



GUANG PING
YANG TAI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

Volume 6 Issue 1

April 2003

FROM YOUR PRESIDENT

Greetings to you all! As I sit down to write this (March 29th), I find myself worrying and wondering how the events of the past couple of weeks are affecting you. First of all, it my sincerest wish that this newsletter finds you and all your loved ones prospering, in good health, and out of harm's way. It is a trying time for all of us, no matter whether we support the government's decision to go to war or not. Emotions are high and there seems to be a heightened level of tension in the air no matter where you find yourself. [What follows in the next couple of paragraphs is my personal opinion and does not necessarily reflect the ideas or opinions of the board of the Guang Ping Yang T'ai Chi Association, or of its membership.]

War, even the most popular and obviously justified war, has historically challenged more than economies and social mores. It has also torn at the very fiber of humanity, the structures of society, and civilization itself not only in ways that are obvious but also in ways that were unforeseeable at the time. Today, the hearts and minds of people all over the globe are feeling the same sort of strains, the same fears, the same anxieties over what's to come, how it will all end and when, that people have always felt during times of war. Millions of people, civilians and military personnel alike, who have had no part in the decision now find themselves squarely "in harm's way" with little or no control over the conduct of events that will intimately and dramatically effect both their present and future, perhaps even cost them their lives. The same holds true for individuals on either side of any imaginary national boundaries, or ideological lines.

More than ever, then, it seems to me that what the nation and world need is for all of us to stay as centered as possible and to try to provide a solid counterbalance to the surging disruptions and chaos of current events at home and abroad. To the best of our abilities we must practice in our daily lives clear-headedness, critical thinking, heart guided action, and understanding. I also believe that diligence in our taiji practice can help us contribute as a group to the calming, supportive, and healing influences that the world so desperately needs. I ask each of you to consider this and to act in accordance with your own conscience, and to send whatever hope and healing energy you can to those whose lives are most immediately affected by the fighting in Iraq,

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CONVENTION 2003 UPDATE

Well folks, we are getting closer to September, so it's time to bring you up to date.

So, in the past months we have been compiling our list of topics and presenters. Now we are ready to accept registration and payments for the convention. So let's refresh our recollections first.

This year's convention will be September 26, 27, 28, 2003, Friday, Saturday, Sunday. It will be hosted at the Chateau Resort & Conference Center, 300 Camelback Road, Tannersville, PA. 18372, phone: 1.800.245.5900, email: info@chateauresort and you can visit the resort at www.chateauresort.com.

When you call to reserve your room, mention the Guang Ping Yang Tai Chi Association and receive the discounted room rate of \$109.95, plus 6% sales tax.

This year's conference will again include breakfast, lunch and dinner for Friday and Saturday and breakfast on Sunday. You will be able to purchase meals only for non-participating guests for \$150.00.

If you can't make the entire weekend, we will be offering a day rate of \$150.00 for either Friday or Saturday, all meals included.

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THE KUO COMPARISON



Kuo doing a push



Nick D'Antoni doing a push

Dennis Glanfield doing a push



Next issue the Kuo comparison will feature Kuo, Y. C. Chiang and Diane Hoxmeier doing Twist The Body Twist The Moon.

If you have a posture that you would like to submit, send it to Dominick Ruggieri c/o Guang Ping Yang Tai Chi Association 1015 Cedar Bridge Avenue, Brick, NJ 08723 or email it to sifu@chinahand.com.

YI GUN GIN BY MASTER RANDY ELIA



Exercise 4

Assume a natural standing position with feet close together. Form a fist with each hand with the thumbs bent inside the fingers. Lift arms to shoulder height, parallel to the floor, facing the palms of fists toward each other. While inhaling squeeze the fingers tight and push both fists forward with the greatest possible force. While exhaling relax both arms and fists remaining in the same position. Repeat up to 49 times.

Exercise 5

With feet close together, stand straight with both heels slightly off the ground. Form a fist with each hand, and lift arms straight up over head with palms of fists facing each other. While inhaling, squeeze fists tightly, and as though pulling yourself up on an imaginary bar, bend elbows slightly and slowly lift the heels off the floor as far as possible. While exhaling, relax the fists and return to the original position. Repeat up to 49 times.



Exercise 6

With feet apart parallel to shoulder width, toes pointing straight ahead, support body weight evenly on both feet. Form a fist with each hand raising arms so that fists are close to ears with palms of fists facing downward. Elbows, are extended to the side at the shoulders. While inhaling squeeze both fists tight, and at the same time, strongly pull the fists down and push the upper arms up but without actual physical movement. While exhaling, relax, keeping arms in the same. Repeat up to 49 times



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Next let's talk about the presenters. This year will have a wide variety of workshops with some very special guests. Here is a glimpse of what is to come.

