



Wu Ya Nan (left)—“Men’s World Tai Chi Champion from Shaan Xi Wushu Team (we met him during China Tour 2007 too!)



www.taichi-wushu.com



Australian Team at the 9th World Wushu Championships

Attempting to Get Back What One Has Given——出爾反爾

4th Newsletter 2007

Ni Hao! 你好!

How time flies! End of 2007 already, and many people have commented that time seems to be moving faster and faster each year! For many of us, now is a time of reflection and review of whether we have reached our goals, and start planning for the new year. For TWIA, 2007 has been another interesting year, with the highlights including:

- * Chinese New Year demo at Crown Casino
- * China Tour to Yunnan, Xian, Hong Kong
- * Re-introduction of park sessions
- * Partnership with a Registered Training Organisation to provide government accredited courses in Sport Coaching -Tai Chi
- * Participation in National and Oceania competitions
- * Master Shao as the Australian National team Coach leading the team to the 9th world Tai Chi/wushu championship
- * Annual Dinner
- * Dan Grading

Of course, we had the privilege of a number of new members joining us at various branches, and a few new trainee instructors. Thank-you to all our members (new & existing) for making 2007 another successful and enjoyable year. We hope you enjoyed the journey together so far, and look forward to seeing you from Monday 28th Jan 2008 (when we re-commence).

We wish you and your family a wonderful festive season, and a happy, healthy, prosperous new year!

Student of the Year

Congratulations to the following students who have been voted by instructors as our “2007 TWIA Student of the Year”:

Anne Hammond - Female Student of the Year

Anne has been a part of TWIA since 1999. She has consistently attended Tai Chi training, and proved to all of us that age is no barrier to long term learning. This is despite a previous history of back & knee pain! Anne’s attitude is a fine example for all of us to learn from—we do our best in all circumstances, and we do ourselves proud!

Julian Lee—Male Student of the Year

Julian joined our Wushu class in 2005. He has been a dedicated student whose level of skill has consistently improved. (we trust he has been training at home too) As well, Julian participated in nearly all the Lion Dance classes conducted, and showed his support at the recent 2007 Oceania and Victorian Championships. Despite having recent high school exams, Julian also participated in the Grading and achieved his 1st Dan in Wushu. Well Done!

It is clear from each year’s Students of the Year that **attitude** is what makes one stand out from the crowd. We should not let ourselves be limited by gender, age, culture, circumstances or any other excuse. Let’s bear this in mind for 2008 and see how far the right attitude can take us!

態度

Attitude” in Chinese are depicted by these two characters, pronounced

“Tai Du”. “Tai” is made up of 2 other Chinese characters, meaning “possibility” and “heart”; “Du” on its own, means “level” or “degree of”. Worth contemplating!

Annual Dinner

A big Thank-you to everyone who attended the annual dinner. You helped made the evening a night to remember! Finishing off the year with good food and good company always creates fond memories. We hope you had a great time too!

9th World Wushu Championships - Beijing

As some of you know, Master Shao was Team Coach for the Australian Wushu & Tai Chi Team at the recent World Championships in Beijing. It was an huge event this year, with participation from 85 countries. The Asian teams were extremely strong as usual, due to their full-time training programs, and were an inspiration to the Australian team. The next major Wushu event will be the 2008 Asian Wushu Championships in Indonesia.

Dan Grading

Congratulations to all who participated in this year's annual grading. You have demonstrated your "Jing Qi Shen" (Essence, Energy Spirit as printed on our uniform t-shirt) at the grading, and that's what we are really proud of! The results of the grading are as follows:

