



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

Again I would like to extend a special thanks to the growing band contributors and ask everyone to consider further contributions & news of events and articles on various aspects of Wushu & Tai Chi for your newsletter.

I am running a little late with this newsletter as I have had a major computer crash and had to reformat the hard drive. Hopefully everything will be right now.

News & Events

World Tai Chi Day

Victoria

Bayside Tai Chi.



Just as sure as the sea rolls in and out we were there at Ricketts Point. Fifty devotees of the Bayside Tai Chi Group that wanted to celebrate World

Tai Chi at Ricketts Point

Tai Chi Day.

Even the overcast weather couldn't spoil the pleasure of Tai Chi outside. The sea was calm, a ship on the horizon and a tall yacht in the distance. Jackie said she had ordered the pelicans to glide by. However, they chose to hide themselves behind the scrub. Maybe next time we'll be luckier.

We gave a good show of our talents and passers-by had the opportunity to observe us at their leisure.

The mood of the day was warm and coffee at the tea-house increased our pleasure even more. Three cheers for the morning session on the beach and thanks to the colleagues who gave Jackie support.

One instructor was just back from China. How authentic can you get?

by Trish (One of Jackie's students).

You will notice there is a handsome ring-in (John Hanna) closest to the camera. John's Tai Chi Plus has traditionally celebrated World Tai Chi Day with Bayside Taichi - Rob

Bairnsdale Tai Chi – Jill Thio



Bairnsdale World Tai Chi Day

It rained!! A lot. Guess we forgot to arrange for fine weather. We had to use our alternate venue, which

fortunately did have water views from the windows (not quite the same, but not too shabby). Thirty-five participants and a few observers braved the weather and travelled from around the district to be part of the global celebration of the health and healing benefits of tai chi and qigong. We had a great mix of very enthusiastic people, ranging in ages from pre-teens to octogenarians. For me, that's always the thrill. To see people of all ages, sexes, shapes and sizes, cultural backgrounds etc etc, all moving and breathing together. Yes, One World - One Breath. It may not have all gone to the master plan but it was a great morning enjoyed by all. And there's always next year - does anyone know how to contact the rain dragon?

Jill Thio

New South Wales

Central Coast Tai Chi Club & Macquarie University Tai Chi Group.

The Central Coast Tai Chi Club and Macquarie University Tai Chi Group participated in the World Tai Chi and Qigong day on the 24 April this year (in the park of the Gosford City and in Epping Boronia Park). Larissa Koreleva

Queensland

Rob Fennell Tai Chi Group



Tai Chi on the Capricorn Coast

Here in Emu Park, Capricorn Coast approximately 40 Tai Chi enthusiasts from Rob Fennell's Tai Chi Group Emu Park & Yeppoon, together with the Yeppoon Community Development Centre's Capricorn Healthy Ageing Program led by Joan Thomas performed a range of Tai Chi forms for spectators.

Our Emu park enthusiasts expressed thorough enjoyment and look forward to meeting again next year, hopefully with an increased band of interested participants.

New Wushu Organisation.

A new Wushu organisation website has been created. Interested parties can view the site at www.awhip.net or contact admin@awhip.net

Changes To WTPA Membership Requirements

As you would be aware WTPA is an organisation which holds an exemption under the Control of Weapons Act 1990 (as amended) and is required to comply with the terms of the exemption laid out in the Victorian Government Gazette, G25 17 June 2004 ...

WTPA & members must comply with all requirements of the exemption and with the purposes for which the exemption was granted.

WTPA has recently received correspondence from the Department of Justice emphasising these requirements and in particular reminding the association that the requirements be kept in mind when communicating with members in Victoria or when considering applications for memberships.

It was also stressed that swords are classified as prohibited weapons in Victoria and that all conditions of the exemption must be made known to all sword students.

To this end a copy of the WTPA notes on the possession, storage and carriage of swords is circulated with this newsletter and it is essential that all members who possess swords and rely on the WTPA exemption comply with the requirements.

All individual renewals and new members will be required to complete a revised membership application, a copy of which is also circulated with this newsletter.

Should the WTPA exemption be withdrawn it will result, not only in a great inconvenience to Tai Chi and Wushu practitioners, but also a great expense, as expensive individual permits will be necessary.

