

# NEWSLETTER

January 2019



## 2019 (NEXT YEAR'S) TCAA OPEN CHAMPIONSHIPS

The 2019 Tai Chi Championship is planned (and venue booked and paid up) for Saturday 1<sup>st</sup> June 2019, and will be held again in the Sydney University Sport and Aquatic Centre (SUSAC), New South Wales. Events available will be Bare Hands TaoLu, Apparatus TaoLu and Push Hands.

So please PUT THIS DATE IN YOUR DIARY:

**Saturday 1<sup>st</sup> June 2019, TCAA OPEN CHAMPIONSHIPS**

As you may imagine, “panic” on the day can be prevented by early and careful planning, and thanks to the many helpers, officials and enthusiastic participants and spectators, 2018 went smoothly. We shall be contacting everybody again early 2019 to help out and participate. As always, our aim is to promote the spread and enjoyment of Tai Chi. It is aimed at bringing many Tai Chi practitioners and learners together to support each other in friendly competition and to learn from each other. This, we hope to continue doing.

### Quick word on PUSH HANDS:

We have been working every year trying various rules for Push Hands, from “Fixed Step” to “Semi-Fixed Step” to “Moving Step”. We are determined to keep improving based on the feedback we got, and will finalise by mid-February in time for sending out the 1<sup>st</sup> June 2019 Championship Rules. *Competition Committee*

Pictures from last competition (2<sup>nd</sup> June 2018)



## **TCAA NSW INAUGURAL "TAI CHI CULTURAL MOON FESTIVAL"**

TCAA NSW organised its inaugural “Tai Chi Cultural Moon Festival” on Sunday the **30th September 2018** at Redfern Town Hall, Sydney. The event was well attended and a resounding success, thanks to all those who helped: – Steve Heard (idea, hall hiring, sound), Cyril Loa (program schedule and compere), other helpers (tea making, mooncake cutting, setting chairs), and all those who demonstrated and shared the fun & joy. *NSW Committee*



**IS THERE A HOLY GRAIL IN TAI CHI?** - Ken Goh

Here's Ken again, continually searching for the Holy Grail!

Among the many styles of Tai Chi and Qigong, each with their many forms, and (as applicable) push hands drill, there must be a central core of truth. However, when one refers to Yang Cheng Fu's Ten Principles on Tai Chi Chuan, one may often find them "inscrutable", even to those whose cultural origin is Chinese. The Chen Style seems to have less literature (not that I have done a complete search): I do know of the concepts of "jing", "drilling" action, "opening of the Gua" and "fajing". All these principles seem only to spawn a whole lot of discussion (almost academic) that does not amount to training methods that could be helpful for attaining these principles or actions. How does one even relax, and be soft, much less use "four ounces to deflect a thousand pounds"??? Where is the entry point to these mysteries ..... the "Holy Grail"?

I shall now add to the confusion, based on my latest experimentation ☺:

Put your awareness 100% in ONE of your hip joints. You need to feel as if you (mind/awareness/intent) are touching the surfaces of your ball and socket hip joint. While maintaining awareness there, do your form or push-hands or any action (even plain walking, or washing the dishes!) as if dream-like – not wanting (perhaps not able) to exert determination, or momentum, or muscular strength. Not easy, but "THAT'S IT!" No trying to be "strong" by tightening your chest muscles, facial muscles, brain-muscles (☺), arm muscles, back muscles, leg muscles. No pushing off or jumping with the legs, no standing in a "powerful stance" (just stand – your awareness must be firmly in the hip-joint), no moving of upper body or hip bones (iliums) or knees to develop momentum. Just "float" into position. Your hands move as if they are seaweed in the waves – supported by the water, moved by the motion of the water, and yet properly anchored to the seabed. All you have to do is pay full attention to your hip joint (the Gua). You may shift attention to the other hip joint, but don't try to pay attention to both.

Happy to get your comments by "Feedback" in a newsletter article or if you prefer a "private" discussion, to [gohkeny@gmail.com](mailto:gohkeny@gmail.com). Ken Goh

**FEEDBACK**

*Brian Gregson, TAMWORTH, NSW*

**COMMENTS RE ARTICLE BY BRIAN CORLESS "TAI CHI PEOPLE – WHERE ARE YOU?"**

The article by Brian Corless in the previous Newsletter (Aug 2018) was very informative and deserves response, especially with reference to numbers of people doing Tai Chi. Brian says the Australian Bureau of Statistics "estimated that there will be between 127,000 and 149,000 people currently participating in Tai Chi/Qigong".

Two questions that arise for me from this data are:

1. "Where are they and what are their characteristics?" Indeed, where are they?
2. In reply to Brian's question, "How can the Tai Chi community in Australia better engage with the public to promote Tai Chi's public health message?" I believe it a challenge for us, in the Association.

