

Outgoing President's Comments.

As you may know, the TCAA Constitution requires that the post of President may be held for three years only, after which there must be a year's break before being able to be re-elected to the post. (As if anyone would want to be!). There are good reasons for this requirement, one of which to prevent "bad" policies becoming entrenched to plague an association.

For me 2019 is the year that I gratefully do not make myself available for nomination to President. (Other posts are OK.) The new Committee is shown below. In the two months into the new period, I am quite pleased to note that this Committee, with other volunteers, promises to be the most active ever in my memory of the TCAA since the year 2000. The new President, Jame Gao, has a strong grasp of the responsibility of ensuring good governance and to expand on the sharing that is the real purpose of association. I believe the TCAA is in good hands.

I shall continue to share my experience and eventually soon to be able to hand over most of the activities to the "next generation". I shall tidy up the processes that I initiated or continued and will suggest guidelines, which will of course deserve to be improved upon based on subsequent experience.

Ken Goh

Committee for 2019-2020

The AGM held on 2nd June 2019 elected the new Management Committee. Office Bearers for the period June 2019 to June 2020 are:

President	Vice President	Treasurer	Secretary	
James Gao	Jennifer Bould	Ken Goh	Rosemary Palmer	
State Rep-NSW	State Rep-VIC/TAS	State Rep-QLD/NT	State Rep-SA	State Rep-WA
Steve Heard	Eddie Nugent	Dennis Watts	Fang QIN	Robert Hall

* Members wishing to contact on general state issues should first up contact their State Rep, whose contact details are on the TCAA Website.

* Several "ordinary members" (OM) of the Committee were elected. These OMs are available to help their respective State Rep or a subcommittee lead they are able to liaise with easily.

Subcommittees

A number of subcommittee leads have been reconfirmed or newly assigned:

Competition	Fund Raising	Membership Manager	Victoria Weapons Control Manager	Webmaster	Publications
Ken Goh (reconfirmed)	Damon Bramich (new)	James Gao (reconfirmed)	Eddie Nugent (new)	Ric Bolzan (reconfirmed)	Ken Goh (new)

* These leads, responsible to the Management Committee, will contact members directly on their matters for assistance. Specific offers to help may also contact these leads.

WHY JOIN TCAA? - by Ken Goh

This question needs to be asked every so often. The answer is in the meaning of the word **association**. It is not a school. It is not an examining body. It is not a government department. It is not a business. It exists only because members wish to associate with each other to:

- Self-help as a group.
- Create artifacts (and activities) useful to each other.
- Share information and receive information.

Over the years, the following activities or benefits have been created:

- Teachers/instructors listings: classes, workshops, schools, venues, etc.
- Information on Insurance Alternatives for Teachers.
- Access to the Kungfu-Wushu National Coaching Accreditation administered by the National Sport Organisation (NSO) for Chinese Martial Arts.
- Victoria Control of Weapons Act: Exemptions for eligible members to legally practise with swords in Victoria.
- TCAA organised workshops and Competition.
- Promotion of members' workshop or events (for a small donation).
- Articles posted on the TCAA Website.

The extent of benefits will go as far as passionate volunteers can brainstorm, create, and sustain. A benefit created will sustain if there is enough expressed need. So if you support a benefit, let your State Rep know. If there is a benefit that you think should be created, moot the idea to the State Rep.

You can also put the ideas in an article in the Newsletter. You may even participate in creating the benefit. Together we can create benefits. Within limits, the membership fees provide the "seed money" to conduct activities.

In summary, **be part of the information and benefits sharing.**

2019 TCAA OPEN CHAMPIONSHIPS

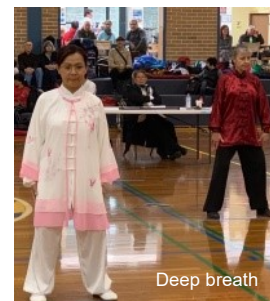
The 2019 Tai Chi Championship on 1st June 2019 thankfully met even our own expectations for being the premier friendly supportive meeting of Tai Chi practitioners students and friends.