As a consequence of the department's letter the committee has resolved that all members will be required to submit an application form on renewing their membership. The membership renewal will require details from organisation members as to how the school proposes to ensure provisions regarding weapons are to be met, and an undertaking that a copy of the requirements will be provided to all Tai Chi & Wushu Sword students.

Copies of both documents are available on the WTPA website.

5th World Conference on Women and Sport in Sydney

From 20th to 23rd May four hundred and eighty delegates from all over the world (around sixty countries) took part in the fifth World Congress on Women and Sport with the motto "Play, think, change." This year Sydney happened to be the host city for the conference that is organised every four years by the International Working Group (last time it was in Japan, next time will be Finland). Over four days the delegates discussed various questions and common problems that affect today's sport at the level of national, state and community organizations from the perspective of human rights, changes in the sports development, inclusion and exclusion, harassment and bullying, Crawford report, media coverage, leadership and particularly the role of women on the board of directors and the obstacles they face here. The congress was officially opened by Her Excellency Ms Quentin Bryce AC, Governor-General of the Commonwealth of Australia and Patron in Chief of the conference. The Minister for Youth and Sport, Hon. Kate Ellis MP made quite a few surprising announcements of changes in Australian sports directions and additional funds for those who will embrace them. This highest profile event attracted "a range of key international decision makers in sport including members of IOC, National Olympic

Committees, International Sport Federations, the United Nations, as well as senior government officials, academics and athletes." In general, the days were full of presentations, discussions, challenges, exchange of ideas and learning. For me as a participant in the congress, it was great encouragement to see that any problems we have can be resolved and we can significantly improve the state of our sport provided that we put all our work and efforts towards the common goal and stand up for what we believe in. Now it looks like the government starts understanding it too. I would like to express my gratitude to the Hon. Kevin Greene MP, Minister for Sport and Recreation NSW for providing an opportunity to receive a sponsored grant from the NSW government which allowed me to attend this conference. I would also like to say many thanks to the WTPA, its President Tong Low and Rob Fennell for their help and support.

If anyone would like to have more information about this event I will be happy to answer any questions, you can also visit the conference's website www.iwg-gti.org

Dr Larissa Koroleva

Coming Events

Tai Chi for Arthritis leader training workshop

Presented by Rani Hughes

24-25 June - Darwin, Northern Territory

2-3 September - Ballarat, Victoria

5 & 22 October - Melbourne, Victoria

Tai Chi for Arthritis multiple update

Presented by Rani Hughes

18 June - Footscray, Melbourne, Victoria

At this update you can also update Tai Chi for Diabetes, Tai Chi for Kids & Tai Chi for Back Pain certificates.

Contact Rani Hughes

ranihughes@gmail.com

Ph 0409 164 396

Tai chi Association of Australia

Open Tai Chi Competition 2010

Sunday 11 July 2010 Centenary Sports Centre, The Southport School, Winchester St, Southport, Gold Coast Queensland 8.30am to 6.00pm

Contact Information

TCAA Competition Organiser:

Dennis Watts

Po Box 1040 Coolangatta Qld 4225

Tele: 07-55451874

Mobile: 0419763360

E-mail: dwatts@qldnet.com.au

Entry Forms: www.taichiaustralia.com

Australian Jiaoshu (Chinese Wrestling) Association

Are hoping to arrange a Combat Grappling Training Seminar combining the standing locks & throws of Jiaoshu with the ground fighting & leg submissions of Russian sambo. Dr Zhang of the Australian Jiaoshu (Chinese Wrestling) Association www.jirongzhangmartialarts.com.au & Demetri Korzh of the New Zealand Sambo Federation <http://www.nz-sambo.itgo.com/> have both expressed their willingness to travel to Sydney to help in this endeavour. The understanding is that the Chinese art of throwing is one of the four essential pillars of Wushu fighting. It would also be helpful if the AJA could get

some expressions of interest from people on this network to determine the potential of such a seminar Gavin at coreeda@optusnet.com.au.

Zi Ran Qi Gong Seminar



Master Liu Deming

Six Harmonies Kung Fu Academy, St Kilda on Saturday July 24th.

