

## Taranaki Tai Chi Chuan Association Inc.

TSB  
COMMUNITY  
TRUST

### NEWSLETTER – March 2019



**According to the Chinese astrology, 2019 is a great year to make money, and a good year to invest!**  
**2019 is going to be full of joy, a year of friendship and love for all zodiac signs;**  
**An auspicious year because the Pig attracts success in all the spheres of life.**

### Welcome!

**First, a quick review of events in the latter part of 2018.**

#### **21 JULY 2018 at 6.30pm**

We had our Midwinter Christmas Function at Merrilands Domain Hall. Members and their families all joined in for a fun social evening, with a shared pot luck dinner, of favourite Christmas recipes and BYO.



#### **11, 12, AUGUST 2018**

Orlando Garcia, from the Wushu Culture Association in Auckland, came to take a weekend workshop at Highlands Intermediate School Hall, NP. The programme included Ba Duan Jin, Qigong Stick Form, and introduction to Mawangdui Daoyin Shu, which are all Qigong exercises. On the 2<sup>nd</sup> day the principles and techniques of Yang Style Tai Chi Chuan Forms were discussed.

#### **8 SEPTEMBER 2018**

A free public class/demonstration was held in the PukeAriki Main Foyer at 10am. to celebrate World Qigong Day, which is a worldwide event, when Qigong participants from countries everywhere join together at 10 am (their local time), to promote and enjoy this exercise method, renowned for its ability to enhance health and wellbeing for all ages and abilities. As with the 1<sup>st</sup> World Qigong Day held in 2017, there was a great attendance of members, and much interest shown by visitors to the museum.

## **15 OCTOBER 2018**

28<sup>th</sup> Annual General Meeting of the Taranaki Tai Chi Chuan Association was held, 7.30pm – 8.30pm, in the TSB Community Trust Boardroom, Dawson St. New Plymouth.

The Committee decided that the officers remain as is, being :

**Patron:** Margaret Underwood, **Life Member:** Nancy Underwood.

**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, Ph. 021 79 0597

**Committee:** Adell Morton, Ph.06 757 2226

Sarah Buist, Ph.021 022 44085

Norah Lambie, Ph.021 142 5326

Veronica Bailey, Ph. 06 75 88089 or

(txt only) 027 55 88 466

**Newsletter Editor:** Veronica Bailey with Adell Morton.

## **16 – 18 NOVEMBER 2018**

In association with the Wushu Culture Association (Auckland), we were able to have a Health Qigong Weekend Workshop in conjunction with a visit by the Delegation of the International Health Qigong and Chinese Health Qigong Association, with Professor Yang Yu Bing, and Professor Li Zheng En. The workshop was held in the Bell Block Hall, NP.



The programme included :

**Daoyin Yang Sheng Gong** and  
(12 Methods of Guiding the Chi)

**Da Wu Health Qigong**  
(The Healing Dance)



## **7 DECEMBER 2018**

We celebrated Christmas and the amazing year we had as a Tai Chi Group, with our families at Snug Lounge “White Hart Hotel” New Plymouth, from 5pm onwards. It was all own care so people came and went as they desired, making it a relaxed casual evening, sharing friendship and good cheer.



### **30 JANUARY 2019**

As part of NPDC's Festival Of Lights Summer Scene, our Taranaki Tai Chi Group held a display on the Hatchery Lawn, Pukekura Park, from 9.30am – 10.30am. There were a great number of people who came along to "Be still as a mountain and move like a great river" and enjoyed the calming exercise of tai chi in the park.



### **21 FEBRUARY**

All classes had recommenced by this date –

**Monday :** 9.00am – 10.00am Oakura Town Hall, Oakura.

11.30am – 12.30pm Bell Block Hall, Bell Block.

5.30pm – 7.00pm Holy Trinity Church Hall, Fitzroy.

**Tuesday :** 9.15am – 10.15am Merrilands Domain Hall, New Plymouth.

**Wednesday:** 9.00am – 10.00am Savage Club Hall, Hawera.

5.30pm – 7.00pm Holy Trinity Church Hall, Fitzroy.

7.15pm – 8.45pm Holy Trinity Church Hall, Fitzroy.

**Thursday:** 9.30am – 10.30am Inglewood Town Hall, Inglewood.

7.00pm – 8.30pm Stratford Primary School Hall, Stratford.

**Friday:** 9.15am – 10.15am Merrilands Domain Hall, New Plymouth.

**Saturday:** 9.00am – 10.30am Vogeltown School Hall, New Plymouth.

**Upcoming dates to note on your calendars:**

### **27 APRIL, Saturday**

World Tai Chi Qigong Day, Kunming Gardens, Brooklands Park, NP

### **8 JUNE, Saturday**

Midwinter Christmas Dinner, Holy Trinity Church Hall, Fitzroy, NP

### **14, 15 JUNE, Friday & Saturday**

Workshop with Orlando Garcia – Da Wu.

