



Master Shao was inspired by this 86 year old competitor at the 3rd World Wushu Championships, China



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Suzanne Kingston, Master Shao & Wayne Walshe at the 3rd World Wushu Championships, China

无风不起浪— There are No Waves without Wind

Ni Hao!

你好!

How time flies! I keep saying this, because it certainly feels like that! We have reached the end of 2008, and what a year it has been, with major milestones achieved which we are very excited about. Hopefully, these can be finalised and ripe for announcement in 2009. (This is not counting our chickens till they hatch!) I do hope that 2008 has been a good year for you all, and trust that you have achieved a noticeable progress on your journey with us.

To the beginners who have joined us in later 2008, I'd like to extend a very warm welcome to you, as you begin a journey with us which will reap much reward in health and spiritual development.

To help everyone freshen up their skills during the Summer break, there will be 2 summer classes and a Qi Gong revision workshop during January 2009. These classes are open to all disciplines and class locations. Please check out the details of these later in the page, and I hope to see you then!

In the meanwhile, Thank-you everyone for making 2008 a very fruitful year! On behalf of TWIA, I wish you and your family a very safe and happy festive season. See you in 2009!

Master Shao 邵照明

TWIA 2008 Annual Grading & Dinner

The 2008 Annual Grading and Dinner on Saturday 13th December was a great day out, especially for those who participated in both events. The day started off with a bit of wind and rain, which only whet the enthusiasm of the highly spirited participants! Congratulations to all who took part—it is your spirit of participation which matters the most. Results of the grading can be found later in this newsletter.

At the dinner we had a bit of fun this year, playing Jenga (try to build & not to let the tower of blocks tumble down!) and lucky dips. It was great to meet/catch up with eachother's family and friends, and to see everyone having a bit of fun and laughter!

Summer Classes & Qi Gong Revision Workshop

Summer Classes welcome students of Tai Chi, Wushu, & Bagua Zhang from all locations. Fees for the Summer Classes will be contributed to the Competitions Fund which was decided at the last Instructors' meeting, to support TWIA representatives.

Session 1

Time: 6:00—8:00pm

Date: Tuesday 6th January 2009

Venue: Ashburton Primary School
Cnr Carool & Fakenham Rds,
Ashburton (Melway 60 E/9)

Cost: \$10 for 2hrs

Session 2

Time: 10:00am—12:00noon

Date: Saturday 17th January 2009

Venue: Ashburton Primary School
Cnr Carool & Fakenham Rds,
Ashburton (Melway 60 E/9)

Cost: \$10 for 2hrs

QiGong Revision Workshop

The QiGong revision workshop is an opportunity for those who have taken previous QiGong workshops to revise their skills. New participants are also welcome to follow and try to keep pace with the group.

Times:	5 Animals Qi Gong;	6—7:00pm
	White Crane Qi Gong	7—8:00pm
	Marrow Washing,	
	Tendon Changing QG	8—9:00pm

Date: Tuesday 13th January 2009

Venue: Ashburton Primary School
Cnr Carool & Fakenham Rds,
Ashburton (Melway 60 E/9)

Cost:	1hr	\$15
	2hrs	\$25
	3hrs	\$35

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2009 TWIA China Tour—Sichuan Province, Beijing, Guilin

The 2009 TWIA China Tour is still scheduled for the Term 1 2009 break (4th—18th April 2009). The time is getting close, so please save up for the tour if you are keen to take this opportunity. Due to Master Shao's increasingly busy schedule, it is the last sightseeing tour he will be conducting in the short to medium term. So you can expect he will be doing his best to make this a most memorable experience! As you are aware, the global economic situation has caused the Australian dollar to decrease in value by about 30% against the Chinese Yuan. Therefore, the tour cost will be in the vicinity of \$4500, inclusive of all airfares, accommodation, sightseeing & group meals. In Term 1 2009, finalised tour information will be available, and a \$500 deposit will be payable. Hope you can join us!

2008 Students of the Year

Each year, we like to recognize & reward an outstanding male & female student. The criteria for selection is not based on technical ability, but more on their attitude, character, and how they have respected, supported and inspired fellow students and even instructors. For their special contribution, they have in turn earned our respect and support. Congratulations to:

Mae Purton - 2008 Female Student of the Year, and

Nirmal Raj Singh — 2008 Male Student of the Year

Well Done! We have asked Mae & Raj to share with us their experience and thoughts about training / martial arts. Please read on to get to know them a bit more.

My journey commenced at the Tai Chi and Wu Shu Institute with my son Jason inviting me to attend a lesson in the park. This experience was up lifting and very calming.

I have been training with the BaGua class since 2007. The benefits of persevering with BaGua is improved health, self esteem, self discipline and self defence.

I also have been a participant in the Bagua weapons class, my goal being, to fast track my memory, which proved to be quite a challenged. But with much perseverance I improved.