<u>Name</u>	<u>Discipline</u>	<u>Dan</u>
Steven Dale Yates	Bagua	Entrance
Heather Millikan	Tai Chi	Entrance
Joan Buckland	Tai Chi	Entrance
Jacqueline Coste	Tai Chi	Entrance
Henrietta Chew	Tai Chi	Entrance
Liza Grace	Tai Chi	Entrance
Michelle Darcy	Tai Chi	Entrance
Harlinah Teoh	Tai Chi	Entrance
Carolyn Myers	Tai Chi	Entrance
Darius West	Tai Chi	Entrance
Yvette Hoppen	Tai Chi	Entrance
Adam Shakespeare	Tai Chi	Entrance
Nirmal Raj Singh	Tai Chi	Entrance
Ai Yazici	Wushu	Entrance
Jason Shao	Wushu	Entrance
Loc Lien	Wushu	Entrance
Tam Lien	Wushu	Entrance
Tim Ng	Wushu	Entrance
Laszlo Dauenhaur	Wushu	Entrance
Paul Low	Wushu	Entrance
Philip Raso	Wushu	Entrance
Angelo Raso	Wushu	Entrance
Nirmal Raj Singh	Wushu	Entrance
Aaron Oudeman	Wushu	1st Dan
Benjamin Adams	Wushu	1st Dan
Julian Lee	Wushu	1st Dan
Jason Su	Wushu	1st Dan
Raymond Su	Wushu	1st Dan
Daniel Lin	Wushu	2nd Dan
Glenn Shaw	Wushu	2nd Dan
Matthew Hall	Wushu	2nd Dan
Tony Nemorin	Wushu	2nd Dan
Ben Chan	Tai Chi	3rd Dan
Wayne Walshe	Tai Chi	3rd Dan
Ben Chan	Wushu	3rd Dan

Well Done Everyone!!

New Shipment of Training Weapons Arrived

Please let your instructor know if you have been waiting for any items which may previously have been out of stock. A new shipment of cudgels, swords, shoes and deer horn swords has just arrived!

Our Students of the Year share with us their experience of being a part of TWIA. (Feel free to congratulate them next time you see them around!)

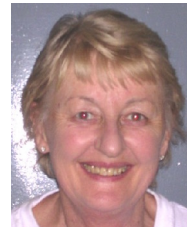
When I began learning Tai Chi from Master Shao that first evening I was overwhelmed by the slow flowing movements as he demonstrated the Tai Chi 24 Form. Many times over the years I wondered how I would remember the movements.

We always began the class with the warm up exercises, learning to breathe as we went through them. Much later the Chi Kung exercises were introduced. An ancient Chinese method of healing, strengthening the mind, body and spirit. After the class we did a standing meditation.

We concentrated hard each week and gradually after much repetition we mastered the 24 Form. In the years following learning the 42 Form , Fan, Yang Style, Sun Style 42 Sword and 32 Sword.

Master Shao is so dedicated, patient and such an expert in teaching Chinese Martial Arts. Someone once said that a willing student will find his way to the right "Master ", how fortunate that we found our way to Master Shao.

Now 8 years later I am still learning each week, having enjoyed Tai Chi classes with other students and feel very honoured to have learnt from such a Master.



Anne Hammond
(2008 Female
Student of the Year!)

We lined up, and waited until an instructor called out "Number 3," referring to one of the Ten Flick Kicks. We started, and as we went deeper into the Form, I realized another student didn't know how to do the form, and was looking to me for guidance. I slowed down my movements, doing them as clearly as I could so he could pick up what I was doing. As I did, I begun to realize that was me almost 3 years ago.

I started Wushu at the start of 2005 as an inflexible person in mind and body. After driving by Glen Eira College on a Saturday, my dad noticed the Tai-Chi Wushu sign posted along the fence, and I quickly enrolled. When I first joined the group, I was amazed at how everyone except for me could touch their toes. I would watch the advanced class from the stage at the front where beginner classes are held, in amazement,

hoping that someday I would be like them. As I continued to practice on Saturdays, I slowly became more confident in my skills.

Wushu has played a major part in shaping my life. It taught me things about my mind and body, and not only did I learn about how to practice Wushu, I was taught the Chinese culture behind it, especially the understanding of 'Essence, Energy, Spirit' – the characters written on the front of the uniform – and how to apply this in all the forms.

I have learnt about Chinese culture, and instead of just watching documentaries about Kung-Fu on TV in awe, I can say that I am part of that, not just and outside watching it – we all are involved in keeping this culture alive.

I have become fitter from practicing Wushu – I can walk for longer, and play sport with much more ease, and I find that I can concentrate and remember more at school on weeks when I attend Wushu training on the Saturday. I am also more confident at both in and out school.

I am incredibly grateful to be taught by such an experienced and learned person as Master Shao. He has so kindly and open-heartedly taught not only me, but every one of his students. Thank you for giving me this award and the honor of training with such a dedicated group of people.

I wish you all a Merry Christmas and a Happy New Year.



Julian Lee
(2008 Male Student
of the Year!)

