



Wushu News

Newsletter of Wushu & Tai Chi Practitioners Australia Inc.

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Wushu & Tai Chi Practitioners
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Co-operation Education Excellence

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Hi Everyone

As the members who have recently received email messages are aware the association now has a new logo embracing the adoption of the name change advised in the last newsletter. We would like to express our sincere thanks to the artistic work carried out by WTPA member Alex Shamin in providing us with this logo. Excellent work Alex.

News & Events

Membership Dues – Final Reminder

There are still some members who have not yet renewed their membership. Renewals were due on 1 July 2011. Renewals not received by 31 August will result in cessation of membership and the resultant loss of all benefits including sword class exemption cover (a possible fine of up to \$28,668 or two years imprisonment for breaches of the act). Ensure this is not your last newsletter. Renew today.

What's Been Happening

Tribute to Robert W Smith

Robert Smith, an American martial artist and prolific writer of books on Chinese martial Arts, passed away on July 1 2011. Smith's writing is said to have been an important factor in the spread of Asian martial arts such as judo, karate, and taijiquan into the postwar United States and throughout the western world. His books such as *Chinese Boxing Masters and Methods*, and *Asian Fighting Arts* (co-authored with Donn Draeger) are well known examples.

Proposed New Jet Li "Tai Chi" Movie



Jet Li

Of particular interest to kung fu movie fans is a new Jet Li project, tentatively titled TAI CHI (although Stephen Chow apparently has first dibs on that title for his *Way Of The Dragon* remake). Li will produce the film, which will be directed by Stephen Fung Tak Lun, who is notable for having directed *Enter The Phoenix* in 2004 and *House Of Fury* in 2005. Fung stated he was open to the possibility of Jet Li handling the action choreography since "no one understands the tai chi spirit more than Li." More details on <http://www.kungfucinema.com/jet-lis-new-tai-chi-movie-16972>

Wushu Included In Short List For 2020 Olympics

Wushu is on a short list of sports that will be considered for inclusion in the 2020 Summer Olympics. It will compete with karate, roller sports, softball, sports climbing, squash, wakeboard and baseball for one spot in the program. A vote for the 2020 sports will be held during the IOC Session in Buenos Aires in 2013. The IOC will also decide then which city will host the 2020 Games.

Medication in Motion?

Tai Chi Boosts Quality of Life in Heart Failure. According to an article entitled *Medication in Motion* the *Archives of Internal Medicine* reports that a randomised study suggests that heart failure patients may experience improvements in their quality of life and mood by participating in a tai chi exercise program.

Tai chi, with its "gentle meditative exercise of flowing circular movements, balance and weight shifting, breathing techniques, visualisation, and focused internal awareness," is increasingly being adopted for use in various medical contexts, it was observed. It was also postulated that tai chi could be particularly helpful for frail older patients with debilitating heart failure, because of its multiple effects including increasing strength, training of the extremities, and mild aerobic actions. Almost one-third of the patients had a history of depression and anxiety. Limitations of the study include lack of blinding and its short follow-up period. In an invited commentary it was stated that "Mind-body medicine holds tremendous potential to improve both functional capacity and health-related quality of life in patients with [heart failure]; it is time to give these therapies the studies they deserve." Further details can be obtained at www.MedPageToday.com

Source reference: Yeh G, et al "Tai chi exercise in patients with chronic heart failure: a randomised clinical trial" *Arch Intern Med* 2011; 171: 750-757.

Ghost Month and Ghost Festival

The seventh lunar month in the traditional Chinese calendar is called *Ghost Month*. In 2011 this is August and on the first day of the month, ghosts and spirits access to the world of the living. The spirits spend the month visiting their families, and feasting. There are three important days during Ghost Month. On the first day of the month, ancestors are honoured with offerings of food, incense, and ghost money - paper money which is burned so the spirits can use it. These offerings are done at makeshift altars set up on sidewalks outside the house.

