



GUANG PING
YANG TAI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

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FROM YOUR PRESIDENT

BY

NICK D ANTONI

I'd like to begin by thanking all those who've responded to our postcards and pleas to send in membership renewal checks. To those few of you that still haven't gotten around to it - please, PLEASE do so right now, today. Or better yet, log on to our website and renew by credit card! As you know, the board is currently involved in trying to dramatically expand the value and benefits of membership. Since we have extremely limited funds, your membership dollars really DO make a difference. Without them some of our new initiatives will simply die for lack of money. Not doom and gloom, just the straight truth.

Okay, enough brow-beating. So what exactly are we talking about here? Well, in addition to expanding the conference, improving the Universal Post, and organizing our first ever membership wide board election, there's a lot going on. Our website has been changing and improving and now not only offers online membership and renewal, but offers CD's and videos from our 2000, and 2001 conferences. Limited membership directory information is also available to members only. And in the background we're working on new content for both the public and private areas of the site that we hope to publish very soon.

But I really want to talk to you about the new project that I personally am most excited about. We're about to launch a grant program! At the last board meeting a budget for the program (\$2000) was approved as well as minimum (\$50) and maximum (\$500) grant sizes and the general guidelines for the types of projects we'd like to support. Now we're developing application materials that will include a more formalized list of criteria and some samples of the kinds of uses the board can commit funds to support.

In general, we'll be looking to help with funding activities that are consistent with, and further, our mission. These could include activities like: co-sponsoring a special workshop at a school; helping to fund a short "residency" to bring a special teacher of Guang Ping to a school or group of students that could not be afforded otherwise; helping develop a significant special program in an area (classes for school kids, the old, ?); community education and outreach activities that are relevant to our mission; other creative ideas that our members may

come up with that fall within the listed criteria; etc. Of course, the number of both association members and members of the general public who could potentially benefit will also be a factor. The Association will also require prominent acknowledgment as a sponsor/co-sponsor depending on the percentage of total cost being funded.

Naturally we'll also be asking for some accountability on behalf of the successful applicants. Expect to be requested to provide not only a financial accounting, but copies of materials used to publicize the event, some photo's or/and video taken of the work in progress, and even a short article for the U.P. Grant money always has strings attached, right? So it's time to put your thinking caps on. Come up with a great idea. And get ready to make a proposal so the association can help you "make it happen."

We plan to have the applications and guidelines in the next edition of the Universal Post. Get ready!

So you see, the board really has been busy on your behalf. And that leads me to my next thought. Please, those of you with

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MASTER YUN CHUN CHIANG S
 TAI JI QUAN NINETEEN BASIC PRINCIPLES
 FROM REVEREND HENG SURE
 CONVENTION 2001

1. Let your entire body relax; avoid using force.
2. Concentrate your mind and unify your will; avoid letting your thoughts wander or scatter.
3. Be peaceful and natural; release all tension.
4. Hold the head up and straight; it should feel as if a string attached to the crown of the head were holding you up.
5. Straighten you body; avoid leaning in any direction.
6. Distinguish clearly between the empty (unweighted) foot and full (weighted) foot, so as to express the alternation on yin and yang.
7. Let both hands move together; avoid letting one hand stop.
8. Breathe evenly, regularly and naturally, avoid holding or constricting the breath.
9. Let the entire body move with the slightest movement; avoid letting any part stop separately.
10. Let the waist lead the entire body.
11. Movements must describe squares and circles; the limbs should be neither too bent nor too straight. Movements that are too bent will be flat; too straight makes them too stiff.
12. The speed of movements must be smooth and steady; avoid suddenly speeding up or slowing down.
13. Stillness must contain the intent to act; action must contain the idea of stillness.
14. The body's center of gravity rests in one of three places: in the left foot, in the right foot, or between the two feet.
15. The entire body must be in harmony, of which there are six modes:
 - ☯ Three external harmonies:
 1. Hand with foot
 2. Elbow with knee
 3. Shoulder with hip
 - ☯ Three internal harmonies
 1. Thought with intent
 2. Intent with breath
 3. Breath with strength
16. Why is it important in the practice of Tai Ji Quan to observe the fullness or the emptiness of the feet? (see principle 6).
 Because emptiness permits nimbleness, i.e., lightness of movement, or agility, and nimbleness in turn permits change in one's own position. Change in one's own position permits transformation of the opponent's movement. And transformation of the opponent's movement in turn gives me an advantage.
17. In the changes and transformations of Tai Ji Quan, rest and motion have no beginning; change and transformation have no end. Emptiness and fullness alternate naturally.
18. In applying Tai Ji Quan, seek straightness in what is crooked; gather strength in, so as to thrust it out. During changes and transformations, I will not move if the opponent has not moved. But if I observe the opponent move even a bit, will have moved before he does.
19. In extending the hand and feet in Tai Ji Quan, avoid extending them all the way. Keep them relaxed but not limp. Check your strength but your intent remains unchecked.