When master Shao introduced the weapon / stick attack and defence routine. The enjoyment for me was immense instantly being alert and focused. FANTASTIC!!

Thanks to master Shao for words of encouragement as well as discipline during class. Thanks also to Nick and Wayne for always being available to answer question, also to demonstrate.

Thanks also to my son Jason, without him I would not have come this far. He has always been there to help me meet the challenge. We do enjoy sparring together!!

I am elated and honoured to have been chosen as the female student of the year.

Thank you to all that had input into this decision.

Mae Purton.

Love Of Martial Arts

Martial arts are one of the most unique activities known to man, but they mean many things to many people.

To a young child, they may be considered a game. To a teenager, they maybe a method of protecting themselves from school bullies. To others, martial arts maybe considered a sport.

To a young man or women, self-defence and the physical benefits maybe of paramount importance. There are also students who study martial arts to enjoy the grace and beauty of their body movement, as well as the positive self image and psychological benefits gained through training.

Martial arts are all of the above and more. Martial arts develop more than physical fitness, body conditioning, and fighting skills. Martial arts go beyond self-defence; they are a means to an end. The process of self improvement starts with knowing yourself and defining what you can and cannot do. This knowledge inspires confidence, which results in a sense of achievement and success. You develop a philosophic foundation of living and coping with life's difficulties, and you learn how to persevere.

The martial artist carries their training into every part of their life. They apply creative and positive methods of thinking not only to their training, but also in the way they treat their family and friends. Thus the martial arts are a way of defending yourself, as well as a means of achieving self realization.

Nirmal Raj Singh

Medal Winners at the 3rd World Traditional Wushu Championships at Wudang Mountain

By now, many of you would have heard about the success of our representatives Suzanne Kingston & Wayne Walshe, at the 3rd World Traditional Wushu Championships (accompanied by Master Shao as Australian Team coach).

Congratulations to Suzanne who won a Gold medal for Tai Chi 42, and Silver for Tai Chi Fan; and Wayne our dual Bronze medallist in the Tai Chi Yang Style and Tai Chi Fan events. You have inspired us and re-ignited the competitive spirit in many of us.

For those who are interested, the next Traditional Wushu Championships are in two year's time, so now is a great time to train and prepare for the event. If you are worried about competing against young athletes who have the advantage of age —**don't be!** Events are categorised into styles, disciplines and age groups. This means that you compete in your event type, against competitors of similar age group. (the groups are: 20-40y/o, 40-60y/o, 60y/o +).

Even if you just go for the participation, it is a worthwhile experience, as you are about to find out. Wayne and Suzanne have enthusiastically written about their experience to share with us.

THE 3RD WORLD TRADITIONAL WUSHU CHAMPIONSHIPS

My experience of the Wushu Championships started when Master Shao asked if I was interested to go and compete, when he said it was at Wudang Mountain I jumped at the chance. Suzanne was also keen and once it was finalised we began training.

I chose the Tai Chi Fan routine because I thought it would be nice to show Master Shao's routine and I chose the Yang style 40 being my favourite bare hands routine.

Concentrated training and help from our teacher really improved our Tai Chi and this felt very rewarding it is really nice to hone the skills that we are learning. With only a few good weeks of preparation we felt happy with our progress and it was time to fly to China.

I met Suzanne at the airport early Monday morning and I could immediately sense the EXCITEMENT 14 hours later and a heap of laughs we were in Xian for a one night stop over then on an 8 hour train ride the next morning to Shiyan City to meet the Australian team and register for the championships.

Master Shao (team coach) met us at the train station Tuesday afternoon and took us back to our Hotel (5star).

After a good nights rest we were able to do some training at the competition venue, this helped us get a feel of the competition mats and in between all the laughs and excitement really helped us to focus on why we were here. Later that evening we had the opening ceremony, Australia was the second team to walk the red carpet.

Shiyan city put on a good show with singing from well known Asian pop stars to some fantastic Wudang Martial Arts.

The Next Morning was an early start everybody on the bus with a police escort out of the city to visit WUDANG MOUNTAIN.

69 countries and a lot of people crammed in at the base of Wudang to watch an awesome show; there was a Martial Arts demonstration

On top of a Yin Yang symbol maybe 200 meters round, Ancient drums, fireworks and great wushu it was a fantastic sight. After the show we climbed further up the mountain to purple heaven temple. Set up was a traditional Chinese orchestra and Taoist ceremony I could just imagine how peaceful the monks would live.

Day 1 of competition showed a good level of Wushu and also made me a little nervous, a few Australians performed and it was good to see a high level from all round.