There were 68 individual participants and 7 teams performing a total of 145 performances. There were also more supporters present. The youngest participant had just made 8 years old, and there were quite a few “seniors”.

We managed to finish on time, utilising two taolu arenas, one push hands arena, and the help of many officials, helpers and judges. We thank and congratulate all for making it a great day. Below are some pictures:

Competition Committee

[Pictures from Competition 1st June 2019](#)



Deep breath



All the Fans

All the Swords

Full concentration

The Littlest One

Supervising Dad
(see him in the background?)

Now, who's going to start first?

I crown you☺

Happy winners

Some officials

By Damon Bramich

Congratulations to this year's winners of the Fu Sheng Yuan Memorial Prize:

Female Grand Champion Angela Mak.

Male Grand Champion Sherman Mak, pictured with Damon.



Overall Champ - Male

Overall Champ - Female

The Fu Sheng Yuan Memorial Prize for Excellence congratulates the Overall Grand Champion in women's and men's forms events. The winners are required to have the highest mean score over a minimum of 3 events across both formats of forms and weapons.

The award proudly honours the legacy and contribution to the Tai Chi community made by great Tai Chi Master Fu Sheng Yuan and his family. Fu Sheng Yuan was the first great grandson of Yang Jian Hou and the only son of the famous Tai Chi Master, Fu Zhong Wen. The award is proudly sponsored by his senior disciple, Damon Bramich. The Memorial prize endeavours to encourage participants to strive for excellence in themselves and the Art of Tai Chi, thereby continuing the tradition of sharing and sportsmanship within our Art.

TCAA in the MOON FESTIVAL

TCAA NSW. The celebration has been organised for Sunday the 15th September 2019, 9:00am to 1:00pm at the Redfern Town Hall, Sydney. Judging by the inaugural event last year, the event should again be well attended and a success. Steve (NSW Rep) has released an email to NSW members calling for members to demonstrate and for helpers for the day of fun & joy.

TCAA SA. Fang (Helen) QIN (SA State Rep) is organizing for the TCAA to participate in the Adelaide OzAsia festival in the Moon Lantern Parade. No doubt, she will be in contact with SA members with more details.

Other States? Please contact your State Rep, or organize something yourself with your class and invite the public.



Sydney Participants 2018

IS THERE A HOLY GRAIL IN TAI CHI?

From Paul Parramore <paulhp@bigpond.com>, following the Jan 2019 article by Ken Goh

If there is a Holy Grail in Tai chi, it would probably be the fourth stage of “sticking” in Roll Back - Magnetising (called *suei* in Chinese), discussed in one of Bruce Frantzis’ excellent books “*The Power of internal Martial Arts*” (page 134). Bruce Frantzis’s main teacher Liu Hung Chieh demonstrated it on Frantzis on the day before Liu died. Frantzis relates that Liu did not explain it, and at the time of writing the book (and I think to this day), Frantzis is not able to do it, even though he can do everything else!

Re the “Opening of the Gua” (spelled *kua* or *kwa* in Wade-Giles system), Bruce said that “The *kwa* includes the left and right channels of the energy, the pelvis (including the hip joint), the sacrum and first few lumbar vertebrae, the iliopsoas muscle group, the adductor muscles, the pelvic diaphragms, the lower intestine and the rectum.”

Opening and Closing (O/C) the *kwa* involves O/C not only the hip joint but also the energy “cavity” in that area. O/C also activates other body functions in the *kwa*. I teach all my students how to O/C the joints when they learn the Marriage of Heaven and Earth qigong - two simple movements which open up a life long discovery, and is known in China as the “Gold Standard” for learning Opening and Closing. O/C the joints is learned early (from the start), the cavities a bit later on, etc etc. Show what it is (demo), how to do it (teaching - one to one), practice the skills at ever deepening levels, and in more and more joints etc, until eventually everything in the body can O/C when practicing Taiji - joints, cavities, organs, blood vessels etc.