I have often wondered why more health authorities etc have not fully endorsed Tai Chi/Qigong as an alternative means of healing people, and preventing illness. Having said that, I have experienced some success with health departments but by and large, the success has been short-lived, for various reasons.

As an Association we need to be more 'out there', getting our message across to the community and the media. From personal experience, I have had good response from media over the years, but in recent times, not so. I think that in the 1990s, Tai Chi enjoyed good coverage, because it was "new", something many people had not experienced. As the decades have rolled on, Tai Chi skills don't seem to be as acknowledged as one would have hoped. In those years, Tai Chi used to get good media coverage, eg on TV shows, radio and newspapers. Many may recall, for example, Dr Paul Lam on TV with some students showing viewers Tai Chi skills.

It seems to be a case of "we (members) know what we are doing, but nobody else does". It also seems many people in the community are "doing other things" or "not doing anything at all" (the couch potato syndrome). For many people it seems to be an effort to make the start.

Recently I had some success with media, in promoting my new form "Tai Chi/Qigong Medley", having been interviewed on one radio station, and one TV station did a (short) report in their news bulletin. However no success to date, with other media, but I am persevering with them.

In conclusion I was pleased that we held the Moon Festival recently, which I unfortunately was unable to attend, due to a transport problem.

I am hoping for more regular meetings with members like this and have written to some teachers about having a meeting before the scheduled April event (World Tai Chi & Qigong Day).

I would be pleased to hear from other members re the above.

**Newsletter Review Aug 2018**

**Lyn Brownlow, Tue, Aug 14, 2018, 8:15 PM**

to [tcaanews@gmail.com](mailto:tcaanews@gmail.com)

I just want to express my gratitude to all the people responsible for this newsletter. I have just had a quick look through all the articles and they look informative and exciting.

Thank you once again for helping to promote tai chi.

Kind regards, Lyn

## REMINDERS

### SWORD EXEMPTION RULES, VICTORIA

Members are reminded that membership (by itself) of TCAA is not sufficient for the exemption. The Regulations require that you must specifically apply for exemption by submitting the Exemption Application Form and the prescribed Statutory Declaration Form (obtain from the TCAA website <http://www.taichiaustralia.com/swords.html>). Without a correctly completed exemption, TCAA will not be able to assist you if the Victorian Police questions your claim to exemption.  
*by Registrar of Exemptions, TCAA*

### WEBSITE TIPS

If you find that you are not seeing on a website what you expect to see, it may be that your browser (eg Internet Explorer) needs to be told to “REFRESH”. “REFRESH” by clicking on the little circle with an arrow head (see the red arrow pointing to it in the below screenshot). It is usually at the top of your webpage on the same line as your URL line.  
*Ken*



### EDITOR'S NOTES: SUBMITTING ARTICLES

Besides informing the membership about matters from the Management Committee, this Newsletter is also a members' forum for learning/teaching ideas.

Members are invited to send in articles. Articles should be first-hand observations and conclusions/opinions. Should you need to quote published material or the opinion of others, you should identify the source (a hyperlink if available), and provide your summary of the subject matter as relevant to your article.

Providing to TCAA your article implies permission given to the TCAA to publish. Others may use the information in the articles without necessarily acknowledging you as the originator. As you may know, copyright is not related to an idea but to the “*specific expression (embodiment)*” of ideas or concepts, meaning your composition that is an original weaving together and implementation of ideas and sequences. (TCAA disclaims providing legal advice.)

The Editor reserves the right to make changes to comply with our Code of Conduct and space considerations. Please submit your article(s) to [tcaanews@gmail.com](mailto:tcaanews@gmail.com).

### EDITOR'S NOTES: SUBMITTING EVENTS FOR POSTING ON TCAA WEBSITE

Members may send a short title and description of less than 70 characters about events they are organising. A hyperlink to further information should be included for the reader to get further information. TCAA organised or supported events will also be posted. Please submit your events to [tcaanews@gmail.com](mailto:tcaanews@gmail.com).

If the event is deemed by the Editor to be non-profit, this facility is provided FREE but limited to one event per member. No additional event may be posted until the existing one expires. Editor or Webmaster reserves the right to reduce content if necessary. If the event is deemed to be “for-profit”, it will be posted upon a donation to the TCAA of \$50. If accepted, the posting will include an email notification to current members. Size of promotional material for email should not exceed one pdf A4 page.

Criteria of whether an event is for-profit or not-for-profit will be on the Website at:

<http://www.taichiaustralia.com/members.html>

This facility is not meant for a member's regular class advertising, which should be on the Website under “Find Instructors”.

Editor's Note: Comments concerning this Newsletter to [tcaanews@gmail.com](mailto:tcaanews@gmail.com) only