Day 2 of competition and I stayed in my room and watched the morning session live on local T.V. My first routine was after lunch I waited for about 4-5 hours it seemed like forever then finally I was on the floor. Next to me was a man from Russia who was also doing a fan routine that eased the pressure a little .4 minutes later it was finished the judges tallied up the score and I heard over the loud speaker: Wayne Walshe from the Australian wushu federation 8.76 I bowed and walked away smiling I felt happy and relieved (and scored higher than the Russian) I won a bronze medal

Day3 of competition and I was on in the morning session a different group of competitors and all really friendly complete opposite of the day before Again I felt good and having Master Shao there supporting gave me more mental strength. This time I shared the floor with a man from Spain and an Asian guy from Brazil

Spain placed first Ben from Sydney second and I came Third. So now im a Bronzed Aussie twice. It was a really good result for a basic preparation.

One highlight was meeting and talking with another competitor from Malaysia Steve, and it was really moving to hear him say how much respect he had for Australians, when our soldiers helped his country in the war he said there was a shrine in his town to honour Australian soldiers we spoke a lot over the few days it was really nice. This is the whole point of the competition to make friends from other countries and have some fun along the way. It really was a great time with support from my teacher and team mates it was something I will never forget.

Wayne Walshe

Day 1, 27 October

Meet Wayne at Tullamarine and board our flight to China. We sat back and relaxed, getting to know each other as we had 2 long days of travelling together to reach the competition.

Hong Kong, we changed planes [yes now on China Airways] for our flight to Xian. Only 3.5 hours, which went really fast; must have been all the laughing!

Please note 'there will be no meal on this flight, but all the milk you desire.;

Arrive in Xian , picked up by Master Shaos' brother and taken out for tea in the muslim market, not far from our hotel. Was happy to get to bed that night.

Day 2, After politely sharing the bathroom [check out the new style of see-through bathrooms; yes we were getting to know each other!] we headed for the train station for our 9 hour train ride to Shiyan in neighbouring Hubei Province. Loved this trip, travelling through the mountains. Master Shao met us in at the train station in Shiyan, taking us back to the hotel to check in and meet the rest of the team. Changing into our green and gold, we all headed off to the 'Welcoming Banquet'. Altogether 69 countries and over 2000 competitors- we felt we should really have trained a lot harder.....

Day 3, Was spent training, and walking around meeting the locals. The Opening Ceremony was that evening, a spectacle to rival the Olympics!

Day 4, Up early as 80 or more buses headed off in convoy to the Wudang Mountains for the day. We were welcomed by all the children in the town, there were fireworks, performances, drumming; it was amazing! Some of us were even interviewed for TV. One channel was dedicated to the coverage of the games, rather scary watching it from your hotel room...

Day 5, Competition starts!! Wayne and I are competing tomorrow so we watched, practiced and tried to relax...

Day 6, Feeling sick with nerves we prepared ourselves for the afternoon session of the comp. There were 4 arenas so a lot was going on at the same time. Wayne performed his fan form first and I had the 42. Didn't feel nervous just happy to give it a go. Couldn't believe it when we found out the results!! Wayne and I headed outside to join in the locals Saturday night revelries in the large square, fun.

Day 7, Couldn't sleep last night, much too excited. Our events were in the morning session, so good to get it over with. Wayne ;40 yang and me fan. The last event off the comp was the group event, fun to watch. We had a Closing Banquet back at the hotel before leaving for the train station to catch the sleeper back to Xian, this time with Master Shao in tow.

I know I've written too much, but this trip was like an adventure, as well as a competition. China is a wonderful, funny place [the street cleaner vehicle was playing Happy Birthday' as it went along], where anything seems possible. It was inspiring to see the Chinese perform, as well as meet so many other martial artists. Master Shao and Alice [team manager] were a great support to our team. Being beside each of us as we competed, holding our bags and making us feel relaxed. And Wayne, thank you for being a gentleman and 'a laugh'.

Suzanne Kingston

Suzanne's students at the Williamstown class were so excited about her success, they wrote to the local newspaper and contributed the following message ...

Gold Medal Winner

The Tai Chi students at Williamstown were so pleased that our instructor Suzanne Kingston was part of the Australian team going to the 3rd World Traditional Championships in China. We already knew that she was the best, and totally dedicated to instructing us to obtain high standards in all aspects of Tai Chi. Our class on Tuesday November 11th was exhilarating as Suzanne told us of her journey to China and her winning Gold and Silver medals and we each had a turn of holding the medals and hearing of the travels of the team and the competition. We all feel inspired and very proud of your achievements Suzanne.

Congratulations

The Williamstown Tai Chi class.

Our much loved and respected ex-editor, and now regular contributor, Kun Meng Ng shares his thoughts and feelings with us at his 10 years milestone of training with our institute..