Grandmaster Henry Look will give us the pleasure of his company again this year. He's always welcome and has amusing stories to tell about his teachers and experiences. Grandmaster Look will be presenting workshops on Yang Style Tai Chi Saber and Hsing Yi Elements and applications.

Master Yang Fu Kuei from New York City, NY will be presenting two workshops. Master Yang's family is heavily involved in martial arts in China. I personally have taken classes with him and he is a great teacher with lots to offer. Master Yang will be presenting Internal & External Chin Na Techniques as it pertains to both internal and external systems of Kung Fu. Second, he will be presenting Fa Li (explosive force) which is hard to achieve in internal Chinese martial arts. In this workshop Master Yang will teach methods of achieving this ability utilizing the methods taught to him by Zhao Daoxin his teacher and one of the senior disciples of Wang Xiangzhai with whom he studied as an indoor student and the methods of his family.

Master Randy Elia from Emerson, NJ, will be presenting two workshops. The first, Tai Chi Spear, a traditional Tai Chi weapon. He will teach single forms, push hands exercises, and a two person fighting set to develop internal energy and sensitivity. Second, Master Elia will teach Guang Ping Yang Silk Reeling. This workshop will teach and bring awareness to anyone who practices Guang Ping Tai Ji. While practicing the 64 movements we will first demonstrate the structure of the posture and how alignment is critical for maximum rooting, balance, feeling and power. Once that is accomplished we will bring you through active movement while keeping the structure to attain a feeling called peng, (movement of energy), thus directing into jing. The exercise is done by practicing slow moving Tai Ji postures and maintaining a connection through the body which is called silk reeling.

Our beloved president, Nick D'Antoni, from Walla Walla, WA, will be presenting two workshops. First he will have an Open Push Hands Clinic where all those who want to do push hands will have an opportunity to do so. In this session, all other available presenters will be available to push with. So you can get pointers from many different instructors points of view and levels. Second, Nick will teach a basic Push Hands class for those who have little to no experience and want to "Get Started" in the whole push hands

training.

Sifu Dominick Ruggieri from Brick, NJ, will be presenting two workshops. Continuing for the third year, he will present Applications to Guang Ping Yang Tai Chi Movements showing not only the commonly seen techniques, but chin na, and throwing techniques. His second workshop will delve into the what has been termed as Feather Boxing. This workshop will approach martial application in a free style manner, taking away the structure of a form, stationary positions, and rules. You then have to rely on sensitivity to react appropriately to a given technique while applying Tai Chi principles.

Nina Sugawara and Rick Barrett will be back to continue with "Energetic Coherence in Qigong." Nina and Rick will use a Qigong set to approach this concept instead of push hands. In this way, you will be able to take the concepts and apply them to your form of Tai Chi Chuan.

Dr. Jay Dunbar is Director of the Magic Tortoise Taijiquan School. He practices Chen, Yang, and Hao styles and he is a senior student of the late Master Jou, Tsung Hwa. There is a tradition in internal arts that in 100 days of concentrated training, even seemingly unattainable things become possible. A "Hundred Day Program" is an exercise in individual discipline with community support. Participants set a small number of personal goals, and devote the traditional "100 days" (yi bai tian) to their fulfillment. The purposes of the program are: to apply Taiji principles to daily life and the accomplishment of personal goals; to discover the value and cumulative effect of regular practice; to inculcate habits of focus and attentiveness; to work toward fulfillment of the classics; to experience breakthrough; to support others in the attainment of their goals. In the Magic Tortoise School, we also focus on two traditional goals: the Dantian Challenge (tossing a penny one vertical foot with the dantian), and the chin-to-toe stretch. This workshop will also discuss training to meet these goals.

Peggy Simmone, from Derry, New Hampshire, a twenty year Tai Chi Chuan veteran, with a Masters Degree in Special Education and has worked with severely disabled adults for almost seven years professionally will be presenting a workshop on Tai Chi For The Disabled. Peggy will teach a 14 movement seated Tai Chi Form including discussion on how to work with the special needs population.

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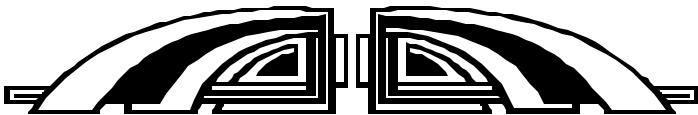
Afghanistan, Israel, Palestine, wherever in the world there is fighting and/or terrorism.

