



Wushu News

Newsletter of Wushu & Tai Chi Practitioners Australia Inc.

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Wushu & Tai Chi Practitioners Australia Inc

Co-operation Education Excellence

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Hi Everyone

The headline news for this edition is, as you will have noticed from the newsletter heading, that the new name for our organization was approved at the Special General Meeting, and has now been formally adopted.

Of course, another organization has already objected to our inclusion of the word 'Australia'. We are, however a completely independent body and will carry our new name with pride.

News & Events

What's Been Happening

World Tai Chi and Qigong Day 30 April 2011 New South Wales

Tens of thousands of people worldwide gather together on the last Saturday of April under the motto: "One World... One Breath..."

This year in Sydney:

Central Coast Tai Chi Club organised a free park session on the World Tai Chi and Qigong Day.



Practice in the Rain

Smiling White Crane Spreads its Wings

Macquarie University Tai Chi Group (which is now Macquarie University Wushu and Tai Chi Club) met in the morning for the World Tai Chi and Qigong Day at Boronia Park in Epping and although it was raining they had a lot of fun. They then proceeded to:

Epping Community Centre where they were joined by many NSW Wushu and Tai Chi Practitioners and continued celebrating this day till 6 pm.



Some Mini-workshop Participants April 2011

The programme included performances and talks and followed by a number of fun activities practical hands-

on short workshops and serious workshops such as Introduction to Bagua, Tai Chi Fan 18-forms, Xing Yi; Wushu Basic Routine; Qigong and other routines. The event was well attended and participants commented that there should be more events like that as they provide the opportunity to meet with others, to practice our art and share the skills and knowledge in friendly atmosphere with a lot of fun for the benefit of our community. The organising committee thanks all volunteers for helping in preparation for the events.



Walking Bagua circle. Having Fun with Fan.

If anyone wants to know more about what is happening in NSW please e-mail for the information to wushu.nsw@gmail.com

Newcastle



Tai Chi Fan At Newcastle City Hall

World Tai Chi Day has been celebrated by the Australian Tai Chi Institute since 2002 and this year was as popular as always. Instructors, Students and the community enjoyed a lovely morning in Newcastle NSW. Chosen by founder Bill Douglas as WTCQD Ambassador, Director of the Australian Tai Chi Institute Cheryl Lee Player was teaching and spreading the message in Paris, Singapore and Bangkok with wonderful success.

Queensland

Emu Park (Capricorn Coast).

Here in Emu Park approximately 40 Tai Chi enthusiasts and spectators gathered with Joan Thomas from the Capricorn Healthy Ageing Program, Penny Moraitis from Australian Academy of Tai Chi & Qigong together with Rob Fennell's Tai Chi Group from the Yeppoon University of the Third Age & in Daniel Park Coee Bay, Coolwaters and Bell Park to celebrate the world-wide event.



Tai Chi at Bell Park, Emu Park

All who attended expressed thorough enjoyment and look forward to meeting again next year, hopefully with an increased band of interested participants.

Victoria

Bayside Tai Chi, Ricketts Point, Beaumaris.

On Saturday April 30 80 people gathered together to participate in World Tai Chi Day at 10.00am down at Ricketts Point beach in Beaumaris. This is a world wide event with more than 70 nations joining to play tai chi together. A wave of positive energy begins in New Zealand and travels around the world to finish in Hawaii.



Jackie Watt & Bayside Tai Chi

We wore our special shirts with the words One World - One Breath printed in many different languages on the back. The beautiful sunny weather attracted people from as far away as Warburton and Dromana to join in this annual event organised by Bayside Tai Chi Centre.

Balwyn

On 30th April 2011, World Tai Chi & Qigong Day, members of the Hong Kong Club Tai Chi Group celebrated the day by practicing the Beijing 24 form and Health Qigong BaDuanJin, outdoor in beautiful sunshine, in Balwyn, Victoria.



Sam Au & Hong Kong Club Tai Chi Group Ba Duan Jin Qi Gong

The Duanwu Festival (端午节), or 'Dragon Boat Festival'

This major festival was established in remembrance of Qu Yuan, a ministerial scholar and patriotic poet who committed suicide in the Miluo River during the Warring States period.

The traditional celebrations include eating zongzi (pyramid-shaped snacks made of glutinous rice ball stuffed with different fillings and wrapped in bamboo or reed leaves), drinking realgar wine, and racing dragon boats.

Other common activities include hanging up icons of Zhong Kui (a mythic guardian figure), hanging mugwort and calamus, taking long walks, and wearing perfumed medicine bags. Other traditional activities include a game of making an egg stand at noon, and writing spells. All of these activities, together with the drinking of realgar wine, were regarded by the ancients as effective in preventing disease or evil and promoting health and well-being.