INTERVIEW OF A GUANG PING MEMBER

RANDY ELIA OF PETER KWOK'S KUNG FU ACADEMY, EMERSON, NEW JERSEY

The Universal Post met up with Sifu Randy Elia in his office at Peter Kwok's Kung Fu Academy in Emerson, NJ. It was a chilly January night, but the atmosphere that Randy has created in his school was warm and inviting. It reflects his interest in and commitment to the health and well being of his Kung Fu students.

UP: First off, let me say what a pleasure it is to visit with you, Randy. You are 6th generation in the Guang Ping long form and are both a national advisor and board member of the Guang Ping Tai Chi Association. What brought you to the martial arts?

Elia: Well I've been interested in self-defense since I was a child. My father was a self-defense instructor in the military. So I grew up with that context. I wrestled in high school. When I was about 14, Peter Kwok offered an adult education Shaolin course through the local school system and I signed up for it. At the end of the eight-week course I decided to study with him on a regular basis. I expected to start right in learning all the flashy Shaolin moves, but Peter decided that the best path for my development was to study Tai Chi first. He interspersed the forms with push hands and applications to keep me interested. Looking back, I realize that putting me into Tai Chi was Peter's way of testing my discipline and dedication to the martial arts.

UP: What form did you learn first?

Elia: Peter started me off with the Guang Ping Long Form. He always stressed the proper footwork with relation to application for the proper delivery of energy. And if I made an error, he always made me go back until I got it right before he would let me move on. This attention to detail has framed the way I study and practice, and of course how I teach martial arts.

UP: How did Peter differ from other teachers you studied with.

Elia: Well, I studied with Y.C. Chiang, Peter's Kung Fu brother from Taiwan. He would have me go through the entire form and then make corrections. But I think the biggest impact he had on me was his emphasis on the spiritual aspects of the form in terms of shen. In this way, they really complemented each other very well.

UP: What do you see as the biggest benefit of practicing the Guang Ping Long Form?

Elia: Definitely, it is the martial aspect of Guang Ping. Its history is so close to the Chen system. It really is a link between the external and internal systems. And of course, there are the health benefits of consistent practice.

UP: Randy, as a teacher, what basic principles do you stress with your students?

Elia: Let me list them:

1. Position of the feet.
2. Working from the feet up to create structure in the body.
3. Combining the traditional yin/yang principles into practice.
4. Proper breathing.
5. Learning both sides of the form, regular and mirror.

UP: What is the benefit of a group like the Guang Ping Tai Chi Association?

Elia: Perhaps the most important thing to date is that various teachers have been able to come together in a harmonious and accepting atmosphere to share their knowledge of the Guang Ping form to the benefit of all.

UP: What are your hopes for the future of the organization?

Elia: I hope we can expand our scope to include other internal forms and to expand on the related martial applications. I hope we can become more well known in the martial arts community. I'd like to see us include a focus on how Chinese medical theory relates to what we do so we can reach out to new groups of people. I'd also like to see the Association sponsor Chinese nationals to come to the US to conduct workshops.

You can contact Randy Elia of Peter Kwok's Kung Fu Academy by emailing him at peterkwok@aol.com, calling



Randy Elia receiving his certification to teach in China by Master Y. C. Chiang.



THE KWAN PING YANG OF TAI CHI CHUAN FROM INSIDE KUNG FU MAGAZINE

Master Yang Pan-hou looked down at the young boy. "Your father tells me that you want to learn Tai Chi Chuan."

"Yes, sir," answered Wong

"But do you really?"

"Yes, sir!"

"I do not believe you," said Master Yang, turning to walk away. "I have nothing to teach you."

Jao-yu stared in disbelief. He was crushed ... and speechless.

Master Yang Pan-hou was famous throughout China. He was the personal instructor of the Emperor, Emperors family, and the Emperors private guard. Stories of his exploits as a fighter were legendary, and Wong Jao-yu idolized the man.

"Please, master Yang," pleaded the boy, running after his hero. "I'll do anything you ask... I'll work so hard... I'll do anything!"

The master looked at the boy again.

"Please, master Yang. Just give me a chance. I'll prove myself."

"Very well, son. Yang placed his hand on the boy's shoulder, I will teach you one thing. Lets see what you can do with it" So saying, Yang stepped back into a Tai Chi stance, then grabbed his right foot and effortlessly pulled himself downward until his chin touched his big toe. "There!" said Yang. I want you to practice that stretch for 100 days. Come to me when you can touch your chin to your toe as I just did. You have just one hundred days. That's all. One hundred days."

"The 100 days chin-to-toe is a test for your mind," explains shih-fu Yun Chung Chiang of Oakland, California. "Its a very difficult feat. And if you succeed, you demonstrate that you have cultivated your mind to the point where you

have enough patience and the ability to do hard work, so that you can learn the art of Tai Chi Chuan.'

Shih-fu Chiang teaches a very rare style of Tai Chi Chuan. In fact, whereas there are only slight differences between most Tai Chi styles, the art that Chiang teaches provides radical contrast. To be specific, the movements tend to be longer, deeper, and more energetic. But more significantly, the movements contain obvious combat value.

