



PRESIDENT'S COMMENTS.

It's a great honour to be elected as the President of Tai Chi Association of Australia (TCAA) for 2019/20. I have been working as an Executive member of TCAA in the past many years. The team has already built a strong foundation and I was inspired by the passion of our volunteers who worked tirelessly promoting Tai Chi.

With this new role, I would like to continue to take it further, emphasising:

1. Staying dedicated to Tai Chi.
2. Promoting and supporting all styles of Tai Chi for all our members.
3. Providing a platform for promoting and sharing Tai Chi knowledge, skills for our members nationwide.
4. Growing our member base to not only instructors but the wider community of Tai Chi practitioners.

We have on plan many exciting events such as the TCAA Tai Chi championship, Festival demonstrations, Educational seminars etc. Please visit our website (www.taichiaustralia.com) regularly for upcoming events including checking the newsletter.

Thank you for your continued support of our beloved art – Tai Chi.

James Gao

President, TCAA

HOLDING OF SEMINARS

The Benefits. Sharing beneficial information is the main purpose of Association. To this end, TCAA encourages the holding of seminars/workshops where interested facilitators (members) are invited to spread their passion on specific Tai Chi subjects or Tai Chi in general.

NSW seminar of the 1st Dec 2019. The NSW seminar of the 1st Dec 2019 introduced the format of having three sequential presentations by different facilitators on different topics. It was hoped to create sufficient momentum to become a sustainable benefit.

The feedback survey (see below) has indicated the following:

- a. The **three-facilitator** format is attractive and therefore worthy of further application.
- b. Topics of the **type** presented were popular.
- c. A preference for the three topics to be **different**.
- d. The allocation of **90 minutes** per topic (three topics) was popular.
- e. **Interaction** between participants was preferred.
- f. A **balance of practical and discussion** was preferred.

No	Feedback Data on NSW Seminar of 1st Dec 2019 Question	Fully Agree	Partly Agree	Don't Know	Partly disagree	Dis-agree
1	I liked the 3-facilitators structure.	22	2	1	0	1
2	I prefer a 2-facilitator structure.	4	3	12	2	4
3	I prefer to attend just one of the presentations for the whole period.	2	1	8	4	10
4	I liked the topics presented.	25	1	1	0	0
5	I prefer all three topics to be different .	18	2	2	0	3
6	I prefer all the three topics to be the same .	2	1	10	4	9
7	I learnt a lot from interacting with the other participants.	20	6	0	0	0
8	I prefer more practical activity than discussion.	8	15	0	1	2
9	I will attend more of these seminars.	22	3	1	0	0
10	I would recommend these seminars to my friends.	23	2	1	0	0
11	There was enough time allocated for me to benefit.	18	8	0	0	0

Running a Seminar

State Reps are logically the primary organiser of seminars. However, an individual member with great passion to create benefits may also organise seminars, keeping the State Rep in the loop.

Prospective organisers may proceed as follows:

- a. Identify a suitable venue with a reasonable price. Look for a venue able to accommodate between 10 and 25.
- b. Decide on an expenses compensation value for the 3 facilitators.
- c. Determine the breakeven point, ie how many participants are required for a given participation fee to balance the cost of facility hire and facilitator-expenses. Adjust the participation fee, expenses, and venue hire to determine “what if’s” to a practical situation.
- d. Gather the three prospective facilitators (from the same area, or prepared to travel to the same venue) together, have a chat, and decide on topics likely to **create enough interest to meet the breakeven number of participants**. At least one facilitator or other nominee must be present that is KWA accredited. Each facilitator to prepare a “blurb” on:
 - Who am I and what have I been doing in Tai Chi, and what aspect is my PASSION?
 - What do I wish to share?

NOTE: Facilitators should bear in mind that the seminar format is not a “normal” class or personal workshop;

each facilitator has only 1.5 hours to present and there will be three presenters. Each presentation should consist of “practice” that develops “concepts”, with an emphasis on a “good” balance of talk and demo made real with participation.

- e. Send your breakeven analysis, the facilitators and their “blurbs” to the TCAA president (copy State Rep), who will assess the viability of the plan for support by the TCAA. Factors are:
 - Probability of achieving breakeven and risks to TCAA funding.
 - Topics within the scope of TCAA objectives.
 - Identified presence of a KWA accredited instructor to manage risks as required by TCAA insurance.
- f. Upon approval, the organiser may firmly book the venue then create flyers for broadcast to members by TCAA,

2020 TCAA OPEN CHAMPIONSHIPS

Saturday May 30th 2020

Morris Iemma Indoor Sports Stadium (MIISC) in Riverwood, Sydney

New Venue & When. The 2020 Championships will be held on May 30th Saturday 2020 at the Morris Iemma Indoor Sports Stadium (MIISC) in Riverwood, Sydney. We’ve had to search for a larger space as the Sydney University Sport and Aquatic Centre has been rather cramped for the last few years with TCAA having to squeeze in two arenas and one push hands platform. Defining clearly the safety zones was a difficult task, and have resulted in spectators being uncertain where they can position themselves for a good view of everything. The MIISC is just about 15 minutes walk northwards from Riverwood Railway Station, and has a massive car-park; no car parking within the MIISC grounds will not be a problem. Even from Sydney Central Station, it is only 31 minutes by train to get to Riverwood Station on a weekend.