Almost as important as honouring your ancestors, offerings to ghosts without families must be made, so that they will not cause you any harm.. The 15th day of the month is *Ghost Festival*, sometimes called *Hungry Ghost Festival*. The Mandarin name of this festival is zhōng yuán jié (中元节). This is the day when the spirits are in high gear. It's important to give them a sumptuous feast, to please them and to bring luck to the family.

Moon Festival

One of the most important holidays in Chinese culture is the Mid-Autumn Festival, also known as Moon Festival. Since the Moon Festival is at harvest time, it is a good occasion to celebrate the abundance of Mother Nature. Moon Festival is a time to gather with family and friends under the full moon sky while eating moon cake, pomelo fruit, and barbecued delicacies. The traditional food of Moon Festival is Moon Cake, which is a pastry stuffed with filling such as egg yolk, lotus seed paste, red bean paste, coconut, walnuts, or dates. The tops of Moon cakes usually have Chinese characters representing longevity or harmony. In 2011 the festival falls on September 12.

Feature Article **An Introduction to the Chinese Wushu Duanwei System – Part Two**

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

In our previous article we talked about the establishment of the Chinese Wushu Duanwei System; why it was established and how it was structured to enable skills development in practitioners through its tiered grading structure.

In order to clarify the differences between Duan levels, each level is standardized in respect to the technical elements, total number of movements and degree of difficulty, always following the principle of gradual and systematic study.

The standard at each level increases by the addition of more technical elements. Five technical elements including "punch, kick, grasp, position, and wrestle" are embodied in all schools of styles and weapons. The technical elements of the first five Duan Wei gradings are increased level by level. The technical content of the 6th Duan is a comprehensive application of the five technical elements previously mentioned. For example, "punch" is the only technique of attack and defence in the 1st Duan; in the 2nd Duan, "kick" is added. The rest are as follows:

punch..... technical element of 1st Duan
punch, kick.....technical elements of 2nd Duan
punch, kick, grasp.....technical elements of 3rd Duan
punch, kick, grasp, position.....technical elements of 4th Duan
punch, kick, grasp, position,wrestle.....technical elements of 5th Duan
combining all of the above..... technical elements of 6th Duan

Following on from this, the total number of movements is increased at each level. This is done to complement the increased number of techniques being added.

Finally, the degree of difficulty of the movements is steadily increased. For instance, "punch" is the simplest and most widely used technical element in Wushu. It is a common technical element in all six Duans. However, the manifestations of "punch" includes the straight punch, cutting strike, push, upward cut, upward push, and downward swing punch in four directions. The movements are graded from simple to complicated and divided into six levels. In this way different degrees of difficulty are added to each movement as the level increases.

The technical content of Wushu for Fun (pre-Duan), Wushu Gongfa and Wushu Self-defence are also compiled in accordance with the above principles, which ensures a unity of style and a consistency between different styles and the corresponding textbook references for the same Duan level.

The Duan level standards are set according to the principle of gradually increasing the technical elements and the total number and difficulty of the movements level by level. This means that learners can easily distinguish the difference between each Duan level, and after being promoted to a higher Duan level, the players can master the technical system of the styles learned. In addition, because the Tutorial Series is compiled with this unified style, regardless of what styles one is learning, the learning process is the same,

which means that after a learner reaches a certain Duan level of one style, he can transfer to another style for a higher level.

The standardization in the Chinese Wushu Duanwei System lays the foundation for a smooth implementation of its examinations, and also contributes to the development of wushu and its spread in China and abroad. In addition, standardization is a basis for diversification. In the 1950s the 24 Simplified Taijiquan was compiled by the Chinese Wushu Association and started the all-round development of Taijiquan in its different styles. This is a prominent example showing that standardization can lead to the flourishing of all schools of wushu throughout the world.

