



# Wushu News

Newsletter of Wushu & Tai Chi Practitioners Australia Inc.

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Wushu & Tai Chi Practitioners Australia Inc

Co-operation Education Excellence

PO 539 Box Hill, Victoria 3128

Phone: 0407 82 1973

E-mail: <mailto:secretary@wtpa.org.au>

URL: <http://www.wtpa.org.au/>

Reg. No: A0043555A

## Hi Everyone

This is our special 'competition issue' following the great success of our 13<sup>th</sup> annual WTPA Wushu & Taiji Competition. The competition was well supported by both competitors and spectators and was filmed by Zhonghua Television (shown on Channel 31 in Melbourne and in China) and was included in the October edition of "Blitz" Australasian Martial Arts Magazine.

Our sincere thanks to all the hard working committee members, volunteers and officials, our sponsors Qi Productions & Grandstand, and of course the competitors who made this day such a success.

## 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. The WTPA Committee has resolved that failure to renew by 15th October will result in cessation of membership and the resultant loss of all benefits including cover by sword class exemption (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

### WTPA: 13 YEARS OF EXCELLENCE AND INSPIRATION

By Alex Shamin

A WTPA Competition was held last Sunday 28 August in Melbourne. This was the 13th National Competition organised by the largest Australian Wushu organisation which was known throughout the country under different names but has enjoyed the same reputation for its integrity and passion for the sport of Wushu. The atmosphere of the competition remained friendly and inspiring for all those who were involved in the capacity of officials, competitors and volunteers.



The Champions and Their Coach are Interviewed by Zhong Hua TV

Photo courtesy of Terry Forrester WTPA

I cannot go back to 1999 when the first WTPA (at that time it was most likely to be ANWTA - Australian National Wushu and Tai Chi Association) Competition occurred and will have to leave it to the people who were there but I do remember the competition in 2003. It was a rainy day in Melbourne and the basketball court in the Melbourne University was cold from unnecessary air-conditioning working relentlessly. The hall was packed so densely that some spectators and competitors had to sit on the floor while others (older and wiser, you might say) moved to the second level and

observed the battle from the safety of the balcony. I was among them, most of the time, at least.



The NSW Tai Chi Fan Team

Photo courtesy of Wushu and Tai Chi NSW

There were quite a few representatives from states other than Victoria that time and it is a good sign that this year saw the return to this tradition. 2003 was a year of some very fine performances from all participants... My kids who were quite young at the time did not do really well but managed to secure a silver medal for their largely improvised duel performance. They were not as skilful as they are now but the duel was quite entertaining and the cheers from the crowd (politically incorrect, of course) "Come on Michael, finish him!" added some unexpected excitement. Having finished the 2003 Competition, we had to travel back to Sydney immediately due to some work commitments, so at about 8 pm, after an unhealthy KFC refreshment somewhere on the old Sydney Road, the long drive home began. After 10 hours, just two stops, by the time we were home, I dropped dead and slept for a few hours just to wake up and find my kids practicing another form for the next year competition. Such was an inspiration they had from the competition and I can see that it has been continuing for all the following years.



Melbourne University Wushu & Tai Chi Club Winners of The Most Supportive School Award

Photo courtesy of Terry Forrester WTPA

This year there was the same spirit, the same buzz and the same atmosphere that was eight years ago. The Organising Committee did a really good job and the event attracted a large number of participants, officials, volunteers and spectators. It has secured performances by highly respected Wushu masters in this country which was the highlight of the day. It was also nice to see the Monash University team back in the competition after a couple of years in wilderness. One more university (Macquarie) had their successful debut at the national level.



**Hung Gar Yau Shu Lion Dance**  
*Photo courtesy of Terry Forrester WTPA*

Other states (NSW, QLD and SA) were much more present this time and it is a good sign that the organisation is continuing to gain in strength. It was interesting to see some odd members of other organisations - whatever their intentions were they should not have been disappointed.



**Master Fong Lee**  
**Performs Bagua Zhang**  
*Photos courtesy of Terry Forrester WTPA*



**Master Li Yong Liang**  
**Performs Swimming Dragon**  
*Photos courtesy of Terry Forrester WTPA*

Let's hope that whatever good is going on doesn't end with the year 2011 and the principles of "Co-operation Education Excellence" will forever be upheld by this organisation and whatever hurdles it might have on its way will be successfully overtaken.

Our sincere thanks to WTPA member Alex Shamin for his interesting insights into this year's competition and recollections of the 2003 competition. This article provides immediate feedback in that it was kindly submitted one week after the competition. (5 September 2011). Thanks once again Alex.