**All dates, times, etc to be confirmed.**

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### **From Eleanor:**

We were very thrilled to receive a gift from the Chinese delegates at our last workshop. The Book Chinese Health Qigong, and the wonderful jacket buttons they gave us will be raffled at the next few events. Here are some excerpts from the book that I have typed out, to give you a taste of what is available and the benefits you will receive from practicing Health Qigong Exercises.

Based on Traditional Chinese medical theory, Medical Qigong focuses on the balance of Yin and Yang of the body by cultivating Jing, Qi and Shen, and improving the meridian system, to expel illnesses, prolong life, and explore the mystery of human life. It is not only the practice of self-cultivation and scholarship-pursuing, but also the important method of benefiting man and society.

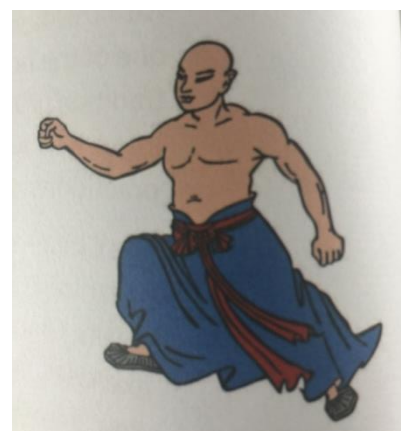
## **HEALTH QIGONG METHODS**

The Chinese Health Qigong Association has organized experts to create the exercises of Health Qigong based on traditional Qigong exercises, including Health Qigong – Yi Jin Jing (Muscle-Tendon Change Classic), Wu Qin Xi (Five Animal frolics), Liu Zi Jue (The Six Healing Sounds), Ba Duan Jin (Eight Section Brocade), Tai Ji Yang Sheng Zhang (Health Care Taiji Mace), Daoyin Yangsheng Gong 12 methods, Shi Er Duan Jin (Twelve Section Brocade), Mawangdui Daoyin Shu, and Da Wu (Big Dance).

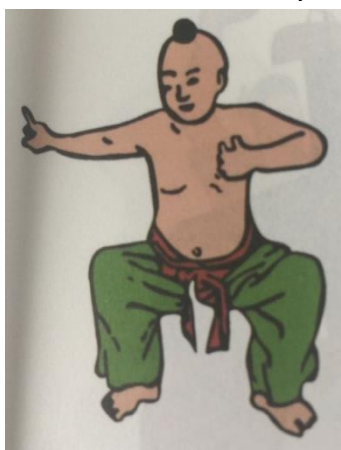
### **Yi Jin Jing**

Is believed to be a health-building method created by the Chinese Zen Buddhism founder, Bodhidharma, for the purpose of exercising muscles and tendons.

Health Qigong. Yi Jin Jing, inheriting the essence of traditional Yi Jin Jing 12 forms, lays emphasis upon turning, bending, extending, and stretching of muscles, bones and joints. The turning, bending and extending of the spine is also emphasized.



The flexible postures, the point kept in mind, and the frequency of breathing required by Health Qigong .Yi Jin Jing fit the needs of people of any ages and in different health conditions. Regular Yi Jin Jing practice has a positive effect on improving the function of cardiovascular, respiratory, and digestive systems, raising the balance ability, bettering the flexibility and force of muscles, and lessening anxiety and depression.



### **Ba Duan Jin**

Ba Duan Jin emerged before the Song Dynasty (950-1279) and developed into a formal exercise in the Ming and Qing Dynasties 1368-1911

**Health Qigong:-** Ba Duan Jin preserves the excellence of the ancient movements. On the basis of modern kinesiology and physiology, the order of movements has been changed and the amount of physical exercise regulated reasonably. It leads to good health by harmonious conjugation of mind, breath and movement.

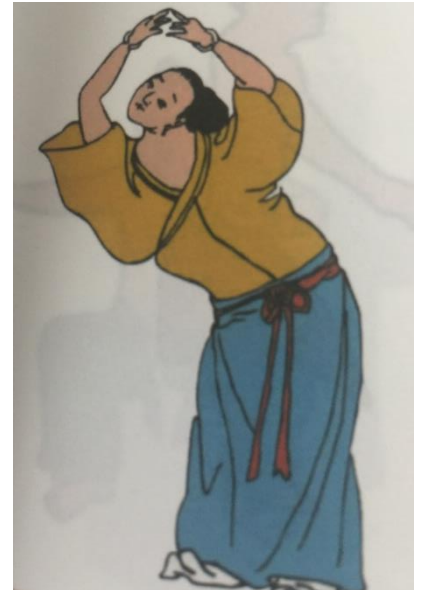
The movements of Ba Duan Jin are gentle, slow, smooth, coherent, and elegant. It couples tension with relaxation, activeness and quietness. Long-term practicing of Ba Duan Jin can enhance the functions of respiratory, nervous and cardiovascular systems, build up the cellular immune function, raise the ability to resist senility, and adjust the psychological state.

