for Sydney the next day. Grandmaster invited me to dinner with him on his return and both of us, Sifu Tong and me, agreed happily but never made it with my busy schedule. But I am longing for my next visit to Melbourne to meet this great Martial Artist and Legend to learn more from him. Thanks to Sifu Manel for this interesting extract from The Sunday Times Sri Lanka

## COMING EVENTS

### 10th IWuF World Wushu Championships

Scheduled for October 23 – 29 in Toronto, Canada

### National Chinese Health Qigong Workshops Conducted by Professors Xiang Hanping and Wang Zhen from the Chinese Health Qigong Association

These workshops will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in the Traditional Chinese Health Systems.

### Melbourne Workshops

### Workshop 1: Liu Zi Jue (Six Healing Sounds)

### Workshop 2: Wu Qin Xi (Five Animal Exercises)

10.00am to 4.30pm Saturday 31 October, 2009

### Workshop 3: Yi Jin Jing (Twelve Limbering Exercises)

### Workshop 4: Ba Duan Jin (Eight Golden Treasure Brocade)

10.00am to 4.30pm Sunday 1 November, 2009

**Where:** South Yarra Sports Centre, 679 Chapel Street, South Yarra

**Cost:** \$99 per day for WTPA Members, Tai Chi Australia current and past students or \$132 per day for Others (GST inclusive) Workshops will be run in Adelaide, Brisbane and Launceston.

<http://www.taichiaustralia.com.au/index.php?page=national-health-qigong-tour-2009> or contact Tai Chi Australia, P O Box 59, Glen Iris, 3146, Tel & Fax: (03) 9889 9999 E-mail: [taichiaustralia@hotmail.com](mailto:taichiaustralia@hotmail.com)

### Taichi for Life Seminar

#### **Nutrition, Health & Martial Art Series**

Sunday 15 November 2009 330 Springvale Road Nunawading

**Chin Na - The Art of Grappling** 10am - 11:30am

**Tai chi push hands** 12 noon - 1pm then 3:30 - 4:30pm (Master Tang Lai Wei)

**Yin & yang Chinese cooking** Lunch at 1pm then 2pm - 3pm (Master Chef Robert Lew). \$ 160 all sessions \$ 65 for yin & yang cooking plus lunch 10% Early booking discount by 19th October & members discount

Call now to secure your booking: Ph (03) 9878 7 or email: [enquiries@taichiforlife.com.au](mailto:enquiries@taichiforlife.com.au)

Many will remember the very successful seminar last year so get in early with your bookings. Registrations close 4<sup>th</sup> November.

A flyer will be distributed with this newsletter.

### WTPA Annual General Meeting.

To be held on Sunday 29 November 2009. Please support your association by attending the meeting and offering your help. 12 noon at Mount Street Neighborhood House, 8 Mount Street Glen Waverley. Followed by Yum Cha for those interested

### Chen Style Taijiquan Academy – Master Peter Wu January 2010 Workshop

**Sunday 3rd to Saturday 9th January 2010**

**Course A** Chen Style "Hong" Principles & Applications

**Course B** Chen Style "Hong" Form Canon Fist 64 Forms

**Course C** Hao Style Canon Fist 39 Forms

**Course D** Push Hands Level 1, 2 & 3

A flyer will be forwarded with this newsletter.

Please Note: Master Wu is offering \$30.00 discount to WTPA members. Please include your membership number on the registration form.

### TCAA Annual Workshop January 2010

This will be the 12th annual workshop in Australia. To be held at St Vincent's College, Potts Point, from 4th to 9th January, 2010.

Following this workshop, there will be a one-day multiple update workshop on 10th January, and a Master Trainers' workshop from 11th to 14th January, 2010. Enquiries: Anna Bennett 02 9533 6511

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

Sunday 29 August 2010 – Make yourself a promise.

#### Reminder

Closing date for the next newsletter is Sunday 6 December. Please forward news items by that date

Rob Fennell

Membership