"It's like acupuncture surgery." continues Chiang. "The same philosophy is at work.

The acupuncturist will place the needle in the patient's body. At first the patient experiences discomfort then numbness. Once the pain is gone, the doctor can operate.

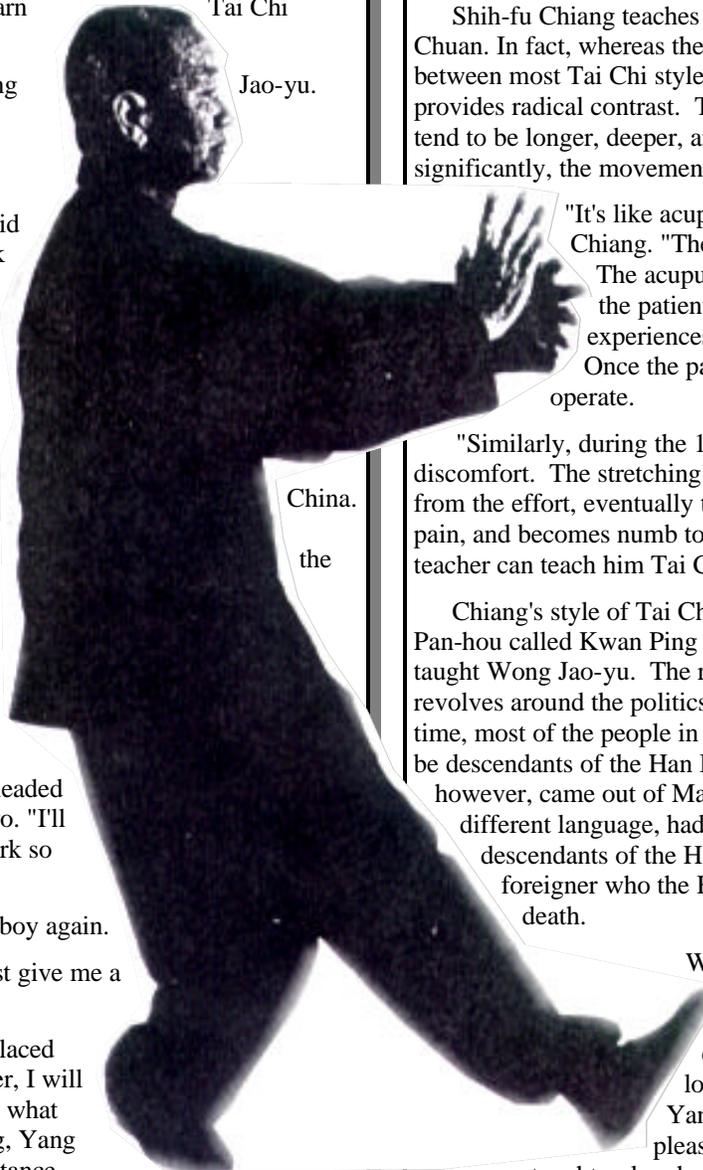
"Similarly, during the 100 days the student experiences discomfort. The stretching's hard work. Many people drop from the effort, eventually the student comes to understand pain, and becomes numb to it. Once the pain is gone, the teacher can teach him Tai Chi.'

Chiang's style of Tai Chi Chuan is the secret art of Yang Pan-hou called Kwan Ping Yang, which the famed master taught Wong Jao-yu. The reason for the art's secrecy revolves around the politics of 19th century China. At that time, most of the people in China considered themselves to be descendants of the Han Dynasty. The rulers of China however, came out of Manchuria. They spoke a slightly different language, had different customs, and were not descendants of the Han. The Emperor therefore was a foreigner who the Han served under penalty of death.

When master Yang Pan-hou was asked to become the Emperors personal kung-fu instructor he could not refuse. Yet he felt no loyalty to the Manchu monarch. So Yang did indeed leach at the pleasure of the royal court, but he taught only what he pleased.

Yang was determined not to allow his family's precious Kwan Ping Yang style of Tai Chi Chuan to be used in self-defense of the Emperor. He immediately set about creating an alternative system. This new system considerably inferior to the secret art. The movements were much less practical, must less powerful.