Special Awards. The experience (another name for “mistakes”) of 2019 saw that the “overall champions” identification (involving detailed tracking of scores and calculations) was very complicated, and a resulting error caused some disappointment that was subsequent correction. It is noted that 2019 was not the first time this occurred. The conclusion is that such “overall championship” should be discontinued, noting that no other organisation make such awards. However, the awards for “most improved” or “encouragement” or other similar awards coming from individual donors will continue to be supported, depending on availability of donors of trophies. These awards will be administered and recipients will be identified by the individual donors based on their own criteria.

Special Ethos. It has been recognised since “forever” that the TCAA Championships events have always seen a huge amount of inter-group support, as a result of which there is a great feeling of performing for the joy of performing, and medals are simply “side-effects”. This good atmosphere is fantastic for any event, and the organising committee will maintain, encourage and nurture it.

Put it on Your Calendar. So please put it on your calendar. Registration forms will be out in February 2020.

THE MARRIAGE OF HEAVEN AND EARTH QIGONG - Paul Parramore

The Marriage of Heaven and Earth Qigong (H&E) is a 2-part Qigong routine that develops:

- a. Opening and Closing (O/C) and pulsing the joints and energetic cavities. (H&E is regarded in China as the “gold standard” for learning Opening and Closing/Pulsing.)
- b. Turning/rotating/twisting soft tissues of the body.
- c. Wrapping
- d. Moving energy through the Macro and Micro-cosmic orbits.
- e. Engaging the fascia to activate and move chi.
- f. Connecting the breath and chi.
- g. Sinking and dissolving chi.
- h. Working with the Left and Right, and Central Channels of energy in the body.

The relatively simple movements of H&E can be learnt by any reasonably experienced Tai Chi student in half a day. After that, the physical movements are used as the “shell” in which to place and develop key physical and energetic skills which are critical to the practice of Tai Chi to maximum benefits.

Opening and Closing (O/C, Chinese kai/he) is a critically important key technique to employ when practising Tai Chi. Professor Men Hui Feng (head instructor of Tai chi, Beijing Institute of Physical Education in the 1980s) is quoted as saying, “Without opening and closing, there is no tai chi”. Unfortunately, it is only rarely taught in Australia. Every Tai Chi movement should incorporate the practice of O/C. When one can O/C consistently, one is able to:

- * Open and close spaces in the joints including the spine.
- * Pump all of the body’s fluids.
- * Clearly feel your chi in all Tai chi and qigong practice.

Turning/rotating/twisting soft tissues of the body is in most postures in Tai chi, and will result in increased ability to clearly become aware of, and control circles and spirals of chi in our body.

Wrapping of the tissues starts with the shoulder blades and progresses to directly moving chi through the collateral (horizontal) energy meridians, and will result in increased ability to move chi from our spine through the shoulders, arms into the fingers and back - a movement which is clearly felt, and which is a big deal in push hands and all Tai Chi forms.

Moving energy through the Macro and Micro-cosmic orbits is the circulation of chi, along the Back and Front channels (Micro) and including the channels in the legs (Macro) focusing on the spine but including other vertical energy channels. This will result in increased ability to clearly move chi along the skin, then into the wei qi (the body's protective layer), the fascia, the spine etc.

Engaging the fascia will activate and move chi and will result in increased ability to move energy in all meridians including activating the macro and micro cosmic orbits.

Connecting the breath and chi will result in increased ability to transform the way we breathe, with all of the associated benefits which occur, including improved circulation, better functioning of all of the body's internal organs etc.

Sinking and dissolving chi will result in increased ability to identify energy blockages in the body, and then release those blockages, and strengthen the nerves and central nervous system.

Working with the Left and Right, and Central Channels of energy in the body will result in increased ability to understand and finally connect up all of the bodies energy channels etc.

My experience, since being certified by Master Bruce Frantzis to teach H&E in 2013, is that so much of the Tai Chi that I had been practising and teaching for more than 20 years prior could finally be practised as it was intended. H&E, although seemingly simple (repeated 20 to 30 times), continues to reveal to me each year more and more and is transforming my practice and teaching. My hope to spread this knowledge to all interested persons.