The final framework for the Duanwei System is based on resolutions made at the National Wushu Duanwei Work Conference in October 2007, which was chiefly concerned with the shifting of Duan evaluation to a more graded testing system. In 2008, the Wushu Research Institute of the General Administration of Sport of China employed a succession of more than 100 representatives of Wushu, including recognised experts, scholars and remote masters, and launched the evaluation of the Duanwei System and the compiling of the corresponding courses. In July, 2008, the courses were examined by the Chinese Wushu Association, whose assessment committee validated it to meet all the criteria. It was processed by the compilers on the basis that the content should agree with the style while the diagrams should meet the specified standards. After being drafted by the experts and processed by publishing editors, teaching films were formally produced; technical pictures shot, and manuscripts published. The current series of courses was composed by adopting the knowledge and wisdom of a great number of experts and scholars, and is a masterpiece which combines the implementation and inheritance of the Chinese Wushu Duanwei System with the spreading of Wushu.

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. Contact Tong Low, Tara Brayshaw or Lily Sun if you would like more information regarding the Duanwei System in Australia. See later details and flyer for the first workshops.

Coming Events

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

Arthritis Victoria Symposium - Tai Chi & Health Outcomes

Speakers: Professor Keith Hill – Tai Chi in Improving Health Outcomes.

Dr Lesley Day – Can Tai Chi delay the onset & progression of disability & prevent falls among older people?

Dr Paul Lam – What Makes a Tai Chi For Health Program?

Friday 19 August 6.30 to 9.30 pm at Melbourne Zoo, Lakeside Terrace Room.

Cost \$20

Registration by Friday 12 August

Email: programs@arthritisvic.org.au

Master Wu Dong Workshops in Adelaide

Tai Chi & Chi Kung Institute

Venue Deaf CanDo Hall – 260 South Terrace (Nr Pultney St).

Workshop 1 - Sword Applications Focus on Yang 32 Sword

Friday 19 August – 6.15 to 8.30 pm

Workshop 2 - Kai He Qigong – First Time in Australia

Saturday 20 August – 2 pm to 5 pm

Workshop 3 - Tui Shou – Introduction To Push Hands

Sunday 21 August 9.30 am to 12 noon.

Fees for each workshop - \$121 at the door.

Discount for WTPA, TCAA & TCKK members (\$111) and for advance bookings (5 days before workshop) \$88.

Contact: office@taichi.com.au Phone: 8371 2488

Visit www.taichi.com.au for further information.

WTPA Duan Wei Workshops



Master Lily Sun

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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 1/2 day sessions on 11th and 18th September 2011. A booking form and details are attached, 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.

Tai Chi For Health Retreat

Master Tang Lai Wei with Des Blackman & Linda Lee from Lara Tai Chi.

Friday 25th November to Sunday 27th November 2011.

(arrive after 5pm Friday. Leave after lunch on Sunday) The Program will include: A talk on Friday evening by Master Tang on Tai Chi for Health, Ba Duan Jin, 24 Form Tai Chi, Qigong & practice of other forms. The retreat will be held at Lake Dewar Lodge is operated by the YMCA and is located near Myrmiong, 15 minutes west of Bacchus Marsh. **Cost:** Includes all Tai Chi activities, accommodation and meals from Friday dinner to Sunday lunch.

\$340 per person; \$310 per person for two or more from the same family;

Contacts Linda Lee: 03 5282 3148; gllee@iprimus.com.au;

Master Tang: Taichi for Life tel: (03) 9878 7188

email: enquiries@taichiforlife.com

WTPA members & Student/Pensioner Discount. \$315.

\$40 supplement for a single room.

WTPA STATE REPRESENTATIVES

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Reminder

Closing date for the next newsletter is Sunday 2 October 2011. Please forward news items by that date.

Rob Fennell Membership

2011 13th WTPA WUSHU & TAIJIQUAN COMPETITION

Friendly competition open to all

Sunday 28th August 2011

Venue: Monash University - Clayton Basketball Stadium 9.00 am to 5.00 pm

Entry: \$10 per person \$30 Family (2 adults & 2 children)

Children under 12 Free

SPONSORS