The festival date, reckoned on the fifth day of the fifth month on the Chinese lunar calendar, falls on 6th June this year.

WTPA President Visits Sri Lanka

(Extract from The Sunday Times Sri Lanka).

Tong Low, President of the Wushu and Tai Chi Practitioners Association Inc. of Box Hill, Victoria, Australia, made a lightning visit to Sri Lanka to advise the Sri Lanka team attending the First World Childrens Games in Ankara, Turkey. The team left the island on Friday and will be in Ankara until May 2, taking part in Wushu and 13 other games as well. The Sri Lanka team for the World Children's Games in Ankara will consist of boys and girls in the age group of under 13 and under 15, explained Manel Dharmakeerthi, Secretary of the Sri Lanka Wushu Federation.



WTPA President Tong Low

Tong Low is the most qualified Wushu expert to visit Sri Lanka. He has traveled the world over promoting and speaking about the sport.

Tong Low is a Fourth Duan, which means that he is an experienced Wushuite and has devoted practically his whole life towards the sport. Comparing Wushu in Australia and Sri Lanka, Tong Low said that there are similarities.

Sri Lankan 'Kids' bag Gold, Silver & Bronze.

Sri Lanka's junior wushuites who attended the first World Junior Children's Games in Ankara, Turkey, made their motherland proud by winning one gold, one silver and one bronze medal.

It marked the biggest victory for Sri Lanka in wushu in a world competition.

More than 3000 athletes from 90 countries participated in the games from April 24 to May 1. (Extract from The Daily Mirror Sri Lanka)

Feature Article

An Introduction to the Chinese Wushu Duanwei System – Part One

(From an article prepared by the Wushu Research Institute of the General Administration of Sport of China – February 2009)

The Chinese Wushu Duanwei System is a hierarchical system which the Chinese Wushu Association formulated to evaluate the professional level of wushu practitioners. Based on this system, a series of Textbooks was compiled to ensure a unified standard of education and evaluation. In order to promote the popularization of Wushu and develop different schools, every effort was made to establish an agreed set of standards in the hope of guiding wushu practitioners to master wushu and its empty hand and weapon techniques through gradual improvement and attainment of Duan levels. In many ways, the Duanwei system can be compared to the Japanese Martial Arts Dan System – a system that has become an international benchmark for its practitioners.

The evaluation targets of the Chinese Wushu Duanwei System embrace wushu ethics and etiquette, theory, technique and skills. For high Duanwei levels applicants also need to display their achievements in wushu theory and their contributions to the development of wushu. To assist practitioners, the Textbooks are broken down into a series of course books as follows : 3 theory textbooks including Wushu Ethics and Etiquette, The History of Chinese Wushu and An Introduction to Chinese Wushu; Chinese Wushu Duanwei System Examination: Problems and Solutions; 17 textbooks embracing 12 styles including Changquan, Shaolinquan, Taijiquan (Chen-style, Yang-style, Wu-style, Wu-style, Sun-style, He-style), Xingyiquan, Baguazhang, Tongbiquan, Chuoqiao, Fanziquan, Bajiquan, Tanglangquan, Wuzuquan, Yongchunquan, Wushu for Fun (pre-duan Textbook), Wushu Gongfa, Wushu Self -defence and three weapon courses including Jianshu, Duangun, Erjiqun.

According to the Chinese Wushu Duanwei System, the professional level of players can be graded from low to high as follows: primary Duan (levels 1~3), middle Duan (4th~6th Duan) and advanced Duan (7th~9th Duan). There is also a pre-duan System which has three levels. The Duan level should follow a corresponding standard, therefore, formulating a unified evaluating standard and distinguishing standards for different levels was extremely important. When formulating the unified technical standard, it was decided that a traditional practice form for single practice, dual combat and real-world application be used as the basis of the technical content. To that end, each level has its own form. Each form can be used firstly as solo practice, next as choreographed fighting with a partner, and finally each move in the form can be studied for its real-world martial application. This progression follows the methods of traditional wushu training which combines practice and fighting, and embodies the essence of wushu. The practitioner can master the techniques and also understand their meaning.

Unfortunately, the official Chinese Wushu Duanwei Textbooks are only available in Mandarin. We have been informed that the Chinese Wushu Association is currently working on preparing a set of English translations but it may take some time.

Part 2 of the Introduction to the Chinese Duan Wei System will be published in our next issue.