Editor: Paul lives and teaches in the Coffs Harbour, NSW area. Email: paulhp@bigpond.com. Phone: (02) 66531252

INCREASE TO SINGLE YEAR MEMBERSHIP FEE

TCAA has been requesting membership renewals to be made for four-year periods at \$100. This was to reduce the administrative load on the Membership Manager (volunteer) handling single year renewals (\$25) involving banking of fees and the issuing of receipts every year.

The Management Committee has approved the increase of the single year rate from \$25 (since forever) to \$30. It is hoped to encourage more renewals to four-year period, which will remain at \$100.

The renewal/application form on the website is being changed for the new year 2020.

WHAT'S HAPPENING?

Walt Missingham - IWUF Vice President

TCAA has been informed that Mr Walt Missingham (KWA President) has been elected one of the five new Vice Presidents of the International Wushu Federation (IWUF) for the 2019 to 2023 term.

This augurs well for the region as we can expect more kungfu (Wushu) activities in Oceania and Australia to be supported by the IWUF.

22nd Annual Tai Chi for Health Workshop with Dr Paul Lam

Dr Paul Lam's 22nd Annual Tai Chi for Health Workshop is scheduled for 6th to 11th January 2020 (Monday to Saturday), 9am-5pm.



Dr Paul Lam

Tai Chi for Health Institute
EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

You will find workshop details and the event registration at: <https://www.eventbrite.com.au/e/dr-paul-lams-22nd-annual-tai-chi-for-health-workshop-registration-61093479241>.

FREQUENT REMINDERS

Update your Instructor Listing Information

Members with Instructor Listing (or intending to list) are requested to update/provide your information as soon as your information or changes are identified. It is best done by submitting your information in the online listing form where the data fields and limits are already set for consistency. The link is: https://www.taichiaustralia.com/form_listing.html.

Update your Address, Email and Phone Details

If your contact details have changed since you last renew your membership, please email the changes through to tcaaADM@gmail.com.

Member-Organised Events - Broadcasting by TCAA

TCAA may promote private Tai Chi or Qigong events conducted by members by broadcast email to the membership, if the Publications Subcommittee considers the events to be of interest or benefit to TCAA members.

Free or not-for-profit events considered to be of interest or benefit to TCAA members will be promoted for free. If the Subcommittee considers the fee represents a for-profit event, a donation of \$50 will facilitate broadcasting to members of a specified State, or \$100 to the nationwide members.

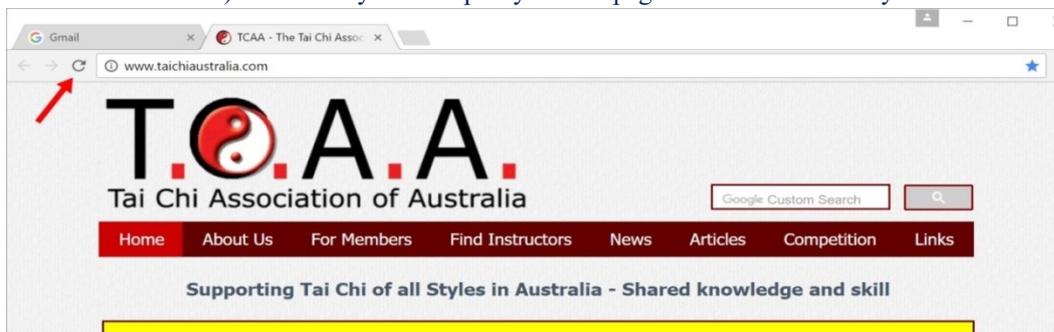
Requests for broadcasting of events may be made by a member to tcaaADM@gmail.com. Remember to attach your pdf flyer. This policy is posted on the TCAA website under **For Members > Promote your events**. The hyperlink is https://www.taichiaustralia.com/members_promotion.html.

Administration of Sword Exemption, Victoria

To apply for Exemption to own and/or practise Tai Chi with a sword under the Control of Weapons Act 1990, EXEMPTION TO POSSESS SWORDS - MARTIAL ARTS, Order in Council, complete the application form here at https://www.taichiaustralia.com/docs/Sword_Exemption_Applic_TCAA_VIC_2019.pdf.

Website Tips

Frequently "REFRESH" your web browser by clicking on the little circle with an arrow head (see the red arrow pointing to it in the below screenshot). It is usually at the top of your webpage on the same line as your URL line.



Submitting Articles to this Newsletter

Members are invited to send in articles. Articles should be first-hand observations and conclusions/opinions. Should you need to quote published material or the opinion of others, you should identify the source (a hyperlink if available), and provide your take of the subject matter in your article. Quoting other publications extensively is not encouraged as apart from the discussion not reflecting your experience, you must agree to indemnify TCAA against all copyright claims.

The Editor reserves the right to make changes to an article to comply with our Code of Conduct and space considerations. Please submit your article(s) to tcaanews@gmail.com.

Editor's Note: Comments concerning this Newsletter may be sent to tcaanews@gmail.com.