Ten Years

When our Institute closes at the end of this year for the summer holidays, it marks the completion of the ten years of training I have with the Institute. A period of ten years is not a short time in human terms but looking back it had not seemed long at all. I can still remember vividly the first day I turned up at the Glen Huntley Pavilion for the Bagua Xingyi class early 1999. I was one of two new students, joining a class which then consisted of ten students. Catt, the other new student, and I were introduced to some basic techniques such as mud sliding. We then spent the rest of the session repeating them, moving up and down the length of the smallish hall while keeping out of the way of the others going through their routines. The class is now much bigger but only three of those twelve students remain and sadly I am not among the three.

About a year later, prompted by Master Shao, I wrote an article about my experience with Bagua Zhang for this newsletter. I could not remember much of what I had written but it was probably some rambling of mine. Still it was published. Then finding that hardly anyone voluntarily wrote for the newsletter, I contributed an article here and there to support the newsletter. I tried to write something which I

thought was of interest to the students but I seldom get any feedback, hence I have never been sure how many people read them. Gradually from an occasional contributor I became a regular contributor and here I am, rambling on again. I know for a fact that they are many among you that write well. Help the newsletter out; share some of your ideas, write some articles for the newsletter. I am about to run out of ramblings, eh, I mean ideas!

Oh, I digress. Let's return to the subject. About two years after starting, I joined the Tai Chi class as well. While I enjoyed attending both the Bagua Xingyi and the Tai Chi classes, I must confess that I have not been the best of students in terms of dedication – I do not practise enough on my own. Still I persisted. However in the middle of last year, I dropped out of the Bagua Xingyi class simply because an old knee injury had come back to haunt me. To make matters worse, the other knee was hurting as well, brought on by a combination of my vintage and the stamping of feet while performing Xingyi routines. I had decided then to listen to what my body was telling me and stopped training in the martial arts I love. I am now just sticking to the gentle art of Tai Chi, even though my knees affect my kicks and the low stances. I have learnt to live with the pain and to adapt as best as I could to those movements which cause me problems.

It is difficult to talk about my ten years without mentioning our Institute. During that period, the Institute has grown from strength to strength with more venues affiliated to the Institute. As long as I have known him, Master Shao has been constantly trying to expand the number of venues and to improve the standard of the Institute, in terms of the curriculum and the quality of instructors. Undoubtedly he has a long term plan for the Institute which will slowly unfold over time. Master Shao's life has changed over this period too. From an eligible bachelor when I first met him, he is now happily married to Ching, another martial artist, and has 2 lovely kids to show. Together, the both of them have worked hard for the Institute and their day clinic.

What is my future with the Institute? Nothing is certain, just like the investment pundits who are equally uncertain when the current global financial meltdown is going to turn around for the better. I have found that in the last few years with family commitments, priorities have changed. But I think that it is likely that I will still be associated with the Institute for awhile to come. It is an Institute which culture and members I am comfortable with, and after ten years a sense of belonging. Sorry, you still have to put up with my ramblings, perhaps less frequent.

Kun Meng Ng

Comment from Master Shao and editors:

Kun Meng, for the first time, we must disagree with you publicly and in writing! We disagree that your writings are 'ramblings'. From the perspective of TWIA, you contribute not just to the newsletter, but also to our culture, in a most unique way. Your writings reflect enormous wisdom, understanding, high moral values and humbleness. It is clearly different from the contributions we may get from most members. In some way, your writings help to foster realisation and enlightenment, consistent with the values of TWIA. We believe that each time people read your writings, they learn. That is why we never fail to publish

Little achievement method of health wood 《easy Jin through 》 shallow release

Northwest industrial university athletics department-**Chen**

Jun Mei

Summary: 《Easy Jin through 》 is ancient times of our country to spread down and deeply is subjected to a kind of workout health that changes physique method that the large crowd likes. For inheriting and developing China health culture, make people the center. Elaborated a tradition achievement method 《the Bodhidharma easy Jin through 》, indeed is our country the good method of workout. Delivering an achievement is quick and take effect soon, greatly popular on the history in the folks. Along with the social development, people's living rhythm consumedly speeds, stress also in the enlargement, Chinese medicine health culture adopts an actively active method to carry on an adjustment, with the orientation new surrounding, well develop Chinese medicine health cultural advantage, fix sex health, take its essence, go to it bad Po, inherit and developed this set of do exercise to keep fit Chi Kung-easy Jin through. Make traditional health cultural health developed, adapt to the request of the large middle age and old people workout health.

Keyword: The easy Jin does exercise to keep fit through the old age in the Chi Kung health Workout Chi Kung is with oneself body activity, breath, vomit Na, mental state regulate to combine together for the race traditional athletics item of main sport form. The Chi Kung source far flows to grow, Han Dynasty 《still book 》 inside have the Xi does "guide Yu" "benefit joint" of "big dance" or "decrease swelling a dance" cure illness of jot down. There are many description concerning Chi Kung's in the west written Chinese thing that sprouts at long sand Ma Wang Dui in Hunan, too. What is meant by "easy Jin through"? The "easy" meaning namely changes, activity, change, lead to state for the righteousness of to build up; "Jin" points Jin vein, muscle and physique; "Through" is method. Because "easy Jin through" comprehends to namely exercise from the typeface. With

strengthen figure the Jian body, Qi disease postpones a year of method. Actually, it is also a kind of very classic Chi Kung help method.

