

WTQD Reporting: Saturday 30 April 2022

New South Wales - Sydney

2022 World Tai Chi & Qigong Day (WTCQD) in NSW was celebrated on Saturday 30 April 2021 within the Sydney University grounds, on the steps nearby the Library and the Faculty of Law. The WTCQD is an annual event celebrated in about 100 countries on the last Saturday of April each year with the motto: *“One World, One Breath”*.

The moderate rainfall in the morning until around 10:00am did not dampen the spirit of many Tai Chi practitioners and enthusiasts who turned up on the day, with close to 120 attending the event. The rainy weather condition and the ongoing coronavirus pandemic contributed to a lower turn out this year with a number of performances cancelled at short notice. Nonetheless, the event was highly successful as complimented by many participants. It was a day of fun and catch-up for many practitioners travelling from many parts of NSW (including Central Coast and Blue Mountains) to participate and share altogether 20 individual sets of Qigong and Tai Chi Forms that were displayed on the day. For many in the group, it was their first foray into performances and the support of Tai Chi friends and families helped build their confidence and motivation.

The program for the day, from 10:00am to about 12:30pm, commenced with 3 sets of Qigong routines namely, the 8 pieces brocades; the 5 animals frolics; and the 12 Steps Health Preservation exercises. These were relatively simple, uplifting and invigorating exercises which were fully embraced by all those present. Next was the third section of the traditional Yang 85 form which also attracted many practitioners.

TaoLu (or bare hand forms) was then followed by apparatus (or weapons). The forms either individually or in groups, included classical Tai Chi (San Shi Qi); Yang 24, 28 and 42 forms. The latter two Yang style combination forms are comprised of various styles of Tai Chi, including, Yang, Chen, Wu and Sun. A short simplified compact version of the Traditional Yang 85 form was also displayed as well as the 38 Chen style form. Apparatuses (or weapons) forms displayed by either individuals or groups were varied, including the swords (both Yang and Chen styles); saber (both traditional Yang and 36); ball and fan. In relation to fan, there were four different sets of fan forms performed, from double fan to single one, namely, Kungfu fan and 46 flowing water fan.

All in all, the event was well received, providing a perfect example of the NSW Tai Chi community coming and practising together, sharing and promoting the health benefits of the oriental arts to the wider Australian community.

The TCAA would like to acknowledge with gratitude the participation of the many Tai Chi Associations, Groups and individuals that had truly contributed to the success of the event. The next TCAA's event is scheduled for the Moon Cake Tai Chi Cultural Festival on Saturday 10 September 2022 at Redfern Townhall, 73 Pitt Street, Redfern.

1. Campsie Tai Chi Group.
2. Central Coast Tai Chi Group.
3. Chatswood Tai Chi Group.
4. Eastwood Tai Chi Group.
5. Jing Ling Tai Chi Academy.

6. Kookaburra Tai Chi Group.
7. Kungfu Republic Group.
8. Parramatta Tai Chi Group.
9. Rhyme of Wind Tai Chi Group.
10. YangZhao Taiji Group



