



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

Well here we are at another year's end and it's hard to believe that we have now completed 7 years as an association. This newsletter contains news of the 2009 Annual General Meeting and in particular the conferring of two well deserved honorary life memberships. There are also some changes to the WTPA Committee.

Whats Been Happening.

President's Report – AGM 29 November 2009



WTPA President Tong Low

With the retirement of Gary Jackson as President, it has given me the opportunity to stand in as the President of Wushu and Tai Chi Practitioners' Association. I would sincerely like to thank Gary for his hard work and dedication during his time as President of WTPA.

The year of the Ox, 2009, has seen many ups and downs, and it has affected a number of WTPA members, including Gary Jackson, who were affected by the bush fires. WTPA, through Tai Chi For Life, under Master Tang Lai Wei held a bush fire appeal by staging a Tai Chi class and demonstration. Master John Hanna performed his tai chi and other schools also attended with great support and donation. The donation was given to Red Cross. Thank you Master Tang and Vice-President Master John Hanna for your support.

Unfortunately a further effect was the cancellation of the proposed Marysville retreat due to the disastrous bush fire. We hope to see a full rehabilitation of the area and a future Tai Chi Retreat.

In August, Master Manel Dharmkeerthi, the Secretary General of Sri Lanka Wushu Federation visited Australia and attended the 2009 11th WTPA Wushu & Taijiquan Festival. Many thanks to Master Manel for his positive comments and attendance.

The 2009 11th WTPA Wushu & Taijiquan Festival incorporating 2009 AKWF Victorian Championship was a huge success. I would like to thank all the committee members, Vice President John Hanna, Treasurer Sam Au, Secretary Jean Rogers, Angelina and Steven Chung, Hean Low, Gao Jian, Tyler Rowe, Veronica Greer, Valmai Budds for your contributions and help in making the festival a great success. A special thank you to Rob Fennel for keeping WTPA on track for the festival, also looking after membership, and giving valuable advice constantly. Furthermore, thanks to all the AKWF Victorian Committee members for their involvements.

To all the WTPA Committee Members and WTPA Members, thank you for your support.
President – Tong Low

Committee Members:

Tong Low (President)
Sam Au (Vice President)
Susan Berryman (Treasurer)
Jean Rogers (Secretary)
Angelina Chung
Hean Low
John Hanna
Veronica Greer
Jian Gao
Lily Sun
Shao Zhao Ming
Tara Brayshaw

Past Presidents Liu De Ming and Gary Jackson are consultants to the committee.

Tyler Rowe retired as a member as he is very busy with his studies. We thank him for his invaluable assistance over the years particularly in relation to the Annual Festival and hope we can call on his experience in the future.

We would also like to thank the retiring member Valmai Budds for her good work.

As stated previously 2 honorary life memberships were conferred at the meeting.

Master Tang Lai Wei



Master Tang Lai Wei

Master Tang is well known in both national & international Wushu and Tai Chi as he is to all our members. He is renowned and respected for his love of the art and for his generosity in providing services promoting WTPA and its membership. Congratulations Master Tang.

Master Gary Jackson

Gary has not only served the association well as a committee member but also as President. He is admired and loved by all those members who have attended and enjoyed the many workshops conducted by him for the benefit of WTPA. His good humour and teaching abilities are outstanding. Congratulations to Gary.



Master Gary Jackson

The AGM was well attended and most joined the yum cha that followed at the nearby "Treasure" Restaurant.

TAICHI FOR LIFE SEMINAR

On Sunday 15th November, Master Tang at Taichi for Life in Nunawading held the second workshop in his "Nutrition, Health & Martial Arts" series – this time featuring Chin Na (grappling and locking techniques), Tai Chi Push Hands and once again Master Chef Robert Lew talking about Yin & Yang foods and the importance of nutrition for enhanced training performance.

The gods blessed us with perfect training weather, warm but comfortable, so bodies were loose and supple as our group of dedicated practitioners kicked off the day with a range of Chin Na techniques. Time disappeared as we practised various holds and breaks, receiving expert instruction from Master Tang, and as you might imagine, delivering quite a few laughs at each other's determined but not always quite coordinated attempts.



Next - morning tea. Then on to Push Hands which flowed on so well after Chin Na practice and provided a deeper understanding. After an introduction on the history and different characteristics of Chen, Yang and Wu styles of Push Hands we trained in single hand and double hand sequences and free pushing, incorporating the techniques of Peng, Lu, Ji, An. By lunchtime everyone was ready to rest and replenish and Master Robert Lew with his "apprentices of the day", Craig Salen and Yang Chow, served us an abundant yum cha meal.

Allowing our food to digest, we listened to Master Lew talk on the importance of nutrition for health and maximising training performance. Then Master Lew demonstrated how to make Oxtail Braised with Chinese Spices – very Yang.

Then, back to Push Hands training, changing partners regularly to feel how each person is different. Afternoon tea offered some welcome respite as the body and mind started approaching maximum information download for one day. For the short time remaining we again looked at Peng, Lu, Ji, An techniques and the issuing of Fa Li.

To finish off the day it was back to the kitchen where steaming hot Braised Oxtail awaited – great, no need to cook that night!

It was a great day combining work, learning, laughs, eating, meeting new people and developing a new appreciation for those I already have the special privilege of training with.



Now for the real work of processing all the new information and trying to assimilate it into my practice!