**Invited Guest Performers & WTPA President Tong Low**  
**L-R Liu Wan Chun, Fong Lee, Lily Sun, Tong Low, Tara Brayshaw, John Yuen & Li Yong Liang**  
*Photo courtesy of Terry Forrester WTPA*

Thanks To WTPA Photographer Terry Forrester

We would like to express our thanks to Terry Forrester for his wonderful action photography of the competition Terry is now well known to competitors as he also volunteers as a senior

marshal where he gives encouragement and support to the competitors in his care. Terry is a keen Tai Chi enthusiast, a member of WTPA and a student of Master Peter Wu. Should you require the services of a professional photographer Terry can be contacted on:  
 Mob: 0419 539 649  
 Tel: +61 3 9380 1523  
 Email: lightburst@alphalink.com.au



**Master (Lily) Sun Han Xiang & Tara Brayshaw**  
**Duan Wei Yang Style**  
*Photos courtesy of Terry Forrester WTPA*



**Master John Yuen**  
**Wu Style Walking Stick**  
*Photos courtesy of Terry Forrester WTPA*



**Master Liu Wan Chun**  
**Traditional Chen Style**  
*Photos courtesy of Terry Forrester WTPA*

Many other photos will be available on the WTPA Website.

**WTPA's First Duan Wei Workshop a Success!**

Giovanna



**Tara Brayshaw Leads Participants in Duan Wei Workshop**

I recently attended Australia's First Duan Wei Standardised Yang Style Series One Workshop conducted for the WTPA by Master Lily Sun and Tara Brayshaw. There is only one word to describe the workshop – 'Funtastic'. The workshop was both enjoyable and challenging at the same time with both Lily and Tara's enthusiasm for Tai Chi shining through in their teaching style. They made the workshop fun and alive with their infectious enthusiasm rubbing off on their students. They

provided lots of explanations, tips and techniques for each of the movements, all of which helped us considerably with our understanding of the style.

They patiently provided individual guidance when they saw someone requiring that little extra assistance during our practice and this helped with ensuring that everyone achieved the most benefit from attending the workshop.

I would highly recommend this workshop to anyone who is new to Tai Chi or someone who has done some Tai Chi and is looking to learn something new.

Thank you Giovanna for your contribution.

**NOTE:** WTPA is planning a repeat of the Duan Wei Standardised Yang Style Series One Workshop in March 2012. If you are interested in attending, could you please email Tara Brayshaw: [tara.brayshaw@thinking.com.au](mailto:tara.brayshaw@thinking.com.au)

### Sunrise Tai Chi In Paynesville



#### Paynesville Tai Chi Group With Sunrise Presenter James Tobin

*Photo courtesy of Affordable Memories Photography*

Crowds of cheerful local supporters flooded the foreshore of Paynesville on 15 September to celebrate Paynesville, Victoria, being selected as one of the happiest towns in Australia.

The crew from Channel 7 breakfast show, 'Sunrise', led by presenter James Tobin, had a number of live crosses to the studio in Sydney. The Paynesville Tai Chi group were very excited to be asked to feature in the first segment, albeit be had to assemble at the very early hour of 6.00 a.m. For our featured cross we were asked to pretend to do a 'Mexican Stand-off' with the children from the Paynesville Primary School. About 20 Tai Chi students lined up on Fisherman's Wharf with our backs to the water and the sun just coming up, a truly beautiful setting. Apparently, the producers thought we were, "less likely to fall in the water than the children", who were lined up opposite us on the safe, grassy foreshore! The children were dancing and generally yahooping while we represented calm and peace as we 'waved our hands through the clouds'. It was all rather bizarre, but a lot of fun.

The Paynesville Tai Chi group were invited to participate specifically to demonstrate the health and happiness of the Paynesville residents, across all age groups, and we were delighted to promote the benefits of Tai Chi on national television.

Our Tai Chi may not have been of the very highest standard, considering the quite unusual and noisy conditions we had to contend with, but we did our best for our few seconds of TV fame and flew the flag, enthusiastically and with a smile, for Tai Chi.

Jill Thio

Bairnsdale Tai Chi Group (incorporating Paynesville Tai Chi Group)

Many thanks Jill (a regular WTPA supporter).

### Tranquillity Meditation & Ziran Qigong

by Angelina

Master Liu Deming in his element conducted an enlightening workshop, well supported by over 30 attendees from Victoria & as far a field as Jarvis Bay and Byron Bay NSW.

Considering it is VFL Grand Final, Collingwood vs Geelong, this is a good turn up!



**Master Liu Deming**

Before entering into Tranquillity Meditation, using the mind as an empty room technique, Master Liu spent much time in explaining the need to prepare the body before meditation, that is to relax the physical body to open the central meridians - Ren Mai (conception vessel) and Du Mai (governing vessel). Unless the body is relaxed and emptied out of emotions and tension from these channels the mind cannot be silenced. Demonstrating the locations of the three Dan Tians in the Ren Mai, the three gates of the Du Mai, correct posture and the importance of their functions helps to create an awareness and understanding. The Ziran Qigong exercise is simple and pleasurable to learn. The internal benefit of the exercise is not just simply doing it but doing it **mindfully** as the key to harmonizing mind, body, qi and spirit.

#### New Ziran Qigong Website

<http://www.ziranqigong.com>

for writings by Master Liu Deming about Ziran Qigong, announcements, details of courses and purchase of his DVDs.