The Tai Chi art that master Yang taught at the Imperial Palace soon spread throughout the capital city, and is still taught in Peking today. When the Wushu Troupe from the People's Republic of China toured the United States last



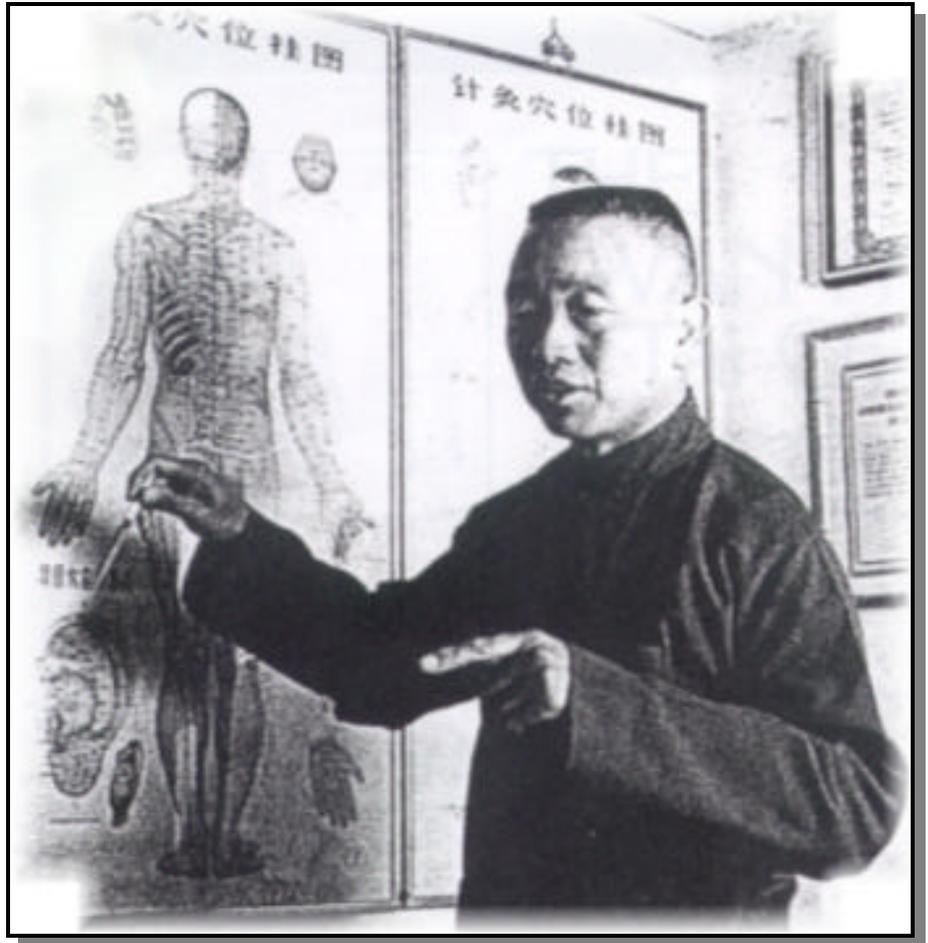
Master Chiang poses in the Ward-Off position, one of the 13 postures

summer, troupe members performed a routine taken from the Peking Yang style of Tai Chi Chuan created by Master Yang Pan-hou. And curiously enough, the Chinese government has begun to encourage all troupe members to study Yang's watered down version of Tai Chi Chuan. It seems that due to the emphasis on the Cultural Revolution, Wushu performers have forgotten how to fight. The government hopes that master Yang's Tai Chi Chuan will help revitalize the lost knowledge.

"People do not realize it today," recalls shih-fu Chiang, "but back in the old days (before World War II), kung-fu was taught differently. At that time a teacher might only teach one or two students before he dies. It was hard for a teacher to find good students. And it was equally hard for a good student to find a good teacher.

"Usually the teacher would start the student out with elementary techniques while he checked out the students personality; his heart, his mind, whether he was a good or a bad person. If the teacher found the student to be a bad person, he abandoned him, but if the teacher judged him to be a good person, he would begin to teach him his art's secret techniques."

Apparently the chin-to-toes stretch in 100 days was master Yang Pan-hou's method for evaluating the personality of Wong Jao-yu. "After master Pan-hou changed the style," says shih-fu Chiang, "he taught the real art, the Kwan Ping Yang, to one student... Wong Jao-yu Wong. Wong Jao-yu was my Grand teacher.



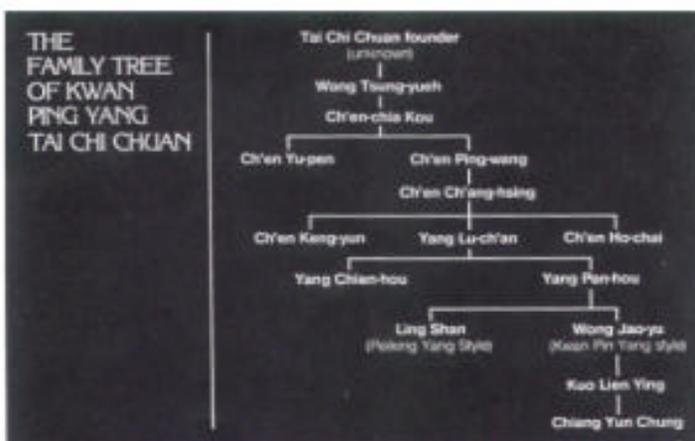
Acupuncture, like the internal aspects of Tai Chi Chuan, is revealed for the more advanced phases of learning.

"At the time, master Yang Pan-hou instructed Wong Jao-yu to keep the real art secret for as long as the Manchu's were on the throne. If he ever demonstrated movements which were different from what master Yang taught at the palace, Yang and all of his relatives would have been executed."