What about why to want "easy Jin"? 《Easy Jin through 》 the original text say:" And cloud easy Jin, call the physique of Human body is reported by the fetus but is subjected to it(heredity factor decision of), have the weak of Jin Chi, of Jin Lyuan, of Jin Mi and Jin, the Jin shrink, the Jin is strong, the Jin is comfortable, Jin strength, Jin and, various different. ""Jin Chi then disease, the Jin Lyuan then loses, Jin Mi then paralysis, Jin weak Xie, the Jin shrinks then Wu, the Jin is strong strong then, the Jin is comfortable to then grow, Jin strength then just, Jin and then Kang. "Pass "easy Jin" from here to regulate, the vivid of the improvement human body muscle, nervous system, moderate sex and stretch sex to go through blood, adjust to reach internal organs, attain an outside to do physique, inside strong internal organs, regulate human body physiology balance, promote a healthy body.

Devolution easy Jin through is the initiator body Bodhidharma induction of Chinese Buddhism Chan of, beam martial emperor Xiao Yan(5th century A.D.), the Bodhidharma north Du arrived the river south Song mountain little Lin Si and taught easy Jin toward the pupils through. At that time, be just for alleviating to once sit practice of Buddhism chain of weary and tired, past action much with stretching oneself the action of kicking the leg etc. blood, benefit physique is lord, its action again many with in the wake of ancient times of various labor posture is lord. Afterwards spread to open gradually, from Tang after, in the in the past health book, much have been already jotted down, for take great reputation most in the Chinese boxing boundary of inside achievement heart method. Of so mysterious, then the source is at 1,100 in the last years Bodhidharma easy Jins through usually spreads inside pupil in the door, but folks although only by dint of some impressions of parts copy to do, have already canned enter a skill everlasting, but spread to open, make 《the

《Bodhidharma easy Jin through》 of the effect enjoy affirmation.

《The Bodhidharma easy Jin through 》 of movement, depend on(sky, ground and person) three to just lead, lead a line(inborn, the day after tomorrow, nature) three of spirit, each cent(nine sections) of door goes achievement, each stanza is 12 types and add up to 108 types and practice

《the Bodhidharma easy Jin through 》 BE with(108 types in door in the sky) is in advance,(door in the sky achievement) being extracting the spirit of inborn is lord, so be named

《the inborn lead to go a Chi Kung 》 , the spirit of inborn, with living accompany, living with the Yun.

《The Bodhidharma easy Jin through 》 indeed is the good method of a kind of our country workout, this achievement makes absolute being, body, annoy three, namely the person's spirit, the body friendly interest effective of the knot put together through following the sequence and advancing gradually and persistently and hard toughens and make thus viscera, 12 blood vessels, strange through eight veins and whole body the blood vessels get to well adjust a reason and then attain a health care to strengthen figure and defend the cure of disease and resist early Shuai and promise longevity of purpose.

《The Bodhidharma easy Jin through 》 the structure of the ameliorable skeleton, for the teenager in growth, is the best workout Shu. The teenager cultivates everyday 《the Bodhidharma easy Jin through 》 after keeping on half year, will make the person have the tiger the feeling that the tiger livings breeze; The child continuously cultivates 《the Bodhidharma easy Jin through 》 , to weak of the physical endowment will be big for the improvement; The middle age practices moral teachings 《the Bodhidharma easy Jin through 》 after, at ordinary times familiar languid line disappear, the generally familiar melancholy strain gradually goes to fade away, physical endowment because of value improvement but the physical strength is abundant, old people, or have the activity the person whom the inconvenience and confirmed disease ties up a body,

