



Taranaki Tai Chi Chuan Association Inc.

TSB
COMMUNITY
TRUST

TO 2018 -
16 FEBRUARY -



WELCOME

CHINESE NEW YEAR

I would like to share this quote from Malala Yousafzai in her book "*Malala*".
"God has given us an extraordinary brain and a sensitive loving heart.
He has blessed us with two lips to talk and express our feelings,
Two eyes which see a world of colours and beauty,
Two feet which walk on the road of life, two hands to work for us,
A nose which smells the beauty of fragrance, and two ears to hear the words of love."
I felt it was a really uncomplicated thought to keep in mind as we begin our new year.

Ending 2017 :

NOVEMBER 27th Monday

AGM – Taranaki Tai Chi Chuan Association held its AGM at 7pm in the Holy Trinity Church Hall.

Officers elected were as follows:-

TARANAKI TAI CHI CHUAN ASSOCIATION INC

PATRON: Margaret Underwood, with mother, Nancy Underwood, **Life Members.**

PRESIDENT: Eleanor Arbuckle, Ph. 027 293 9824

VICE-PRESIDENT: Judi Lee, Ph. 027 268 2601

SECRETARY – Correspondence: Selina Mackie, Ph.027 815 1204

SECRETARY- Minutes: Dorval Renaud Ph.022 315 4831

TREASURER: Nick Morton 021 79 0597

COMMITTEE: Norah Lambie Ph.021 142 5326, Adell Morton Ph. 06 757 2226,
Sarah Buist Ph.021 022 44085, Veronica Bailey Ph. 06 75 88089 or
027 5588466 (txt only)

DECEMBER 2nd Saturday

A PUBLIC TAI CHI DEMONSTRATION was held in King Edward Park, Hawera, from 10.00 – 11.00am in the Rose Garden. This was part of "Art in the Park" festival.

It was a great day with many families, people, enjoying the lovely day and having fun – being happy. Many stopped to watch, take photos/videos.

Our demonstration included Qigong, Tai Chi Forms, and also the Fan Form, and a Sword Form demonstration by three of our members.



2018 JANUARY 22nd

Classes recommenced.

Monday

9am- 10am

Oakura Town Hall, Oakura

11.30am – 12.30pm

Bell Block Hall, Bell Block

5.30pm – 7.00pm

Holy Trinity Church Hall, Fitzroy, New Plymouth

Tuesday

9.15am – 10.15am

Merrilands Domain Hall, New Plymouth

5.30pm – 6.30pm

Waitara War Memorial Hall, Waitara

Wednesday

5.30pm – 7.00pm

Holy Trinity church Hall, Fitzroy, New Plymouth

7.15pm – 8.45pm

Holy Trinity Church Hall Fitzroy, New Plymouth

Thursday

9.30am – 10.30am

Inglewood Town Hall, Inglewood

12.15pm – 1.15pm

Savage Club Hall, Hawera

7.00pm – 8.30pm

Stratford Primary School Hall, Stratford

Friday

9.15am – 10.15am

Merrilands Domain Hall, New Plymouth

10.45am – 11.15am

Merrilands Domain Hall, New Plymouth

Saturday

9.00am – 10.30am

Vogeltown School Hall, New Plymouth

MARCH 3rd Saturday

Multi Ethnic Extravaganza held at Pukekura Raceway, New Plymouth. We did a public demonstration at 12.50pm, with an amazing turn out of members, we filled up the stage ! There were many interested spectators and many positive comments heard around later.



MARCH 18th Sunday

Another demonstration, this time in the Scottish Charm Lounge, Pukekura Raceway. This was for the Campers at WOMAD. It was timed for 9.30am – 10.15am. Judi was a bit apprehensive about how many would come. The result was truly phenomenal – the people just kept arriving, I think the count was about 40 !! A few had done Tai Chi before, but most were interested in trying it. The view from the Lounge was a sight to

behold – tents, campervans, bikes, etc covered the entire Racecourse – not a spare patch to be seen !!





We were asked if we would be willing to do the same next year – unanimous reply, “yes” !!