Of course, the Imperial family did fall with the establishment of the first Chinese Republic. So when it came time for Wong Jao-yu to pass the art on to a student, he naturally used the chin-to-toes stretch to test for worthiness. "Its like constructing a building," explains shih-fu Chiang. "If the foundations not good the building will fall down.

"The martial arts are the same way."

Wong Jao-yu needed to find a student who could perpetuate the secret art. The Kwan Ping Yang style is a very special art. The movements



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MY TAI CHI GARDEN BY MARILYN MATHEWS

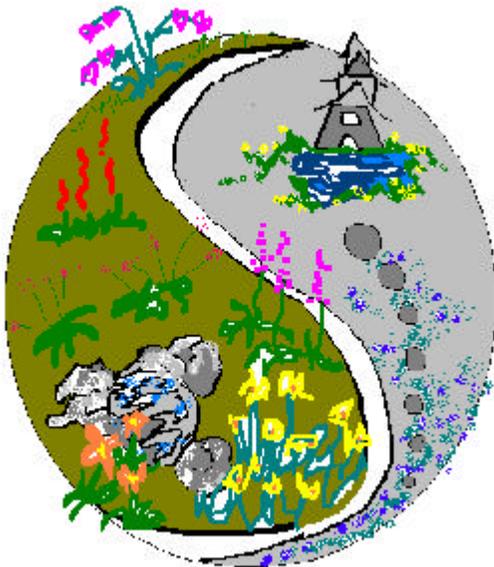
I thought to make a garden in the shady corner of my yard, a place to practice Tai Chi. I hauled away old ladders and boards. I dug up slates and old clay pots. I even got my nephew to help move soil to level the central portion of the garden for Tai Chi.

Gradually, over the last three years I have transplanted day lily, myrtle and fern, bleeding heart and wild blue iris. I cut out scrub trees and pruned bushes. I reused old concrete blocks for a path. I added coral-bells to go with the lily of the valley, hung wind-bells in the rose-of-sharon, and placed a pagoda in a strategic spot.

I thought to make a Tai Chi garden to have a place to practice, to have the space to meditate. I envisioned it in the future, beautiful, complete.

Now as I work in my garden, I realize that it is not separate from Tai Chi at all. It is a process that will have no end state. I will continue to refine it, understand the interconnection between plants and trees, earth and sky. Sometimes it will cause me to stop and reflect on my lack of ability and understanding of the greater picture. Sometimes it will bring me indescribable joy when suddenly I see the roots grow into their individual forms.

I thought to make a garden for Tai Chi and instead found Tai Chi in a garden.

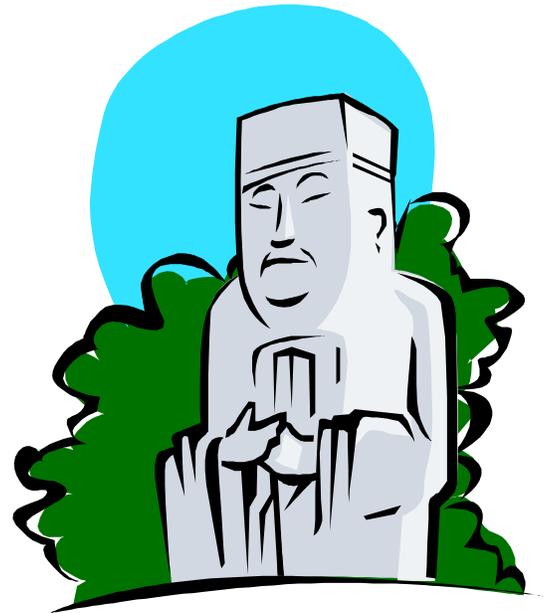


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time, interest, and a willingness to become involved and work, look over the information from our Board Nominating Committee in this issue. Then take their request to get involved under consideration, and act on your intention. Thank you.

That's about it for now. I hope you enjoy this issue of the "Post." Please send us your feedback, comments, and questions. Any of the board members would enjoy hearing from you.

Yours in Peace and Practice - Nick



Editors Corner

Editor: Dominick Ruggieri, 1015 Cedar Bridge Avenue, Brick, NJ 08723.
Phone: (732) 920-0605
Email: dominick@chinahand.com

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T'AI CHI AROUND THE WWORLD BY NICK D'ANTONI

Here are my picks for this time around, a good mix of Guang Ping related and general interest sites that I hope you'll enjoy browsing.

GRANDMASTER KUO

www.geocities.com/ctcca_home/art12.html

This is a link to a short article written by Harvey Kurland, who teaches in Southern California, primarily about his understanding of some of Kuo Lien Ying's background. I'd lost my link to this article and only re-discovered it after Dominick Ruggieri sent it to me again. Anyone interested in the history of our Guang Ping form will certainly find this article of interest.