Happy training all,
Carolyn Marston.

Many thanks Carolyn for this great report.

Taolu Judges Course

With assistance from the Australian Sports Commission AKWF conducted a subsidised Taolu Judges Course at Monash University on 22 November 2009.

Angelina Chung has kindly provided this report on the course:

The course was conducted by Shao Zhao Ming and Charles Tsui Po, and focused on the 2005 competition rules. 25 people attended with quite a number of WTPA members and including a participant from WA. It was helpful to all especially to those were trying to make the transition from 1999 rules which they were familiar with, to the 2005 rules currently used. The clarification of the role of category A, B and C judges was made simple. The use of a competition footage DVD, specific movement illustrations by Shao Zhao Ming, and discussions followed made learning easier.. I am sure most came away with a better understanding of 2005 rules and hopefully be able to judge with greater confidence.

10th IWuF World Wushu Championships

October 23 – 29 2009 Toronto, Canada

This event has seen our greatest representation at a World Championship event ever. In all 19 AKWF representatives attended. The Australian team of eleven athletes and four officials were augmented by an additional four people who were tasked with gathering information to assist with Australia's 2013 bid. The Australian Kung-Fu (Wushu) Federation selected the following Tao Lu team members and officials to represent Australia at the 10th World Wushu Championships in Toronto, Canada was held from October 24 - 29, 2009. The Taolu team members were:

Team Manager Alice Dong Pei Lei Wushu Centre

Head Coach Shao Zhao Ming Tai Chi Wushu Institute Australia

Team Doctor Dr. Kee-Lee Tan Western Australia Chin

Team Judge Zuo Juan Zuo Juan Wushu Tai Chi

School

Team Athletes Alex Lee Western Australia Chin Woo

Andrew Dinas Wushu Tai Chi Practitioners Association

Angelique Choo Western Australia Chin Woo

Vi Quyen Le Tai Chi For Life

Elizabeth Lim Western Australia Chin Woo

Leigh-San Mo Western Australia Chin Woo

Marc Shamin Pei Lei Wushu Centre

Shuen-Chyn Soh Western Australia Chin Woo

Thomas Wong Western Australia Chin Woo

Zac Hare Tai Chi Wushu Institute Australia

Congratulations to all the Team members for your successful performance during the Championships.

Coming Events

China Tour 2010

John Hanna & Veronica Greer of Tai Chi Plus are offering another of their all inclusive 2 week China tours

from June 26 - July 10, 2010.

The itinerary includes 14 days in Southern China exploring the major centres of Zhu Hai, Guangzhou, Macau and Hong Kong.

Enjoy the scenic beauty of Dinghu Shan and Panyu.

Tai chi, massage, great food, comfortable hotels sight-seeing and good company.

Of particular interest to you Tai Chi enthusiasts is the inclusion of 8 days of tai chi training with Master Zhao Wei Dong (duration and level of training will depend on the individual - suitable for all levels of tai chi experience).



Master Zhao Wei Dong

For further information visit www.taichi-and-travel.blogspot.com and click on November articles. For bookings call John on 1300 88 28 13 or email info@relaxasia.com.au

Hong Kong Club Tai Chi Group Inc.

Tai Chi Workshops

Health Qigong - Ba Duan Jin

23 Jan 2010, Saturday, 9:00 am – 1:00 pm

This workshop will cover the popular Qigong Exercise – Ba Duan Jin - as compiled by the Chinese Health Qigong Association.

Self Defence and Push Hand

30 Jan 2010, Saturday, 9:00 am – 1:00 pm

This workshop will cover basic concepts and techniques in self defence, And will incorporate push hand as part of self defence techniques.

Location: Evergreen Senior Citizen Club, 45 Talbot Ave. Balwyn, Victoria.

Cost for one workshop: \$30 (Tai Chi Group members and WTPA members), \$40 others

Cost for both workshops: \$50 (Tai Chi Group members and WTPA members), \$70 others

Note: Registration and payment before start of workshop are required.

For further information: Please contact Sam Au on 0418-101-937

Healing Moves Tai Chi & Qi Gong

TAI CHI BEGINNERS' 2010

Wu Round Form (108 moves)

Emerald: 6pm Monday 15th Feb.

St Joseph's Church, Emerald-Monbulk Road.

Berwick: 6pm Wednesday 17th Feb.

St Michael's Primary School, Main Road.

QIGONG

(Ongoing by the SCHOOL TERM)

Beaconsfield: Fridays 9:30–11 am

Beaconsfield Community Centre

healingmoves@exemail.com.au

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

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

Enquiries 03 9898 8118 Mobile 0403 066 032

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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

12th WTPA Tai Chi & Wushu Festival

Sunday 29 August 2010 – Make yourself a promise.

IWUF World Wushu Championships 2011

The IWUF Executive Committee decided and the 10th IWUF Congress approved that the Turkish Wushu Federation is the host of the 11th World Wushu Championships in 2011. The host city is Izmir, the third largest city in Turkey. The exact date and competition regulation of the Championships will be informed in due course.

Reminder

Closing date for the next newsletter is Sunday 7 February. Please forward news items by that date

Finally I would like to congratulate and extend our very best wishes WTPA member Master Peter Wu on his recent marriage to Chen He.

Merry Christmas and a Happy New Year to all.

Rob Fennell Membership