practice "the Bodhidharma easy Jin trough's physical endowment for improvement infirmity, and body of health and rehabilitation all can have a help; The female practices "the Bodhidharma easy Jin through" because of respiratory of adjust an interest to promote body the supply of the oxygen, but make in high spirits, the physique even instauration youth, more because of go achievement can burn a great deal of fat, in really hairdressing, keep the best sport of Yan, weight reduction. At easy Jin through spread in, little Lin Si once the Lyu had an important function. Jot down according to the historical data, the Chan that Bodhidharma spreads mainly regards little Lin Si of the river south Song Mountain as principle. Because the Chan fixes to hold to mostly take sitting in silence as a lord and sit a long the spirit blood become sluggish, beard with the martial arts, lead to lead Shu to exercise. Therefore, six dynasties go to Sui Tang year, in the river south Song mountain a take to allege martial arts and lead to lead Shu. Little Lin Si's monks as a group also lends this to exercise, the Xi force does exercise to keep fit, and as to it's continuously carry on a modification in this process, perfect, add, make it become a special Xi force workout way. Finally entitle "easy Jin through", and the Mi spread in the Xi martial monks as a group. Ming Dynasty week Lyu Jing at 《red Feng Sui》 .The food drinks to adjust to protect Jue to record to say in 12 》 : "Easily annoys for a year, two years easy blood, three years easy vein, four years easy meat, five years easy Sui, six years easy Jin, seven years easy bone, eight years easily hair, nine years easy form, namely 36,000 true absolute being all in the body, change into fairy kid." Easy Sui" "easy Jin" in the text should with 《easy Jin through 》 have successively contact.

Discover to spread currently the earliest easy Jin has been carried to up to now through 12 power editions Manchu dynasty salty plentiful eight years, the Pan Wei Ji records of 《inside the achievement diagram says 》 medium. Total of to see, traditional easy Jin through be laid

particular emphasis on to five lines of orgies etc. the angle of view manage to the achievement from the religion, Chinese medicine and yin and yang, achievement the method carry on elaborating, and formed a dissimilarity to flow a parties, be registered to a different work in.

Little Lin Yi Jin through always test Jue Yue: Always test its method, the diagram becomes 12. Who the solid Yi is various, five of quarter. The Bodhidharma west comes and spreads little Lin Si. There is Sung Yue Hou, know for Jian more, but the disease postpone a year, the achievement has no and type. Tradition 《easy Jin through 》 the whole bookies are two total, the first volume includes "film theory", "inside strong theory", and "12 type diagrams"...etc...The second volume contains "the jade bracelet says", "experience medicine square", and "the spirit blood says"...etc...The method includes: Do a film, inside strengthen, crumple a method and adopt an essence method, turn over to match a yin and yang method, inside strong extraordinarily brave, chain hand remaining achievement, outside strong divine power eight brocade, and extraordinarily brave remaining achievement...etc., 12 types are many to do exercises in gymnastics the foundation of method. General workout but talk, the Xi does 12 types to obtain good effect. In this 12 types easy Jins through win, the actions established are various labor posture in all in the wake of ancient times but evolve. For example: Chong valley, transport, enter Cang and accept to store and cherish ancient relic etc. to act, all take various laborious action as foundation appearance. Activity with the body bends to stretch, Fu Yang, turn round for characteristics with attain toughening of" stretch Jin to pull out a valley" effect.

Therefore, come to say to the teenager, this method can rectify the bad carriage of body and promote growth of muscle, skeleton; For year old physically weak to speak, usually do this achievement method, can keep old-age sex muscle from atrophying, promote blood circulation, adjustment and strengthen the nourishment and absorption of whole body, to chronic paroxysm instauration, and defer

the decrepitude's all beneficial place.

Easy Jin through include an achievement be two kinds of to build up a method inside achievement and outside, each have 12 powers. Easy Jin through inside achievement adoption station type, with the certain posture, borrow to breathe inducement, gradually strengthen Jin vein and the function of internal organs. The great majority adopt quiet to make an effort. The breath takes comfortable nature as proper, can not spout spirit. The easy Jin of ancient times devolution through Zi type and toughen the method contain 12 powers, namely the Wei Duo dedicates Chu (have 3 powers), take off a star to change Dou and 3 diseases to fall to the ground, the claw bright wings, pour Ye nine oxtails, nine ghosts pull out a yataghan, green Long Tan Zhao, lie a tiger to rush toward a food and beat Gong power, and work tail power...etc. Easy Jin through the outside achievement pay attention to outside strong, 《the easy Jin Be said through the diagram by outside 》 point out:" Any line of outside strengthen an effort, the beard faces to east to sign at the quiet place, the quiet Lyu concentrates, the body need not be made an effort, the beard makes it annoy Guan two hands, if a make an effort then not ability the Guan is two hand Yis. Go one type each time, the Mo counts 49 words and connected to go a type, the Wu is alternate to break. Line the first type aware of self idea rule accompany familiar, the square goes a second type. Soon half month, late January, every kind of accompany familiar, its dint from ability Guan above crest. This chain dint chain annoys and circulates the method of easy Jin vein also." 《Easy Jin through 》 the original text point out:" Hold a desire line, first the beard shut eyes night heart, hold solid absolute being to think, hold confusion, the Cheng heart adjusts an interest and goes to proud Ming to settle, then one by one in order such as the type go it." Practice in" is necessarily noted with absolute being Guan idea, Wu get the Tu have it goes, if the heart gentleman wildly moves, the absolute being spreads idea Chi, then in order to bite a file its form, but the Fu gets real

results. The beginning does a move type, necessarily mental exertion and arrives".