CHINA KUNG-FU INSTRUMENTS CO., LTD.

www.chinese-weapon.com/

This is a well designed and interesting site run by a company in Taipei, Taiwan that manufactures "all kinds of weapons and accessories including all types of swords knives tye chr kang dau, syi-jang, jyou hwan dau, hu-shou double knives, nor jai spears chyao shou lwan,jin chyan shwang tsz, shwang lyou sying, shwang yueh, swo-hou dau, sau dau, ma dau, pai dai uniforms and much more." They ship all over the world. Schools and teachers of weapons forms who can put together group orders will probably find it most practical, but anyone can enjoy the "view."

There's also an interesting incidental benefit to logging onto this site if, like me, you haven't installed a Chinese character font on your new computer yet. When I connected (using Netscape 6.2) a dialogue box informed me that I needed to get a font to "correctly display Chinese characters" and gave me a direct link at Microsoft to a self installing font.

tcmondo.exe at download.microsoft.com/download/ie5/ime/5.02. It's big (3.8MB) but worth the time to download, and PRESTO... my computer "reads" Chinese!

ITCCA TAI CHI QI GONG: ORIGINAL YANG FORM

itcca.org/index3.htm

This "Tai Chi and Qi Gong Website of the ITCCA International Tai Chi Chuan Association" opens with a cool animation assembling the t'ai chi symbol. The claim made here is that theirs is "The original Yang Style Tai Chi Chuan of the Yang Family."

Clicking on the "English" language link takes you into the actual content of the site. Included on this site are a number of video clips of their Yang Style form. Clicking the "Original Yang Style" link in the left side border take you to a page from which you can check out a clip of "The Solo Form", "Sword Form", and something called "Chi-tests." There is also a "History of the Yang-Style" link. There's a good bit of very interesting historical material here, and since the association was founded in 1953 by a member of the Yang family, it would certainly seem that their claim to authenticity has merit. In the sense that they are using the term "original" it seems that they mean: a form as taught by the Yang family before the simplification of the form "to preserve the secrets of the family-style." I found the lengthy personal histories of the Yang family members listed here very intriguing. Well worth spending some time exploring here.

OTHER SITES OF INTEREST:

Ancient China Index

www.crystalinks.com/china.html

china-guide.com: The Gateway to Chinese Culture!

www.china-guide.com/

China Hand Kung-fu Academy (see what Dominick's been doing lately, very cool)

www.chinahand.com

And, finally, I must apologize to Roger Parmeter. Roger sent me an email with information on a really great site that I'd planned to put into this installment, but I managed to lose all trace of both his original email and the link. Roger, can you send it to me again? Thanks!



GPYTCA WANTS YOU!
AN OPEN LETTER TO THE GPYTCA MEMBERSHIP
FROM
GPYTCA NOMINATING COMMITTEE
FU-TUNG CHENG, RANDY ELIA, & MARILYN MATHEWS

Dear Friends,

The GPYTCA Board Nominating Committee is looking for a few good, hard working souls with an interest in joining the board. This is your chance to get closer to the pulse of the organization.

Some of the basic responsibilities of a GPYTCA board membership include:

- Attending monthly board meetings by conference call
- Serving on board committees
- Taking a lead roll in some aspect of the work of the board
- Reviewing financial and other reports prepared for the board
- Supporting and contributing to the development of the association's goals
- Making a personal contribution and soliciting funds for the association

We're especially looking for people with skills and experience in marketing, historic preservation/archiving, computer technology, and non-profit management.

This is a dynamic time in the history of the association and there's never been a better opportunity to get involved and help make exciting things really happen. If you are interested and willing to commit some of your energy to a very good cause, please go to our web site, www.guangpingyang.org, and fill out an application to be nominated for the board. Do it today and help build the association for tomorrow. Our final deadline for applications is June 1, 2002.

After all applications have been received, applicants may be contacted by the committee for an interview or to request additional information. A slate of nominees will be assembled by the committee, approved by the board, and then presented to the membership in a general election. New members will begin their six year terms of office during the annual conference in October, 2002.

If you have any questions, please feel free to contact one of us.

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(Continued from page 5)

encompass both big and small circle techniques. And the essence of the method is contained in two words: relaxation and sinking (of energy).

The stance work is very low, lower, than other forms of Tai Chi Chuan. Usually, the beginner will spend two years studying solo exercise at medium speed with occasional lapses of very fast movements. The intermediate student then learns the techniques in reverse. His energy must sink another four or five inches. And the whole solo exercise should take about 40 minutes to complete.

After another two years of reverse Tai Chi, the students foundation should be strong enough to begin the advanced techniques, or the mind/body Tai Chi. At this stage, the mind controls the body completely, the fighting applications of the art become mastered, and the solo exercise is increased to an hour and a half.

The fighting tactics of Kwan Ping Yang embrace the original 13 postures: 1) central equilibrium, 2) advance, 3) retreat, 4) look to the left, 5) look to the right, 6) ward-off, 7) rollback back, 8) press, 9) push, 10) pull, 11) split, 12) elbow, and 13) shoulder. These tactics are finely honed through pushing-hands drills and the 64-movement solo-exercise. This style of Tai Chi Chuan can clearly be used in combat situations.

