



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

A special greeting and best wishes to our new interstate members and of course to our new and old members everywhere in this the year of the tiger.

The WTPA committee has much planned for the members this year and we hope all members will join us in the proposed events.

Right now make a note in your diary or calendar for the 12th Wushu & Tai Chi Festival to be held on Sunday 29th August 2010.



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News & Events

Chen Style Taijiquan Academy – Master Peter Wu January Workshop.



Angelina applies Lu (捋) to Terry

Master Wu demonstrates Teng Jin (腾劲) (bouncing jin)



Happy Group at the January Workshop

The Summer Workshop was a great success and once again Dorothy Ford has provided us with an article based on a talk given by her at the workshop. You will remember Dorothy provided an excellent article from the 2009 Workshop. Many thanks Dorothy for your excellent research.

What is the kua and what is its significance in tai chi application?

The aim of this article is to explore the significance of the kua (胯) in tai chi practice. The article is based on insights gained from a number of teachers and experienced tai chi players at the Summer Tai Chi Workshop conducted by Master Peter Wu of the Chen Style Tai Chi Academy, in Melbourne in January 2010. Tai chi teachers ask students to 'extend and open' the kua. As a novice I had no idea what this meant. The kua seemed to me to have an aura or mystique about it which led me to think that it had special importance in the application of tai chi. It was for this reason that I decided to ask the question 'what is the kua and what is its significance in tai chi application?' It proved to be a useful question, because in the course of doing the research and writing of the article the kua was demystified and lost its aura.

The kua

The kua is that area of the body located in the lower abdomen. It includes the inner sides of the pubic symphysis (crotch) and the area from the creases where the legs join the torso up to the hip. The torso moves with the kua. It joins the upper and lower body and permits stability, movement and the transfer of weight.

Special challenges of the kua

Without doubt the kua poses special challenges to students of tai chi: not the least of which is its location. The lower abdomen is generally not a subject for discussion in polite company. But, it is clear that the kua is not an organ of the body: it is an area of the body. It is not a sexual organ, and as far as I can ascertain the physical tai chi challenges are similar for males and females. Another main challenge is that the hip joint is a big joint, it is stiff and difficult to control. As one player put it, 'it is the most stubborn joint to open.' A third challenge is that the hip joint does not have much feeling so we are not as aware of the sensations there and this awareness must be developed over long practice.

The kua is one part of the body and is not pre-eminent

While there are challenges to extending through the big joints of the hip and relaxing the muscles, the idea that the kua had special importance over other parts of the body, that it was pre-eminent in tai chi application, was completely debunked.

Master Peter Wu is emphatic that 'every part of the body is important, every part of the body must be extended and relaxed.'

He explains that 'tai chi is a system for controlling force, your own and other people's.' Correct tai chi is to be found in its application. There is only one principle; that is 'extension', the openness of the joints and the extension of the tendons and sinews. In Chinese this is expressed with the word 'song' (松). In English apparently there is not one word encompasses both to relax and to extend. Song encapsulates the sense of softness of the muscles

which allows the force to flow up and down and the internal bow-like strength of the extension which connects to the ground. After long practice, extension enables an exquisite use of elastic energy. When people think about force they generally think about muscle strength, weight and power. For 'tai chi people' force comes from the stable and flexible use of the whole body from the ground up. Fa jin, or explosive force, is derived from the long practiced opening of the joints and extension of tendons and sinews. An opponent's force is not met directly but followed and deflected along the curves of a spiral and returned against him or her. The kua, linking of the upper and lower body, therefore can contribute great strength to the fa jin or become a 'bottleneck' obstructing the flow of force.

Two parts to the kua?

Experienced players explained that the word 'kua' is used loosely to encompass two elements:

The 'kua' which is the area of the body between the creases where the legs meet the torso and the hips and

The 'dang' (裆) – or the pubic symphysis (crotch). The experienced practitioners spoke of an inverted U shape in the Dang region.

Normal people think of this area as an inverted V. 'Tai Chi people' think of it as an inverted U. Developing this roundedness is developing the openness of the Kua (dang). Experienced players spoke of the roundedness of the kua as being the horse-stance and another like sitting in a saddle. Relaxing the muscles in the Kua area, enables the force to come and go. Kan explained that there was a saying about the kua - 'Round the dang and relax the kua.'. This is useful because it helps us to focus awareness more specifically during practice.

To achieve an unimpeded flow of force from the opponent down to the ground and issue it back with explosive force however, the players spoke of the need to develop flexibility and openness of all the joints of the body and relaxation of all the muscles, not just those in the kua area.