On a much lighter note -I'm very pleased to announce that you will find included with this U.P. the materials for the first election for board members to be put before the full membership. This is an event the board has been working hard to make happen for some time now. I encourage you all to please cast your votes and be a part of this important "first." It's a real milestone for the organization.

And while I'm on the subject of the board election, I want to extend my personal thanks to everyone who helped make it possible. All of you who took the time to nominate someone or put yourself forward for consideration, we couldn't have done it without you. You have helped the GPYTCA take another giant step forward along the road to maturity as an organization. And to the Board Nominating Committee and all those who assisted them in their efforts, I want to extend a special "Thank You!" for all the hard work in following up with and evaluating nominees so that this fine slate of candidates could be put before us for a vote. Well done!

Of course planning for the 2003 annual conference (September 26-28) is an ongoing occupation for the board. The list of potential presenters and workshops is outstanding! The conference committee is hard at work on the schedule. Look for additional information elsewhere in this U.P. and start making your plans to attend, now!

Be well - Nick



Editors Corner

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The editors reserve the right to edit any material or article submitted for publication.

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Tricia's Tai Chi Tips

Finding it difficult to keep your concentration throughout your set? Mind wandering and making lists of everything you have to do today instead of staying with your body? A simple way to practice mindfulness during your set is to concentrate on one specific aspect of your body throughout—pick a body part, and think about how it should feel/move/etc... during the set. Every time you notice that you're not paying attention to your movements, you have a specific focus with which to reel your mind back in. It can be good to use something that your teacher is always reminding you about. Examples from my own experience: keeping my lower back relaxed, making sure my foot placement is correct, keeping my shoulders relaxed and not hunched up, working to make all my movements originate from my dantien, and, well, you get the picture. Picking a different body part occasionally and concentrating on it the whole set will not only improve your ability to *"stay in your set"* through its entirety, but may also make your teacher happy!



Boulahfa Mimoun, Y. C. Chiang & his wife in Salamanca



2003 Election Ballot Board Vacancies

Please vote for two (2):



Larry Riddle
Schofield, WI

Paki Sukwattana
Columbus, OH

Write in

How to use this ballot:

- ◆ Choose two candidates from above
- ◆ Cut this page out of the newsletter
- ◆ Fold in half and staple closed
- ◆ Place your return address and membership number in the upper left hand corner so your vote can be validated prior to being opened and counted.

For your convenience, the opposite side of this page is already addressed and a space provided for your membership number.

Thanks

Important Notice!

This ballot is for the use of current members in good standing of the Guang Ping Yang T'ai Chi Association only. To preserve the anonymity of the voting, and ensure that only votes of paid-up members will be counted, all ballots will be collected and left UNOPENED until they are validated. Ballots will be validated by cross checking the submitter's membership status with the up to date association membership database. All valid ballots will then deposited in the blind ballot box before being counted. Therefore, it is essential that you include your GPYTCA member number next to the return address on the envelope in which you mail this ballot. The board election committee thanks you for your cooperation.



1. Place your return address below the dotted line
2. Fill-in your membership #

Folder here and staple closed

Place postage below

Membership # _____

GPYTCA Board Election

c/o Walla Walla Wen Wu School of T'ai Chi

962 Hobson Street, Walla Walla, WA 99362-2479

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

This is the last installment in the series themed on the eight fundamental energies and the five basic steps, or eight gates and five directions, that are basic to all forms of t'ai chi ch'uan.

This month's focus is on the Five Directions/Five Steps, and I've done my best to locate some useful resources relating to them. Again, as with the four corner techniques, I wasn't able to turn up as much discrete information about the five steps as I'd like, so I'm listing a mix of sites that include some general information as well as specific discussion. I don't believe any of these references are redundant but some of them do further the exploration already begun. For some very useful supplemental and detailed discussion of the subject of the taiji stepping techniques, I recommend that you take a look at the material regarding the eight techniques and five steps that is in Master Kuo's T'ai Chi Boxing Chronicle, as translated by Gordon Guttman.

As usual, I'm not making any editorial statement of support for the pages listed here, and there are more sites available than I have listed. I encourage you to explore a little on your own. If you do, then I've accomplished what I set out to do. ENJOY!

Five Directions

<http://users.lmi.net/maxdashu/kindreds/5elements.html>

A page describing the correspondence between the directions, elements, bodily organs, etc. The relationships are represented not in the chart form that is familiar to some but in a graphic.