### **Wu Qin Xi**

Wu Qin Xi is a health-building method developed by the famous doctor Hua Tuo in the Eastern Han Dynasty (25-200) by imitating the actions of animals based on the habits of the tiger, deer, bear, ape, and bird

**Health Qigong: -** Wu Qin Xi imitates the action of tiger, deer, bear, ape, and bird. The unity of form and spirit, the harmony of mind and Qi, and the integration of the internal and external brings people to the state of “three adjustments into one”.

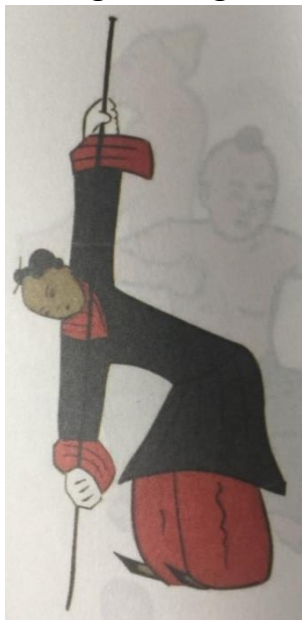
The movements of Health Qigong. Wu Qin Xi are gentle and unfolding, and is suitable for most people. Long-term practice can advance practitioner's cardiovascular function, respiratory system, joint agility as well as psychological condition.



### **Tai Ji Yang Sheng Zhang**

Mace is a type of apparatus in traditional Chinese regimen, and it has long been an apparatus for physical exercise.

**Health Qigong :-** Tai Ji Yang Sheng Zhang is based on the ideas of “Taiji”. Unity of Yin and Yang. Having inherited the essence of traditional mace exercises, it is an exercise with apparatus-guided limb movements and the supporting respiration and mind regulations as the major approaches.



Tai Ji Yang Sheng Zhang can be either practiced as a whole or divided into individual routines or combinations of multiple routines. The movements of the entire exercise are gentle, slow, well-balanced between motion and quiescence, graceful, well-coordinated with mind and Qi, and suitable for people of different physical conditions. By long-term exercises, it can improve body flexibility and balance ability, the cardiovascular system, and the psychological state.

## Judi's Update.



Hi Everyone.

I thought I would give you an update on what has been happening in my life over the last three months.

At the end of November 2018 I was admitted to Waikato Hospital and had open heart surgery to have my Aortic valve replaced. This was because I was born with a deformed Aortic valve which was bicuspid instead of tricuspid.

This means that the valve deteriorates a lot faster than a normal valve.

I had been being monitored over the years, but the symptoms had started to become a lot more intense, where my heart would really thump when I exerted any effort and I was getting breathless easily. I was also having dizzy spells so I decided to go for the surgery. Lucky I did because when the Surgeon told me after the operation, that the valve was in such bad shape it was lucky I hadn't suddenly collapsed and I wouldn't have seen the year out. I now have a new Bovine valve that will hopefully last me 10-20 years, before I need to have it replaced too.

The timing worked out really lucky for me. I was recovered enough to enjoy Christmas with my family, and have the holidays to not have to worry about Tai Chi classes. I wasn't allowed to drive for 2 months so I was confined to home and rest. I would like to take this opportunity to thank my fellow Tai Chi instructors, Eleanor and Selina for taking my classes while I was recovering and keeping the Tai Chi ball rolling. I am forever grateful. You both were wonderful and everyone enjoyed your teaching and much can be learnt from different teachers. Also thank you to everyone who sent me get well wishes and flowers and gifts, I felt deep gratitude for your love and blessings.

Although I found the first week after surgery very uncomfortable and I spent the first month mostly sleeping, short walks, watching movies, qigong and tai chi breathing, and gentle tai chi forms, I am healing well and building up my strength. I have returned to all my classes and also working at Palmers Garden Centre again. The doctor was impressed with my recovery, and I feel the fabulous Health Qigong Workshop in November I attended the day before my operation, certainly charged me with Qi energy, and the Qi energy exercises and Tai Chi forms have helped my recovery too.

I am so grateful to be able to look forward to this year for another exciting Taranaki Tai Chi and Qigong Group and family and also to my youngest daughter's Wedding on March 23<sup>rd</sup>, and my eldest daughter's first born in April.

Happy New Year everyone. – Judi Lee

So ends this Newsletter – Remember :- **WHERE THE MIND GOES, THE CHI FLOWS**

Our website :- [www.taichiqigong.co.nz](http://www.taichiqigong.co.nz)