Coming Events

WTPA Duan Wei Workshops

The Duan Wei System contains a wealth of knowledge and resources that are the cornerstone of any wushu style. The system provides a lot of good material for instructors who wish to teach it as well as for wushu-tai chi practitioners' personal development. To assist members in developing their skills and knowledge in what is to become the benchmark for international wushu gradings, the WTPA has organised an ongoing series of workshops on Duanwei Skills, conducted by the first woman in China to attain 7th Duan, Master Lily Sun. The workshops will follow the progressive development of the system, so they are suitable for new practitioners as well as instructors. The first of these workshops will be held over 2 x ½ day sessions on 11th and 18th September 2011. Details will be published shortly but please feel free to contact Tong Low, Tara Brayshaw or Lily Sun if you would like more information regarding the Duanwei System in Australia.

Tara Brayshaw, WTPA Victorian Representative

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Dr Paul Lam Depth of Tai Chi for Arthritis workshops, Sydney and Melbourne

These two day workshops will provide an opportunity for Tai Chi for Arthritis leaders to learn from Dr. Paul Lam where he will share the deeper meanings of tai chi principles and how to incorporate them into your movements.

Depth of Tai Chi for Arthritis Workshop, Sydney on 23rd-24th July

Cost \$300 (incl. GST) if registered before 23rd June 2011 or \$330 (incl. GST) after this date

Venue: St George Girls High School, Victoria Street Kogarah

Enquires: Anna or Gordana (02) 9533 6511

Email: service@taichiforhealthinstitute.org

website: www.taichiforhealthinstitute.org

Depth of Tai Chi for Arthritis Workshop, Melbourne on 20th-21st August

Cost: \$440 (incl. GST) or \$400 Early Bird (register by 8th July 2011)

Venue: Kingston City Hall, 985 Nepean Hwy, Moorabbin, Victoria

Enquires & Registration: **Jo Charge – Arthritis Foundation**

Victoria programs@arthritisvic.org.au

Ph: (03) 8531 8000 Toll Free: 1800 011 041

Sheng Zhen Qigong

(Qigong of Unconditional Love)

SAT. & SUNDAY **13th & 14th August 2011**

With Maria Elena Villacorta Cortez

At: St Michaels Primary School, Berwick, Melbourne

10:00 am - 5 pm

(Bring a plate to share for lunch.

Light refreshments supplied)

\$80/day or \$150 for 2 days

www.shengzhen.org

Enquiries and Bookings:

Maxine Gardner 0409 193 315

healingmoves@exemail.com.au

Qigong In Bali

2 – 11 July 2011

10 days of Qigong and pampering on the mystical island of Bali with Jay McGough.

Indulge yourself at Bhanuswari Resort and Spa, in UBUD, Bali. Program includes morning Qigong practice and meditation sessions with experienced Qigong, Tai Chi and Meditation practitioner and teacher from North East Victoria. Accommodation,

breakfasts, tours and other activities are included, with plenty of free time to explore or relax. Cost: \$1200 p.p. twin share, \$1400 p.p. single room, (AIRFARE not included). Places filling fast, don't miss out! For enquires please email bali.retreat@optusnet.com.au. Ph: Jay 0429976943; Anne 0411 049 969.

Chen Style Taijiquan Academy

2011 Weekend Intensive Taijiquan Workshop by Master Peter Wu Shi-zeng

Jin Training Method – Level 2 (Part 1) In this workshop, Master Wu will provide further details of the 5th and the 6th fundamental topics, namely **jin from the root and whole body connected jin**. The workshop will be structured to allow both new participants and individuals who have attended previous workshop to equally gain invaluable insights in Taijiquan. Saturday 18th June 2011 (10 am to 5 pm) Sunday 19th June 2011 (12.30 pm to 6.30 pm) **Location:** Burwood Uniting Church Cnr. Warrigal Rd & Hyslop St, Burwood.

(Melway Map 60 C6). Cost: Full fees Aud \$250. If paid by 18th May \$240. Additional \$10 discount for WTPA & TCAA members.

Enquiries: Tel: (61 3) 9898 8188 Peter's Mobile: (61) 0403 066 032 or Angelina's Mobile (61) 0419 109 356

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Website: <http://www.peterwutaichi.com/>

Hong Kong International Wushu Championships 2011

For those who would like to see some video footage see: www.youtube.com/watch?v=HlwVfVIZmlA

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Reminder

Closing date for the next newsletter is Sunday 7 August 2011. Please forward news items by that date.

Rob Fennell Membership

2011 13th WTPA WUSHU & TAIJIQUAN COMPETITION

武术太极拳表演比赛

Friendly competition open to all

Sunday 28th August 2011

*Be a part of this exciting day of incredible
Chinese Martial Arts Competition & witness
the Spectacular Demonstrations*

Venue:

Monash University - Clayton Campus

Basketball Stadium

9.00 am to 5.00 pm



**Entry: \$10 per person
\$30 Family (2 adults & 2
children)
Children under 12 Free**