Coming up:

APRIL 21st, 22nd, Saturday & Sunday

Workshop, with Orlando Garcia, will be held at the Highlands Intermediate school Hall, New Plymouth. A flyer/notice with details of programme, times, and cost, will be sent out soon

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|  <p>TARANAKI TAI CHI Be Still As A Mountain - Move Like A Great River</p> |  <p>TARANAKI TAI CHI Be Still As A Mountain - Move Like A Great River</p> | | | | | | | | | | |
| TAI CHI CHUAN / HEALTH QI GONG WORKSHOP | | | | | | | | | | | |
| Instructor: ORLANDO GARCIA Director & Principal Instructor Wushu Culture Association, Auckland 21st & 22nd APRIL 2018 Highlands Intermediate Hall 260A Coronation Ave, Welbourn, New Plymouth 4310 | | | | | | | | | | | |
| <i>Taranaki Tai Chi Chuan Association is proud to bring you an exciting and health promoting programme suitable for the beginner to the advanced student.</i> | | | | | | | | | | | |
| PROGRAMME: | | | | | | | | | | | |
| Saturday 21st April 2018 | | | | | | | | | | | |
| 9.00am – 9.30am | Registration | | | | | | | | | | |
| Session One: 9.30am – 12.30pm | Health Qi Gong: Ba Duan Jin Eight Pieces of Brocade – Postures & Theory | | | | | | | | | | |
| Lunch: 12.30pm – 1.30pm | Bring a plate for a shared lunch | | | | | | | | | | |
| Session Two: 1.30pm – 4.30pm | Theory of Traditional Chinese Medicine (TCM) Tai Chi & Qigong Stick Form | | | | | | | | | | |
| Sunday 22nd April 2018 | | | | | | | | | | | |
| Session Three: 9.00am – 12.00noon | Three Treasures and 10 essentials of Yang Tai Chi Forms | | | | | | | | | | |
| For more information contact: JUDI LEE – Head Instructor Taranaki Tai Chi Chuan Association Inc Phone 027 268 2601 or email jharre@primowireless.co.nz | | | | | | | | | | | |
| TAI CHI CHUAN / HEALTH QI GONG WORKSHOP | | | | | | | | | | | |
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| REGISTRATION FORM | | | | | | | | | | | |
| <table border="1" style="width: 100%;"><tr><td style="width: 30%;">NAME:</td><td></td></tr><tr><td>ADDRESS:</td><td></td></tr><tr><td>PHONE:</td><td></td></tr><tr><td>EMAIL:</td><td></td></tr><tr><td colspan="2">I am a member of TTCCA <input type="checkbox"/> I am interested in becoming a member <input type="checkbox"/></td></tr></table> | | NAME: | | ADDRESS: | | PHONE: | | EMAIL: | | I am a member of TTCCA <input type="checkbox"/> I am interested in becoming a member <input type="checkbox"/> | |
| NAME: | | | | | | | | | | | |
| ADDRESS: | | | | | | | | | | | |
| PHONE: | | | | | | | | | | | |
| EMAIL: | | | | | | | | | | | |
| I am a member of TTCCA <input type="checkbox"/> I am interested in becoming a member <input type="checkbox"/> | | | | | | | | | | | |
| Cost: TTCCA Members: \$15 per session; \$30 for two sessions; \$45 for three sessions Non-Members: \$20 per session; \$40 for two sessions; \$60 for three sessions (Memberships welcome - \$10 annual subscription) | | | | | | | | | | | |
| Please indicate sessions below: (tick box) | | | | | | | | | | | |
| SESSION ONE <input type="checkbox"/> BA DUAN JIN | SESSION TWO <input type="checkbox"/> TCM & STICK FORM | | | | | | | | | | |
| SESSION THREE <input type="checkbox"/> TAI CHI CHUAN | | | | | | | | | | | |
| Payment Details: Please make cheques out to Taranaki Tai Chi Chuan Association OR Direct payment to TSB Bank Acc 15-3942-0822108-00 using WKSP followed by your initial and surname as Reference. Please tick if paid by Direct Credit to Bank <input type="checkbox"/> TOTAL AMOUNT PAID: | | | | | | | | | | | |
| Registrations To: Selina Mackie, Correspondence Secretary, TTCCA, 13 Kinross Drive, Merrilands, New Plymouth OR Register on the day | | | | | | | | | | | |

APRIL 28th Saturday

World Tai Chi Qigong Day will be held again at **Kunming Gardens, Brooklands Park, New Plymouth**, at **10am**. This is the day and time, when people and communities all over the world share Tai Chi and Qigong. We, in New Plymouth, have nearly always been lucky with the weather, and people from other schools and the wider community have shared Tai Chi, friendship, and a cuppa at the Tea House on the Lake afterwards. Come and join us, all welcome !