Developing 'openness in the kua

The kua area holds special challenges that tai chi players need to address if they want to improve their tai chi practice. The experienced players gave advise about how to achieve this openness.

Awareness

It seems like a mad thing to say - to be aware of having a kua, of the parts of it and that it can move. The very idea that you can extend through the hip joint is worth knowing. We tend to focus on the external sensations and these are distractions from recognizing new sensations. Being conscious not just of one part of the body relaxed and extended but the whole body. Start to recognize it in all that you do. We all already do it. For example, reaching for the handle of a door - involves extension. You don't flop at the handle.

Developing a sense of the interior of the body I found this very helpful as it had never really occurred to me. Being conscious and aware opens up the possibility of discovering a whole new range of feelings and sensations.

Letting go of old habits

In effect this means becoming a 'tai chi person'. This can seem counterintuitive not to tighten up, for example when met with force, not to react instinctively and use only upper body strength. It means working on extension in every day activities.

Slow mental and physical preparation

Working to lengthen the muscles so that they will allow the joints to extend is a constant effort. If you are not sure what extension is ask one of the experienced players to explain it to you.

Think of force coming up from the ground

While I tend to think about force as going down to the feet, I need to focus on its movement from the ground up using the feet and the strength in the lower body, not just pushing with the arms and upper body.

Practicing the form slowly and correctly

I asked if we should do special or extra exercises to extend the kua. There was unanimous agreement that doing the form slowly, correctly and with correct posture was the best. The stretches that Master Wu does are good for extending the kua and all warned against heroic efforts that might cause injury.

Dorothy Ford 10/1/10

Martial Arts Enthusiasts

A new Martial Arts TV Show called the 'Martial Arts Channel' commenced broadcasting on Ch31 Melbourne from Wednesday 20th January at 7.30pm

New Chen Style Tai Chi Book

Chenjiagou Taijiquan GB has advised of a new publication "The Essence of Taijiquan" by long-time Chen practitioners David Gaffney and Davidine Siaw-Voon Sim authors of the best selling Chen Style Taijiquan: The Source of Taiji Boxing. After numerous trips to Chenjiagou to train in the traditional manner, both have been awarded Instructor's certificates by the Chenjiagou Taijiquan Martial Arts School and both hold 5th Duan Grades with the Chinese Wushu Association. Details are available from <http://www.chentaijigb.co.uk/> or a flyer may be obtained from membership@wtpa.org.au

The true meaning of Martial Arts – by 'Cherry Ghost'

(Article provided by committee member Gao Jian from a Chinese Kungfu Forum – thank you Gao Jian) In fact, martial arts is really no mystery at all, all the routines are in fact for the convenience of memory, if a routine become a pure performing show and someone's own wishful thinking, it should be completely abandoned, so the art should be toward a simple way- the simpler, the more essential. But how should we train ourselves? How can our strength to be used with a reasonable effort? How to improve our combat power? How can we improve the speed? How can we make a more coordinated action? It is actually very simple- punch 1000 times, it builds a short muscle memory, (and the power comes from the physical memory), but memories will fade after a few days, so the number of accumulated punches are needed; punch 10000 times, the nerves begin to have memories too, then punch 100,000 times it will become your instinct and punched 100 million times it already has become a conditioned reflex ! ! ! ! !
武术的真谛 (鬼樱)

其实武术真的没有什么神秘可言, 所有的套路其实都是为了方便记忆, 如果套路变成表演的形式和一厢情愿的意淫, 那完全就可以抛弃, 所以武术是通向简单之道, 越简单越本质! 那武术训练该怎么训练, 如何才能最省力合理地运用自身的力量, 如何才能提高打击力, , 如何才能提高速度, 如何才能让动作更协调, 其实很简单, 挥拳1000次肌肉开始有短暂的忆, (而力量来源于肢体的记忆) 但几天后记忆会消退, 于是就需要数量的累计, 挥拳1万次神经开始有记忆, 挥拳10万次就成为你的本能, 挥拳100万次就成为条件反射! ! ! ! !

For Art Enthusiasts

Having discovered this beautiful site of Israeli artist Assi Ben Porat, permission has been granted to publish examples of his work in the WTPA Newsletter..

A few examples follow but I can highly recommend a visit to his site www.arttaichi.com to see a complete range of these fascinating works.

There is a shop on the site. Have a look at the great T-Shirts.



Fist Over The Body

Israeli born Assi Ben Porat resided in London for 11 years where he studied Brush Drawing. He studied Tai Chi under Master John Kells and received a teaching certificate from the British Tai Chi Chuan Association. He has also studied I Ching & mediation and was co-publisher of "The Essence of Tai Chi Chuan, the Literary Tradition". He now teaches Tai Chi in Israel.