A 90 year old gentleman to whom I taught this, practiced it because he was facing an upcoming operation on firstly one hand, and then 6 months later on the other hand - carpal tunnel etc. After a fairly short period of time he regained sufficient mobility and strength, that his GP and the specialist agreed with him that the operation(s) were no longer necessary.

Prof. Men Hui Feng, Beijing China said, “Without Opening and Closing there is no Taiji”.

Editor: Paul teaches in Sawtell and Coffs Harbour.

INSTRUCTOR LISTING INFORMATION

From the Webmaster

Since the redesign of the TCAA website January 2016 the site has been undergoing a steady review and we are currently standardising the Instructor Listing information. The link is: <https://taichiaustralia.com/schools.html>

This review is to ensure the data fields are consistent and that wording does not exceed the length allocated for the data fields. This will also facilitate moving the list into a database in the future.

Rather than editing your existing information, we feel that it would be preferable for you to update your data entry yourself, by submitting your information in the online listing form where the data fields and limits are already set. The link is: https://www.taichiaustralia.com/form_listing.html.

This will also be an opportunity for you to review your listing and update the information to promote your school or classes.

We would appreciate it if you could complete this by 15 August. Please do not hesitate to contact us if you have any questions or concerns.

PROMOTION OF MEMBER-ORGANISED EVENTS

TCAA may promote Tai Chi or Qigong events conducted by members by broadcast email to the membership, if the Publications Subcommittee considers them to be of interest or benefit to TCAA members.

Free events will be promoted for free. If a fee is charged for an event, a donation of \$50 will facilitate broadcasting to members of a specified State, or \$100 to the nationwide members.

Material for TCAA broadcasting should be attachments in pdf format not greater than 1 MB. A request should be sent to the current Subcommittee Lead for Publications, and upon being notified of acceptance for broadcasting, the suggested amount will be donated to the TCAA.

Depending on assessment by the Publication Committee for alignment of purpose with the TCAA, other facilities available to the TCAA may be included:

- a. Placement on the TCAA Website.
- b. Placement on the TCAA Facebook page.
- c. Placement in the TCAA Newsletter, subject to publication schedule.

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

Requests for broadcasting of events may be made to tcaaAdm@gmail.com. Remember to attach your pdf flyer. This policy is also on the TCAA website under **For Members > Promote your events**. The hyperlink is https://www.taichiaustralia.com/members_promotion.html.

Tai chi teacher marks 30 years of exercising all the right moves

IT'S when people need more than ever to unwind that they find it hardest to make the time, says someone who's been making the time for three decades.

Brian Gregson has chalked up 30 years teaching tai chi after starting as a student a few years earlier.

He said that, along with the benefits to mind and body from the practice, he'd also met "so many genuine and friendly people".

"I've been fortunate to be able to teach as long as I have: I've met so many wonderful people ... it's just been so rewarding," he said.

Mr Gregson was living in Sydney - and working for a publishing company at the time, he believes - when he saw classes advertised and decided to attend.

"It was just a good outlet away from work, just to feel relaxed [and] just enjoy it and the many benefits," he said.

"I became a teacher because I wanted to enhance my knowledge of it and learn more about it, and see how I could help others."

He set up Country Wide Tai Chi College after re-



ART OF MOVEMENT: Brian Gregson, left, leads a tai chi session; he teaches three days a week. Photo: Peter Hardin 120219PHA009

turning to his home town of Tamworth.

Tai Chi Association of Australia NSW representative Steve Heard said 30

years was "very notable."

"You wouldn't last 30 years if you weren't any good, and I've seen Brian and his tai chi, and he is very

good," Mr Heard said.

However, any pursuit would have its ups and downs during that stretch of time, and Mr Gregson said

tai chi was no different.

"Back in the '70s and '80s it was very, very popular, especially in Sydney and the capital cities ... in

recent years it seems to be waning. I think we live in a very stressful society and people find it very hard to slow down."