Fight or Flight

A few years ago, I was walking out of the local supermarket when I found a small group of teenagers on their BMX bikes loitering in the lobby, partially blocking the exit. I was about to make my way around them when another male shopper told them in no uncertain terms to take their bikes elsewhere. A verbal exchange erupted with one of the teenagers challenging the man to stay put so that he could get his leader to sort him out. The man obliged. As an onlooker as the incident unfolded, I sided with the shopper as I felt that the teenagers should not have ridden their bikes into the lobby. When the teenagers left, I found myself in a dilemma – do I stay and help the man if there is a fight considering that he would be outnumbered or should I just mind my own business and walk away?

It is the innate nature for any decent person to help another person in trouble. We read in books, both fiction or otherwise, about heroes and do-gooders protecting the weak and bringing justice to bear on crooks and bullies, and probably would like to emulate them if we have the ability and the opportunity. While I would like to pride myself as a martial arts practitioner, my little fighting skill was confined to what I had learnt in class and had no actual combat experience. Any way I decided that I would watch from a close distance, and if the shopper got into real trouble should a fight ensue, I would help him in any way I could.

True enough, the group of teenagers returned with their leader a few minutes later. There was more yelling between the two parties and fortunately before any fight could develop, a security guard arrived by chance and broke up the confrontation. I was relieved that a fight did not eventuate and hence I did not have to be involved in a brawl.

I was reminded of this episode because of the Brendon Keilar incident. Remember the name? He was the tragic hero who went to the aid of a woman being hurt by an aggressive bikie in the Melbourne CBD earlier in the year and was shot point blank. When I first heard about the shooting, I thought that any decent person among us could have been in the shoes of Brendon just by a small twist of fate. It is likely that most of us would go through life without having to face a similar situation. However it does not hurt to give some thoughts as to what we must do should such a situation arise. Then we would have conditioned ourselves to react accordingly – be it to run away, to fight or to seek help, if immediately available, from others trained to handle such situations.

It is unfortunate that there exist shady people who, for reasons best known to themselves, would harm or attack others without provocation. Avoid them as we may, we could still find ourselves or our loved ones being their targets. It would be great if we (and our loved ones) could get away without any confrontation. If we could not and no immediate help is available, other than submitting to them, the only option is to fight. No one, not even a veteran, is ever sure that they would come out unharmed or alive in such a conflict. But we must be resolved to go in there with whatever self defence skills we could muster and give ourselves a fighting chance.

Kun Meng Ng



路见不平，拔刀相助

“One sees injustice on the road,
And draws the sword to help the weak”

近水識魚性， 近山識鳥音

To know the characteristics of fish,
live by the water;
To recognise the sounds of birds,
live beside a mountain

A metaphor that refers to how one's level of
understanding is related to their
experience.



2008 Bold & Beautiful China Tour

Beijing, Guilin, Sichuan Province

A China tour is now being planned for 20th September to 4th October 2008. It is during the Term 3 school holidays—one of the best time of season to go to China. The itinerary will feature the following destinations:

Beijing

How can one city boast so many phenomenal places? Beijing's long and illustrious history started some 500,000 years ago. Today, we have the privilege to experience some of the highlights:

- * The 2008 Olympic Games city
- * Great Wall of China
- * Forbidden City
- * Temple of Heaven
- * Tiananmen Square
- * Qi Gong Lecture or Workshop with Professor Li, one of Master Shao's teachers



Temple of Heaven



Great Wall of China

Guilin

One of the most beautiful parts of southern China. It is Guilin's magical scenery which is so often depicted in Chinese paintings. Your chance to immerse yourself in the beauty of Guilin.

- * Elephant Trunk Hill & Reed Flute Cave (famous Guilin waterside landmarks)
- * Yangshuo old town
- * Li River cruise



Yangshuo



Elephant Trunk Hill

Sichuan Province

Sichuan province is located in southwest China, and is one of the largest and most inaccessible provinces in the nation. Sichuan is bordered by the Tibetan Plateau in the west and by the Three Gorges and the Yangtze River in the east. It is well known for:

- * Stunning natural beauty
- * Famous Giant Pandas
- * Three places on the World Cultural and Natural Heritage List: Jiuzhaigou Scenic Area, Huang Long Valley (Yellow Dragon Valley) and Mount Emeishan (not all 3 areas will be visited)
- * Tea Houses
- * Street stalls / markets in Chengdu city
- * Deliciously hot & spicy Sichuan cuisine



Jiuzhaigou National Park



Final tour cost & itinerary will be determined by agent in 2008. Tour cost will include flights, accommodation (4 –5 stars), meals, transfers and entry to tour destinations. Tour leader will be Master Shao. We hope you can be a part of this exciting tour. Please start planning/saving soon!

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.