Single Whip



Tai chi Sword - Na Cha Sounding the Sea

About The Paintings

This site contains paintings and brush drawings showing movements and postures of the Tai Chi form. It is addressed not only to those who study and practice Tai Chi Chuan, but also to the contemplative spirit of everyone.

The artist is trying to transfer his understanding and feel of the Tai Chi movement and posture onto a paper or canvas and dissolve the divide between the practice of Tai Chi form and the practice of painting. In each picture there is an attempt to convey the essential essence of a particular posture. Each movement is a fusion, a merging of the bodily, the psychic, and the mental dimensions.

The name of each posture has a pictorial character. It provides a description and functions as a symbol. Some of the names evoke the movement of animals. The unbiased observation of the animal kingdom informed the development of Chinese Yoga and Martial Arts and greatly influenced the shape of the movement. The Taoist masters of the past believed that through observing all natural phenomena, they could understand the essential patterns of energy in the world.

The artist feels - when his pictures have taken form and his Tai Chi practice of postures and movements has taken on an added depth - an inner harmony and joy at a story having been told.

Coming Events

The Melbourne University Taichi and Wushu Club 13 February 2010

Will be performing at the Box Hill Plaza (outside Centro) 6:30-7:00pm on Feb 13 (Sat) and would like to invite all WTPA members to enjoy the free entertainment!

Come along and meet your fellow WTPA members.

Assi Ben Porat

Chen Style Taijiquan Academy

2010 Weekend Intensive Taijiquan Workshop

by Master Peter Wu Shi-zeng

Jin Training Method – Level 1(Part 2)

In this workshop, Master Wu will provide further details of the first 4 fundamental topics, namely relaxation, opening, upright and bow theory.

New participants and individuals who have attended previous workshop will gain invaluable insights to raise their Taijiquan skills to entirely new levels.

Enquiries: Tel/Fax (61 3) 9898 8118 Peter's Mobile:

(61) 0403 066 032 or Angelina's Mobile (61) 0419

109 356 Email: peterszwo@hotmail.com Website:

www.peterwutaichi.com Cost: Full fees AUD \$250. If

paid by 1st April 2010 \$240. Additional \$10 discount for WTPA & TCAA members.

A Registration Form is circulated with this newsletter.

Netherlands International Wushu Cup 2010

Traditional Kung Fu & Wushu Championship

6th and 7th March 2010 at the Sporthallen Zuid in Amsterdam. All Wushu & Taiji schools are welcome.

Email: wushucup@minh-zone.com

URL: www.wushucup.com

Judges with experience are welcome to take place in the judge panel.

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

Healing Moves Tai Chi & Qi Gong

Life Enhancement Qigong Workshop

(The Enlightenment Form)

Sunday 28TH March 2010 St Michaels Primary School Berwick, Melbourne.

10am – 4pm BYO Lunch, refreshments supplied.

Cost \$50 (Concession \$45) (Early Bird \$45 by 5th March)

Enquires & Bookings: Maxine Gardner 0409 193 315

healingmoves@exemail.com.au

www.ntpages.com.au/school/24377

A flyer will be circulated with this newsletter.

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

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11th World Tai Chi & Qigong Day

Commences on Saturday 24th April at 10am

Many schools conduct park sessions on this day.

Please let us know if your school intends to stage an event and then tell us how it went.

12th WTPA Tai Chi & Wushu Festival

Sunday 29 August 2010 – At the usual venue Monash University Clayton -Make yourself a promise.

1st Australasian Wushu Championships 2010

will be held in Sydney on Saturday 24 October 2010 at the "Hall of Legends", State Sports Centre, Olympic Boulevard, Home Bush Sydney (Olympic Games site!). Athletes competing in the 4th World Traditional Wushu Championships over 16-20 Oct in China, will still have time to travel to the Sydney event. The Australasian event will also be part of the Australian and New Zealand Kung-Fu Wushu Federation's Team Selection process for the 11th World Wushu Championships in 2011 in Izmir Turkey.

4th World Traditional Wushu Championships

The 4th World Traditional Wushu Championships will be held at the famous Taoist Mountain-Wu Dang in Shiyang City, China from 16 – 20, October 2010) The 1st Australasian Wushu Championships

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 4 April. Please forward news items by that date.

If you are receiving a hard copy of this newsletter and have an email address please let us know that address so that we can save on paper and mailing costs.

Gong xi fa cai

Rob Fennell

Membership