The Eight Gates and Five Steps

<http://www.wuwei.org/Taiji/classics/yang1.html>

A page with a clear and succinct summary of the topic. Clicking on the yin/yang graphic at the top left border will take you to the Wuwei Foundation's index page.

The Five Stepping Methods of Taijiquan

<http://www.taijiworld.com/Articles/5steps.html>

This link takes you to an article from Earle Montaigue's Taiji World website. It discusses each of the five stepping methods in succinct descriptions.

Taijiquan: Methods

<http://www.chi-works.com/TaijiquanMethods.html>

This page is from the Chi Works website which also hosts a good deal more information that you might find interesting, so even though the information here on the five steps may be a repeat, it's worth taking a look at.

The Tai Chi Chuan Lun (Discourse)

http://www.taichichuan.co.uk/articles_and_discussions/classics/lun/lun10.htm

Another online copy of an article. This "discourse" with commentary by Dan Docherty includes discussion of the linkages between the Five Steps and the Five Elements, as well as discussion of the Eight Directions (he calls them Eight Powers).

Other Sites of Interest:

"When Knives are Sharp"

http://www.hsing-i.com/hsing-i_journal/look.html

This link takes you directly to an online article from the Hsing-I Journal. It recounts an interview with Grandmaster Henry Look about his Hsing-I practice.

Wushu: Brief Wushu History

<http://cclib.nsu.ru/projects/satbi/satbi-e/martart/wushu/index.html>

Hosted by the Siberian Association of Traditional Martial Artists (SATBI), this page has links to various historical summaries of various styles of Chinese Martial Arts that includes a long list of styles and schools. Some of this looked very interesting but I haven't spent much time exploring yet so I don't know about the quality of it all. But check it out!

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HONORARY CHAIRMAN

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Henry Look, CA
Donald Pickens Rubbo, CA

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Taijiquan Fundamentals (Part 3)

http://www.onehand.com/3rd_level/vol33.html

This is a link to a page with info on a Peng Jin training video featuring Master George Xu. There are also links from this page to other videos that may be of interest.

Chinese Kung Fu Association: T'ai Chi Ch'uan Glossary

<http://www.ckfa-kungfu.com/taijiquan/glossary.htm>

Don't forget to visit GPYTCA's own website: <http://www.guangpingyang.org>. There you can join or renew you membership in the association, order the 2000 conference photos CD, or purchase 2001 and 2002 conference session videotapes and more!

ATTENTION MEMBERS! If you who have website and want to be sure that it's listed on the "Guang Ping Links" page of the association website, please send me your URL. As always you can send me your comments and suggestions via e-mail at: ndantoni@charter.net; or by post:

Nick D'Antoni, 962 Hobson St., Walla Walla, WA 99362-2479.

See you next time! Yours in peace and practice - Nick



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.



(Continued from page 5)


Again, this year, we will offer to you discounted rates. So here we go:

- ◆ Enroll prior to June 20, 2003 for \$225.00.
- ◆ Between June 21 & August 1, 2003 for \$250.00
- ◆ After August 1, 2003 for \$275.00.

NON-Members of the Association add \$50.00 to the above. If you enroll as a member, along with your conference registration, you will still save.

As always, you will be able to mail in your registration to Nick D'Antoni, 962 Hobson Street, Walla Walla, WA 99362.

We will again offer online registration. To make it simple just follow the step by step instructions below:

1. Simply go to www.guangpingyang.org
2. Click on Conference 2003
3. Click on Registration 2003
4. Click on **Online-Registration**, complete the top of the form (please be thorough) and add any comments (a separate box at the bottom) you would like
5. Click submit
6. Review the information to be sure it is correct (if not click the back button on your browser, make your corrections and click submit), at the bottom of this page simply choose a conference choice by clicking on:
 - ◆ Convention 2003 - 3 Day Attendance
 - ◆ Convention 2003 - Single Day Attendance
 - ◆ Convention 2003 - Non-participating Guest
7. This will bring you to the shopping cart. Simply make you final selections from those pages
8. Click on the Shopping Cart icon in the top right hand corner and proceed with your check out **Please note, the shopping cart is on China Hand Kung Fu Academy's website which has a secured connection to transmit your data and a secured database to hold the information. You should see a lock on the final steps of your transaction.** 
9. You are done.
10. You will receive an email confirming your payment transaction with your choices once you have completed these steps. Hold this as your receipt.

It sounds like a lot, but it does go very smooth and simple. If for any reason you have a problem, please email sifu@chinahand.com or call Dominick Ruggieri at 732-920-0605 and he will be more than glad to assist you in any way.