YANG STYLE TAI CHI CH'UAN: THE MOST POPULAR STYLE. If you see someone or a group doing tai chi, odds are they're practitioners of the Yang style. This is the most popular and widely practiced tai chi throughout the world



Fluid, Slow Movements. The Yang form is typically done with slow, steady movements, which help practitioners to relax and to feel the flow of the energy within their bodies. The movements are large enough to foster a sense of exuberance and freedom.

Beautiful to watch, relaxing to do, the Yang style is also lyrical in its moves, which include "Fair Lady Works the Shuttles", "Needle at the Sea Bottom", and "Grasping the Sparrows Tail".

With its grace and emphasis on relaxation and smooth internal energetic the Yang style attracts and retains many students each year.

The Yang Style for Martial Arts. While the martial applications are embedded in the Yang form, tension isn't generated by overtly winding up for the knockout blow. In beginning sets, there's typically no rushing in for the strike. The blows appear more dance-like than deadly.

But, we all know appearance can be deceiving. Anyone who practices the Yang style for self-defence or as a martial art can attest to that.

The slow movements of the practice forms help beginners to overcome tension and resistance which may normally impede their actions.

Focus on internal energetic: By focusing on the slow flow of movements, practitioners gain more awareness of their bodies. This awareness later extends to feeling the flow of internal energy-the internal power generated by a tai chi practice. Practitioners experience an increased sense of well-being and health through this type of Yang style practice.

Accessibility of Yan Tai Chi: Because of its popularity, the Yang may be the most accessible tai chi style. With large numbers of practitioners, it's easier to find instructors, classes, books, DVD's, and other learning materials on the Yang, as opposed to other tai chi styles. Perhaps you'll find that the closest or most convenient classes offered are in the Yang style- a practical entry point for many beginners to the benefits of tai chi



Yang Lu Chan (1799-1872) who brought the secrets of tai chi out of the Chen village into the modern world and founded the Yang style.

YANG THE INVINCIBLE: The Yang style has been associated with calm, aware, deliberate energy flow since its very beginning. The founder of the Yang style, Yang Lu Chan, earned the nickname "Yang the Invincible" for his incredible martial arts skills. Yang not only defeated his opponents by won his battles without injuring them. While some challengers thought only about winning by hook or by crook- by killing or by maiming- Yang exercised incredible discipline in honourably dispatching his opponents.

His skill caught the attention of the emperor, and Yang was rewarded with the job as martial arts teacher to the emperor's personal guard-an honour given only to the best martial artist in China.

In addition to his tai chi skills, Yang's tai chi school produced many skilled practitioners. Students were not only from the emperor's elite but included the not-so-elite. Yang Lu Chan was pivotal in bringing tai chi techniques and principles out of a remote village and into greater China. His students and others in his lineage have continued to make the Yang style tai chi accessible to many.



CHEN MAN CHING, Who studied with Lu Chan's grandson (Yang Cheng Fu), was one of the first masters to bring tai chi to the west.



YANG: Popular throughout the world: These amazing personalities-as well as the fairly large and easy flowing movements of the Yang forms- are largely responsible for the popularity of the Yang style today, both in China and across the world.

SO HOW LUCKY ARE WE: The pure form of Yang style is practiced today in our school and we are blessed to have a principle teacher Judi Lee passing on her knowledge and understanding of the form. Yes, the practise does sometimes seem to take forever as we try to grasp the meaning of the moves and wonder about the flow of chi.

OK, think about this: You walk into a room that has a bad feeling about it. Maybe harsh words have been spoken to each other. YES that is Chi. Someone else's energy or vibe. Learn to FEEL THE CHI in your daily life and you will also carry it through to your lessons as well. Take your time and it will happen. Enjoy, don't overthink, relax and just be.