One of the ways to promote Tai Chi is to get ourselves into the local news. Member Brian Gregson from Tamworth, NSW has done just that.

He says of his passion that, "... one of the most satisfying aspects was meeting so many genuine and friendly people, folk who embraced the skills with great enthusiasm, and therefore felt better for it."

How did he get in the news? Maybe you can ask him – 0423 403 529 or bjpublishing@bigpond.com.

Editor

EXTENSION OF ADMINISTRATION OF SWORD EXEMPTION, VICTORIA TO ORGANISATION MEMBERS OF TCAA

TCAA has reviewed Schedule 1, ORDER IN COUNCIL EXEMPTION TO POSSESS SWORDS – MARTIAL ARTS of the Victoria Control of Weapons Act 1990. It is noted that "Member organizations of the Tai Chi Association of Australia Incorporated" may also administer the Exemptions.

Accordingly, if an organization member of the TCAA should indicate to the TCAA that it wishes to administer the exemption for its own members, it may do so provided the requirements prescribed by the Order in Council are complied with. The TCAA membership of organization member must remain current for the exemptions to be legally exercised. If the organization member terminates its membership of the TCAA, TCAA is obliged to report to the Justice Department of the termination and all individual exemptions granted will become invalid. This obligation to report leaving members is also applicable to the organization member.

It is a responsibility not to be treated lightly as there could be severe legal ramifications. Aspiring organization members should contact the Victoria Weapons Control Manager identified above or on the TCAA Website, who will clarify the requirements.

Victoria Weapons Control Manager, TCAA

Ref: Fu Zhong Wen (1999) "Mastering Yang Style Taijiquan". North Atlantic Books; Berkeley, California.
Translated by Louis Swaim expanded upon by Damon Bramich senior Disciple of Fu Sheng Yuan

1. Raise the Head

An intangible and lively energy lifts the crown of the head. This refers to holding the head in vertical alignment in relationship to the body, with the spirit threaded to the top of the head. One must not use strength; using strength will stiffen the neck and inhibit the flow of qi and blood. One must have the conscious intent of an intangible, lively, and natural phenomenon. If not, then the vital energy (Jing Shen) will not be able to rise.

2. Sink the Chest to raise the Back

Contain (Sink) the chest and raise the back. "Containing the chest" means to lower in the chest slightly to allow the qi to sink to the Dan Tian. One must avoid rigidity in the chest; thrusting out the chest will cause blockage in the chest cavity; one will be heavy above and light below; the heels will float up.

"Raise the back" means the qi adheres to the back. If one can contain the chest, then one will naturally be able to issue force from the spine, and you will be undefeatable.

3. Relax the Waist

Relax the waist. The waist is the body's ruler. If you can relax the waist, the two feet will have strength and the foundation will be stable. The changes of insubstantial and substantial all come from the turning movements of the waist; hence it is said, "The source of meaning is in the region of one's waist." If there is a situation in which you are unable to attain strength, you must seek the cause in the waist first.

4. Distinguish insubstantial and substantial.

Distinguish insubstantial and substantial. The art of Taijiquan makes the distinction between insubstantial and substantial as the first principle. If the weight of the entire body is placed over the right leg, then the right leg is substantial (full), and the left leg is empty. If the entire body's weight is placed over the left leg, then the left leg is substantial, and the right leg is empty. If one can distinguish empty and full, then the body's turning motions will be light and agile, and there will be no wasted strength. If one is unable to distinguish, one's steps will be heavy and sluggish, one's stance will be unsteady, and one will easily be unbalanced by an opponent's pull.

5. Sink the shoulders and drop the elbows.

Sink the shoulders, means the shoulders are relaxed, open, and allowed to hang down. If one is unable to relax the shoulders and naturally allow them to hang down, they will rise up under pressure and the qi will also follow them up, thus the whole body will lack strength. "Dropping the elbows" means relaxing the elbows downward and letting them hang. If the elbows are drawn up, the shoulders will be unable to sink, and you will not be able to defuse force or uproot an opponent.