#### COMING EVENTS

##### WTPA ANNUAL GENERAL MEETING

You will soon receive details regarding the 2011 AGM to be conducted on Sunday 27 November at Mount Street Neighbourhood House 6 Mount Street, Glen Waverley 3151 (Melway Map 71 C3)

Please get involved and make an effort to attend. We need new blood on the committee to further develop the association for your benefit. Get to know each other personally.

##### Chinese Health Qi Gong Association (China)

##### Master Instructors from China

Contact **Allan Kelson, Tai Chi & Chi Kung Institute**

**Adelaide S.A.** (08) 8371 2488

Email: [office@taichi.com.au](mailto:office@taichi.com.au)

**Ba Duan Jin** (8 Silk Exercises) **Wu Qin Xi** (5 Animal Qi Gong) : Weekend of 12-13 November & on Sunday an extra set **Liu Zi Jue** (6 Secret Sounds).

Discount for WTPA members.

Poster & Booking form:

[www.taichi.com.au/WorkshopsNov2011.pdf](http://www.taichi.com.au/WorkshopsNov2011.pdf)



**Ba Duan Jin – Chinese Health & Qi Gong Association**

### Tai Chi for Diabetes workshop

**Date:** Thursday 24 & Friday 25 November 9.00 am-5.00 pm

**Venue:** St Peter's Church Hall, Corner Bignell Rd & Centre Rd Bentleigh East, Melbourne Victoria

**Trainer:** Rani Hughes is an occupational therapist and master trainer

**Website:** [http://www.taichiforhealthinstitute.org/workshops/calendar/individual\\_workshop.php?id=2181](http://www.taichiforhealthinstitute.org/workshops/calendar/individual_workshop.php?id=2181)

### 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 Myrniong, 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; [glee@iprimus.com.au](mailto:glee@iprimus.com.au);

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

email: [enquiries@taichiforlife.com](mailto:enquiries@taichiforlife.com)

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

\$40 supplement for a single room.

### Dust Brush Workshop

Many will remember the performance of the *Dust Brush* Tai Chi routine by Wendy Cheung at the 2010 WTPA Festival.

Master Tang Lai Wei of Tai Chi for Life will be conducting a

Dust Brush Workshop on Sunday 23 October 2011 from

10am to 4.30pm. The workshop will include a healthy lunch

prepared by Master Chef Robert Lew. There is a special discount offered to WTPA members.

Contact: Tai Chi For Life 03 98787188 or

[enquiries@taichiforlife.com](mailto:enquiries@taichiforlife.com)

### Chen Style Taijiquan Academy Annual Workshop 2012

by Master Peter Wu Shi-zeng

Sun 8th – Sat 14th JANUARY 2012

Swinburne Recreational Centre 120 Camberwell Road,

Hawthorn East. Melbourne, Victoria 3123.

Melways: Map 45, H12.

Course A – Chen Style Taiji Spear Select Series

Course B – Chen Style Hong Form Taijiquan Series 1

Course C – Hao Style Taijiquan Cannon Fist

Course D – Taijiquan Shen-jin Training (Level 1, Part 1-3)

Course E – Taijiquan Push Hands

One course only to be selected.

Enquiries: Tel/Fax: (61 3) 9898 8118

Mobile: (61) 0403 066 032

Email: [peterszwu@hotmail.com](mailto:peterszwu@hotmail.com)

Website: [www.peterwutaichi.com](http://www.peterwutaichi.com)

### Medical Qigong Course To Begin Next Year In Sydney 2012

The course is to be run by Dr. Bernard Shannon, Dr. Shannon is the Executive Director of the International Institute of Medical Qigong in the U.S.A which has been appointed the overseas college of Medical Qigong by the Henan University of Traditional Chinese Medicine in China.

Contact: Jason Biondo [silkdragonacademy@gmail.com](mailto:silkdragonacademy@gmail.com) .

### Level 2 First Aid Course

Following the successful Level 1 First Aid course conducted by WTPA earlier this year it has been decided to offer a Level 2 course in 2012. Interested persons should Tara Brayshaw (see below).

### IMPROVE & DEVELOP YOUR ASSOCIATION

If you have a suggestion on how your association can be improved & developed, events you would like arranged, how you and others can be more involved please contact your State Representative below.

### WTPA STATE REPRESENTATIVES

#### New South Wales Representative

Larissa Koroleva

E: [larissa@auswushu.com.au](mailto:larissa@auswushu.com.au)

Ph: 0416 290 136

#### Queensland Representative

Rob Fennell

E: [membership@wtpa.org.au](mailto:membership@wtpa.org.au)

Ph: 0407 821 973

#### South Australia Representative

Allan Kelson

E: [office@taichi.com.au](mailto:office@taichi.com.au)

Ph: (08) 8371-2488

#### Victorian & Tasmanian Representative

Tara Brayshaw

E: [tara.brayshaw@thinking.com.au](mailto:tara.brayshaw@thinking.com.au)

Ph: 0407 941 101

### Reminder

Closing date for the next newsletter is Sunday 4

December 2011. Please forward news items by that date.

Regards

**Rob Fennell Membership**