Now we make a "Call To Action" to all those schools, students and participants to join in some after dinner entertainment. We want anyone, or group, to give demonstrations of your styles of kung fu. Now don't panic, this isn't for critique, it's just for fun. So, if you would like to demonstrate a form or skill from any system you do, we welcome you. You don't have to be a long time practicing Tai Chi practitioner, just someone interested in participating.

If you have any questions about this, please contact Master Randy Elia, Peter Kwok's Kung Fu Academy at (201) 967-0790 or Sifu Dominick Ruggieri, China Hand Kung Fu Academy at (732) 920-0605 and we will be glad to put you on the list and answer any questions you may have.

Well, I think that covers it for this time. We will have more for you in the next newsletter coming in July.



TOURNAMENT NEWS

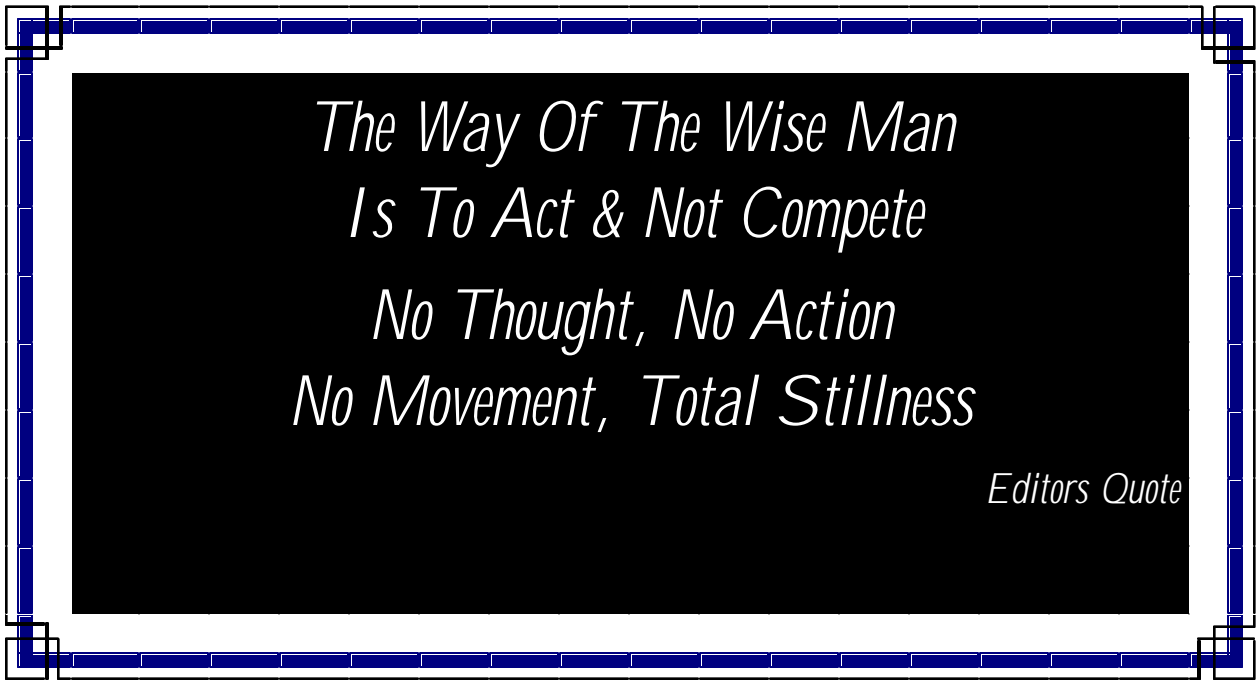
On the tournament scene, we had the following people participate:

Mercer County, NJ Kung Fu/Karate Tournament March 2003

Alaan Savoy, China Hand Kung Fu Academy,
Northern Shaolin Intermediate
Bare Hand Forms, 2nd Place
Weapons, 2nd Place

Shilpi Halemane, China Hand Kung Fu Academy,
Northern Shaolin Intermediate
Bare Hand Forms 3rd Place
Weapons, 3rd Place

Have you or one of your students participated in a tournament or other event and you would like to share with the rest of us, simply send the information to sifu@chinahand.com. Pictures are welcome.



*The Way Of The Wise Man
Is To Act & Not Compete
No Thought, No Action
No Movement, Total Stillness*

Editors Quote



GUANG PING
YANG TAI CHI ASSOCIATION

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Movement 5
Brush Knee & Twist Step
(Lou Hsih Au Pu)