The Seminar will run from 2.00 - 5.00 pm and will cover Zi Ran (Natural) meditation & philosophies and an Introduction to Zi Ran Qigong Level 1. DVDs will be available to purchase on the day. Zi Ran Qi Gong Level 1 may also be viewed on You Tube.

Further information: Shifu

Stuart - Six Harmonies Kung Fu Academy on: 9537

0620 / stuart@sixharmonies.com.au

Master Liu - Zi Ran Men Kung Fu Academy on: 0409

853 756 / deming.liu@bigpond.com

Zi Ran Qi Gong is a unique Chinese exercise system designed to exercise both mind and body, as well as prepare the mind, for day to day trials and stress. Qi Gong draws on the three main elements. It includes "Regulating the Body", through specific postures, self massage and the movement of the limbs. "Regulating The mind", through quite relaxation and concentration of ones mental activity, and "Regulating the Qi" by developing and strengthening the harmony between both mind and body.

The Zi Ran Qigong system consists of six different sets of exercises. The first set of exercises is described as "recognition" and is designed to develop a basic understanding of what Qi Gong is about via learning the basic principles required during practice. The goal of level one is to obtain a state of meditative relaxation through movement and to move in such a manner that their entire body feels as if it is interconnected. When this is achieved the practitioner will most likely become aware of areas of the body in which Qi has become blocked or tense. It is through the recognition of these areas that a healing process may begin.

Master Liu is the 5th generation inheritor of the Liu He Zi Ran Men lineage. He began his study of martial arts at the age of eight with Master Hong Zheng Fu and legendary Grandmaster Wan Lai Sheng A graduate of Beijing University Of Physical Education, he then taught at the Shaolin Temple and at the Fujian Institute Of Physical Education. He has lived, taught and trained in Melbourne, Australia since 1992

Further information may be obtained from

www.ziranmen.com

Central Vic Tai Chi Chuan, Qi Gong for Health and Well Being

Wing Chun — Self Defence

Tai Chi classes:

Wednesdays 7pm—8pm Anglican Parish Hall
Anzac Avenue Seymour

Contact:

Rob - 0413288813

Julie — 0400560945

See separate flyer

Healing Moves Tai Chi & Qi Gong

Qigong Workshop – Inner Smile, 6 Healing Sounds & Microcosmic Orbit.

Sunday 22 August. St Michaels Primary School Berwick
10 am to 4 pm BYO Lunch, refreshments supplied.

Notes supplied

Cost \$60 (Early Bird, Concession & WTPA members \$55 by 30th July)

Enquiries and Bookings: Maxine Gardner 0409 193 315

See separate flyer

Hong Kong International Kungfu Festival 2010

will be held in Hong Kong 26-28 November 2010.

The Festival is an integrated cultural event held to celebrate Hong Kong and China's unique martial arts heritage. The event pays tribute to distinguished local martial artists who made the city the global hub of Kungfu, including Bruce Lee, Yip Man, Jackie Chan and Jet Li. The Festival comprises of 4 elements:

1. **Guoshu (martial arts) Competition**, inclusive of unarmed and weapon routines, sanshou, wrestling, Wing Chun sticking hands, Taiji push hands, shuttlecock (Jian-zi), chang-bing (long-range weapons), Chinese archery as well as other oriental martial arts such as karate, taekwondo and boxing.
2. **Kungfu Comic and Animation Exhibition**, a platform showcasing martial arts through comic and other interactive animation.
3. **Kungfu Carnival with non-stop martial arts performance**. World renowned Kungfu troupes and masters will be invited to Hong Kong and there will be commercial counters on Kungfu materials and supplies.
4. **Bruce Lee 70th Anniversary** - Thousand People Nunchaku Show. 2010 is Bruce Lee's 70th anniversary and the event will be held on 27 November, the birthday of Bruce Lee. We invite kungfu and Bruce Lee's fans from all over the world to participate, and to play Bruce Lee's best of the best tricks: Nunchaku together to celebrate this great master. It is the highlight of the Festival and a momentous event to take part in.

The Hong Kong International Kungfu Festival website is being updated but you can go to their website www.kungfufestival.com for information about last year's event

12th WTPA Tai Chi & Wushu Festival

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

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 1 August. Please forward news items by that date.

Rob Fennell

Membership