Part 2 for the second five points will be continued in the next Newsletter.

IS THE NCAS "RETIRED"?

This question is sometimes raised in relation to the instructor accreditation conducted by the Kungfu Wushu Australia (KWA). The suggestion is that the Australian Sports Commission (ASC) no longer supports the "National Coaching Accreditation Scheme" (NCAS), and therefore the NCAS is "RETIRED".

TCAA's understanding of the situation is this:

- a. The NCAS is only discontinued from being directly administered by "Sports Australia", the operational brand of the ASC.
- b. "Sports Australia" has handed the responsibility to recognised "National Sports Organizations" (NSO) to administer their sport-specific accreditation.
- c. KWA is the "Sports Australia" recognized NSO for our sport: KungFu-Wushu-TaiChi, and is therefore authorized by "Sports Australia" to conduct the NCAS for our Sport.

TCAA is an Association Member of the KWA, and by virtue of that, all TCAA individual members are able to gain NCAS accreditation through the KWA.

Associated with this accreditation is the facility to get instructor insurance cover administered under the KWA and the Martial Arts Industry Association (MAIA). This cover is attractive as the cover is for the teaching of martial art, implying that "contact-sport" risk is covered. In comparison, most healing modality cover for Tai Chi do not cover claims (Third Party & Professional Indemnity) resulting from any competitive sporting activity.

Editor.

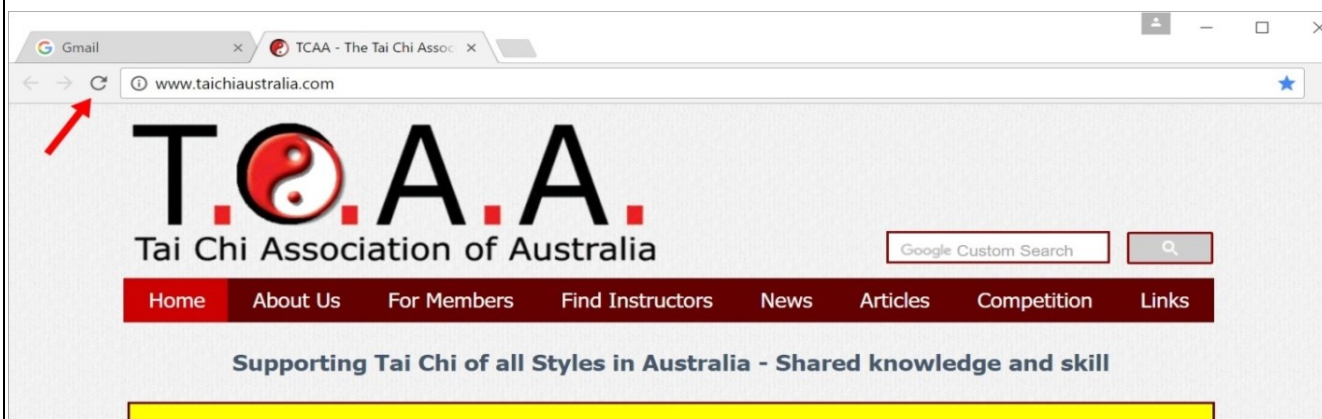
REMINDERS

WEBSITE TIPS

Sometimes, we get a form from a member that has been superseded, but the members had apparently downloaded it from the TCAA Website. One reason this can happen is that the computer may have retained a *cache* from a few years ago and it has never been updated to the current one.

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”. To “REFRESH”, click 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.

Editor: This has happen to me quite a few times!



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 take of the subject matter in your article. Quoting other publications extensively is not encouraged as you have the obligation of ensuring that you have complied with the “fair use”, or have specific permission to quote copyrighted material, and you indemnify TCAA against all claims.

Providing your article to TCAA implies permission given to the TCAA to publish your “work”. 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 an article to comply with our Code of Conduct and space considerations. Please submit your article(s) to tcaanews@gmail.com.

Editor's Note: Comments concerning this Newsletter may be sent to tcaanews@gmail.com.