Traditional easy Jin through pay attention to action to combine, on the other hand emphasize to move an achievement in doing exercises in gymnastics a way with quiet achievement of closely combine. On the other hand mean to want "move in calm down" while doing exercises in gymnastics, then keep the spirit quite appearance, concentrate on, breathe nature; Do quiet achievement want "quiet medium move", under the body outward appearance quiet posture appearance, keep harmony of breathing sport. Only the action combines, idea, spirit and body threes work in coordination, then can the chain Jing turn spirit to living absolute being inside keeping internal organs spirit blood and outside strengthen physique flesh. The easy Jin recites a method to urge through the outside achievement adoption the machine body is quite and function of adjustment. Need to be advertent BE: Easy Jin through inside the achievement exercises the quantity act a difficulty a little bit greatly as well higher, the general complete set toughens one being applicable to physical strength is better of green prime of life or chronic disease sufferer. Can show Zhao ground improvement physical endowment, dispel a disease to strengthen figure. Easy Jin through outside achievement because it mainly sport point Zhang and arms, can generally be applicable to the healthy person of people who are various from age and chronic disease sufferer, pass arms sport but control breath strong dint, live the blood comfortable Jin, influence whole body. The physical endowment is weak carefully use inside achievement do a method, especially" lie a tiger to rush toward food power's in it, exercise quantity and difficulties all more big, heart attack and asthma go into action to expect to hate to use. When above-mentioned sufferer adopted an outside achievement to do a method, as well proper decrease each type operation number of times, do what the strength allows, follow the sequence and advance gradually.

In recent years, developed to appear some people to lend

machine to publicize ignorant superstition in the process in the Chi Kung and only heart doctrine, even endanger the circumstance of social political stability, have to cause to this high value, the flag is fresh to clearly take into to oppose. We should also see in the meantime, Chi Kung with it in brief easy to learn, action slow, haven't high request and do exercise to keep fit to the place and the device effect good etc. characteristics, still keep deeply being subjected to especially medium old-age crowd's fancy of large crowd, develop an aggressive function in the aspects of pushing civil workout sport and satisfying a diversified athletics workout need. Chi Kung for making to do exercise to keep fit-the easy Jin continuously promote and bitterly strengthen figure for the large crowd through the excellent cultural tradition of this Chinese nation the Jian body serve and be in the light of to take its essence, go to it bad Po, combine time spirit to take into to inherit and develop, attain a thou for use now. Push the workout Chi Kung's new development in new century. Through national athletics bureau workout Chi Kung management center organization does the plait create workout Chi Kung? Easy Jin through. Do exercise to keep fit Chi Kung? Easy Jin through inherited traditional easy Jin through 12 essentialness of power, melted science and universality at the integral whole, the thou of its style was plain and contain new meaning. Each power action is coherent organic whole, the action pays attention to stretch Jin to pull out a bone and unfold continuous, soft just mutually help; Breathe a request nature, move an interest to mutually melt; Combine to lead spirit by form, the idea walks with the form; Easy to learn easily do, doing exercise to keep fit the effect is obvious. Main orientation crowd is medium old age, and guard part by different power, idea and adjust interest number of times etc. the variety adapt to the demand of an age layer and different healthy condition crowd not. Does exercise to keep fit Chi Kung? The easy Jin is delivered characteristics by its achievement: The action unfolds and stretches Jin to pull

out a bone; Soft and well-balanced, moderate beauty; Pay attention to spinal to revolve a song to stretch. The Xi does main theme: The spirit relaxes, the form idea unites as one; Breath nature, pierce through always; Soft just mutually helped, truth or falsity mutually and; Follow the sequence and advance gradually, act match to pronounce separately. Complete set achievement method Xi does to request a form idea to mutually match in the process, the Shen Jin pulls out a bone. So with practice do the physiology of to the Xi and all mentally have a certain request before practicing? First, should work well Xi to prepare before doing, if put on suitable clothing, expel two then. Work well to prepare an activity secondly, make the human body produced "preparing is hot" on the physiology, the in order to prevent gets hurt because of excessively leading long to pull in the practice, particularly is in winter or prepare that the activity is more important under the circumstance of the weather chill. The third is mentally, want to make own mental activity been gradually been tended to by complications to be simple before doing exercises in gymnastics, the Xi does medium want to attain an eye with walk, the absolute being Guan idea notes, mental exertion and arrive, then can attain the Xi of half effort and double results to do effect. The fourth has to follow the principle for following the sequence and advancing gradually and does in the Xi in according to not of an age, different physical endowment, different healthy condition, the different body conditional practice, can vividly choose according to own actual circumstance each power act of movable range and posture, if sit with crossed knees in" three dishes fall to the ground power" under squat down of range and 10 in" lie a tiger to rush toward food power" whether hit the ground the choice of posture etc..The Xi should also follow while doing from easy arrives difficult, have shallow arrive deeply and follow the sequence and advance gradually of principle. According to 《easy Jin through 》 the request of original text: The beginning does, "the day goes three times" is proper. Namely: Early, medium, late three times. But living rhythm and ancient times of modern society's comparing has