Without doubt the rigorous training required to master master Yang Pan-hou's secret art required a determined athlete. The chin-to-toes stretch provided Wong Jao-yu with a way to choose his successor. "My teacher, Kuo Lien Ying," says shih-fu Chiang, "like Wong Jao-yu before him, was able to touch his chin to his toes before 100 days passed. And I was able to repeat the feat after him.

"None of shih-fu Kuo's students before me were able to touch their chin to their toes in 100 days. And in 20 years as a teacher myself, no one else has repeated the feat. So there's no one before me, and no one after me."

This article was originally published in Inside Kung Fu Magazine and reprinted with their permission.



CONVENTION 2002 UPDATE

No folks we haven't forgot you. We are busily working making arrangements for the Annual Convention. As you already know, we are scheduled to have this years convention on October 18, 19, & 20 at the Quails Inn Resort in beautiful San Diego, CA.

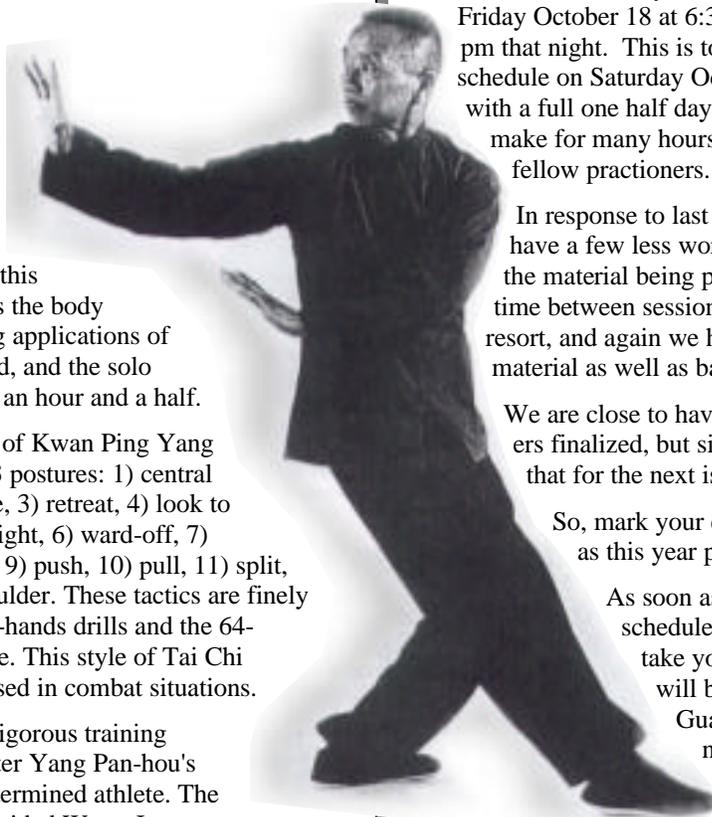
Different from last year, we will be starting the workshop in Friday October 18 at 6:30 am and we are schedule to 10:00 pm that night. This is to be followed by the same type of schedule on Saturday October 19; then we will conclude with a full one half day on Sunday October 20. This will make for many hours of good Tai Chi practice with our fellow practioners.

In response to last years request, we are planning to have a few less workshops and more time devoted to the material being presented. There will be scheduled time between sessions to allow for getting across the resort, and again we hope to have some advanced level material as well as basic material.

We are close to having the final schedule and presenters finalized, but since we are not there yet, I will hold that for the next issue of the Universal Post.

So, mark your calendars, make arrangements now, as this year plans to be another great workshop.

As soon as we can, we will announce the schedule, give you the cost, and begin to take your registrations. Like last year, we will be accepting registration over the Guang Ping Yang Website—though not yet—or mail in registrations.



Master Y.C. Chiang poses in the Pa Kua Single Palm Change Posture

Welcome to the
Guang Ping Yang Tai Chi Association
Annual Convention

Executive Committee,
Board Members & National
Advisors

Committee Members

Honorary Chairman:

Y. C. Chiang, CA

Honorary Chairman:

Henry Look, CA

look@cwnet.com

Honorary Chairman:

Donald Pickens Rubbo, CA

fivetigrs@aol.com

Honorary Chairman:

Nina Hopkins Suguawara, CA

Chigrdner@aol.com

President:

Nick D'Antoni, WA

dantonin@bmi.net

Vice-President:

Dominick Ruggieri, NJ

sifu@chinahand.com

Vice-President Elect:

Randy Elia, NJ

peterkwok@aol.com

Treasurer:

Marilyn Mathews, NJ

mmathews@girlscouts.org

Fu-Tung Cheng, CA

Allen Trigueiro, CA

Patricia Boucher, CA

National Advisors

David Chin*, Fayetteville, NC

Bing Gong*, San Francisco, CA

Jonathan Shear*, Richmond, VA

Valerie Prince, Newport Beach, CA

Diane Hoxmeier, Cape Cod, MA

Joanna Schoon, Newport Beach, CA

Heng Sure, Berkeley, CA

George Lakoff, Berkeley, CA

Fritjof Capra, Berkeley, CA

William Wong Chin, New York, NY

Carlan Steward, Sacramento, CA

Daniel Lee, Duarte, CA

Richard Peck, Plano, TX

Timothy Smith, Fayetteville, NC

Cheryl-Lynne Rubbo*, CA

***Kuo Lien Ying Direct Students**

Membership Coordinator

Valarie Prince

P.O. Box 1528, Laguna Beach, CA 92652

Webmaster

Dominick Ruggieri

webmaster@guangpingyang.org

DEDICATION OF MERIT BY REVEREND HENG SURE

The Dharma-method of "dedication of merit" allows us to share all the blessings, all the merit and goodness that we have earned through our cultivation in this holy place. We can send out all the benefits that would otherwise accrue to ourselves, to every living being in the world. Simply make a wish, for what ever need you perceive in the world, for whatever wholesome change you would wish to take place in the world, and send the goodness out with a single mind. The results we desire can take any form, specific or general, personal or universal. The power of a concentrated mind for goodness, amplified by the community in unison, makes the connection effective. The spirit of giving sends the gift, the prayer for well-being, throughout the world, to all creatures, as far as our minds extend.

1. May every living being,
Our minds as one and radiant with light,
Share the fruits of peace,
With hearts of goodness, luminous and bright.
2. If people hear and see,
How hands and hearts can find in giving, unity,
May their minds awake,
To Great Compassion, wisdom and to joy.
3. May kindness find reward,
May all who sorrow leave their grief and pain;
May this boundless light,
Break the darkness of their endless night.
4. Because our hearts are one,
This world of pain turns into Paradise,
May all become compassionate and wise,
May all become compassionate and wise.



CALENDAR OF EVENTS

Date: May 2002

Place: Little River Kung Fu Academy, Stroudsburg, PA.

Cost: \$150.00 Lodging & Meals - \$100.00 Workshop you can pay via credit card at Marilyn's website.

Contact: Marilyn Cooper (570-992-8746) or visit her website at www.littleriverkungfu.com

Description: David Chin will do a weekend workshop on a rare Kuo Lien Ying Form. David will be teaching this form, which Kuo only taught him, from his early days in Taiwan.

Date: June 2, 2002

Time: 8:00 am check in, 10:00 am First Event Begins

Cost: Competitor \$40.00 for 3 events, Spectator \$10.00

Place: Murray Bergtraum High School, NY, NY

Description: 2002 Summer Bash Northeast Regional Championship & National Qualifier.

Information: Email ATNunez@aol.com or call (718) 422-1388

Date: June 9, 2002, Saturday

Time: 8:00 - 10:00 am

Place: Portsmouth Square, San Francisco, CA.

Information: Donald Rubbo (415) 456-9095 or email info@cultivatechi.com

Description: Kuo Memorial. Don't miss this event, make plans now as time is running out. Come and be part of the wonderful day where we celebrate the memories of Kuo Lien Ying, the one who started it all for us.

Date: June 22, 2002

Time: 8:00 am Check in

Cost: All-U-Can Compete \$50.00, Spectators \$10.00

Place: Gonzaga College, Washington, DC

Description: Wong Kung Fu Tournament - Traditional Styles Only - All styles welcome!

Information: Toll free (877) 880-6370

IDEAS AND OPPORTUNITIES...

Feeling lost and lonely and out of touch with other Guang-Pingers? Are you physically a long way from nowhere and like to reconnect with an instructor/group you met at the conference?

Well, here's an idea--get in touch with them! For people who are interested in following up with a particular instructor on a specific topic or would like to get further instruction in an aspect of guang ping that got you going at the conference, there is a way.

Talk to that instructor to see if they are willing/able to set up a special arrangement, get some people together, and make some travel plans. An example? Well, Judith from the San Diego area was interested in working more intensively on "effortless flow" with Fu-Tung Cheng. So she got a group of interested Guang-Pingers together, and through me set up a date and time for a special Saturday class. Happily, we were able to make this coincide with the Kuo Memorial (see earlier article) and so we'll have an entire weekend of tai chi fun!

And, if you've already done this and want to share your experience with the rest of GPYTCA, send a note in to Dominick Ruggieri to be included in the next Universal Post.

--Tricia Boucher

Mission Statement

Guang Ping Yang Tai Chi Association

To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang style T'ai Chi Chuan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi in honor of the memory of Sifu Kuo Lien Ying, who brought Guang Ping to the United States, and in commemoration of his unselfish sharing of his many skills.





GUANG PING
YANG TAI CHI ASSOCIATION

Valarie Prince, Membership Coordinator c/o
Kuang Ping School of Tai Chi
P.O. Box 1528, Laguna Beach, CA 92652



**STRIKE PALM TO ASK BUDDHA
OR
CHI CHANG WEN FU**