already had the difference of the very great degree; "the day goes for three times" is very difficult and insists. The writer passes to do exercises in gymnastics fulfillment to put forward: The day goes 1-2 times and does 2 times each time. See from the angle of sport physiology, do exercise to keep fit Chi Kung. Easy Jin through belong to oxygen low strength to exercise item, do just each time a time of to the human bodies internal veins and arterioles, annoy blood and external machine body to have to definitely toughen value, but each time do 2 times then can acquire better toughen effect. Do exercise to keep fit Chi Kung. Easy Jin through test result first step to show after function:" Do exercise to keep fit Chi Kung. Easy Jin through" do the breath system, pliant and tough, balance and muscle of to the Xi the strength all have good influence; Repeatedly wetting such as the urine to the familiar disease of bone joint disease, digestive system and middle age and old people in the meantime is nasty and have a headache dizzy, suffer from insomnia many dream etc. have already shown Zhao to recover from illness an effect as well. And do exercises in gymnastics spirit to dulcify behind, whole body relaxed. Study after experiment and the expert authenticate and do exercise to keep fit Chi Kung? The Yi King Jin suitable medium, green and old-age crowd Xi does. The crowd that aims at different healthy level, the difficulty bigger action can pass different action range and adjust interest number of times to adapt to separately. On the Zong say, do exercise to keep fit Chi Kung. Easy Jin through have the dual property that traditional athletics and tradition recover from illness a medical science, the achievement school of science learns, achievement method safety, strengthen the machine body anti-decrepitude ability towards raising body character and strengthening human body internal organs function, regulate with improvement people's mental appearance etc. all have aggressive influence.

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The Straight Sword 剑 (jian)

In Chinese martial arts, the straight sword is considered one of the four major weapons, along with the Staff, Spear and Sabre. It holds the elegant title of “Gentleman of all weapons”. In your training, you are likely to use the Straight sword at some point in time, so it is appropriate to learn some things about this weapon, which we might learn know from class.

Throughout history, the sword has been a favourite with warriors, and even poets. The history of the sword can be traced back to ancient times, during the Yin-Shang era, about 1350BC. In ancient China, the earliest swords were made of Bronze, and were typically short, ranging from 28-40cm in length. Hence, the usage was limited to stabbing techniques.

During the time of the Warring States (about 500BC-221BC), foot soldiers rose to prominence, and the sword became a highly valued weapon. During this time, sword making skills became much more developed, and the material of choice Bronze was replaced with Iron—enabling sword blades to be made longer and tougher. With this, newer sword techniques such as chopping and slicing also developed.



大器晚成

“Great vessels take longer to complete .”

Meaning a great mind takes longer to mature

your articles—each time you write, we learn. The lack of response from readers is consistent with the human nature. Most people are content to read what they believe is worth reading, and remain in this comfort zone.

In many ways, we see you as a 'teacher', the wise man who teaches through our newsletters—not necessarily about the technical aspects of martial arts, but about the philosophies and principles of life. You may not realize it yourself, but over the years, the wisdom you have imparted has influenced all members of TWIA. We certainly look forward to more of your contributions in the future. With this, we sincerely Thank-you and congratulate you on your 10 year milestone with TWIA!

Results of the 2008 Annual Grading

<u>Name</u>	<u>Level</u>	<u>Discipline</u>
Sally Heppell	Entrance	Tai Chi
Simone Olsen	Entrance	Tai Chi
Daniel Morris-Jones	Entrance	Wushu
David Abrell	Entrance	Wushu
Garth Abrell	Entrance	Wushu
Zoe Barwise	Entrance	Wushu
Adam Shakespeare	Entrance	Bagua Zhang
Nirmal Raj Singh	Entrance	Bagua Zhang
Adam Shakespeare	1	Tai Chi
Michelle Darcy	1	Tai Chi
Nirmal Ray Singh	1	Tai Chi
Glenn Shaw	1	Bagua Zhang
Steve Yates	1	Bagua Zhang
Angelo Raso	1	Wushu
Laszlo Dauenhauer	1	Wushu
Loc Lien	1	Wushu
Mollie Wilkins	1	Wushu
Nirmal Raj Singh	1	Wushu
Paul Low	1	Wushu
Tam Lien	1	Wushu
Vincent Lau	1	Wushu
James Wilkins	2	Tai Chi
Daniel Lin	Pre-3	Wushu
Brett Angseesing	3	Wushu
Glenn Shaw	3	Wushu

