



GUANG PING
YANG T'AI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

Volume 10 Issue 1

March 2007

FROM THE PRESIDENT



Let me begin by wishing everyone a Happy New Year! 2007 is the Year of the Pig in the Chinese calendar. According to Chinese astrology, the main attributes of the Pig are sincerity, generosity, and diligence, and people born under the sign of the Pig are most compatible with the Rabbit and the Sheep.

The start of this year finds new doors opening for the association. I just returned from Albuquerque,

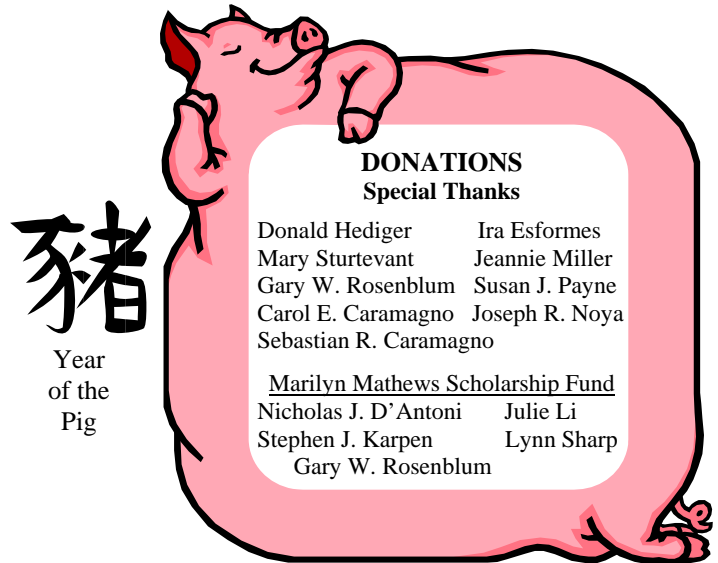
New Mexico where GPYTCA member Dug Corpolongo hosted an International Chinese Martial Arts Championship. Dug is also the new President of the AAU (Amateur Athletic Association) where Guang Ping Yang Tai Chi is now an officially registered category as of 2007. This certainly raises the association's profile and is proof of the continued hard work and support of our membership. In order to make the most of these exciting developments it is important to have member participation at tournaments where Guang Ping Yang Tai Chi is a category (and I'm pleased to report that the number of these tournaments is growing). We need to make our presence known! Please consider joining us at the next tournament coming up in May--the 9th Annual International Chinese Martial Arts Championship presented by Nick Scrima, in Orlando, Florida; see page three of the newsletter for more details.

I would also like to announce that Lake San Marcos, California will again play host to our next conference in October. I'm sure we will all be looking forward to returning to the West coast, based on the myriad positive feedback we

received about last year's conference. So once again we invite you to come out and participate, to both support the organization and also to nourish your spirit. Let our Master presenters share their knowledge and experience to help us all along the path to enlightenment!

Finally, thank you for being so responsive and proactive in renewing your memberships. For those of you who haven't yet renewed you can do this either online at guangpingyang.org or by mailing a check to our Membership Coordinator, Julie Li. Remember, new dues amounts are in effect for 2007; feel free to email Julie at guangpingyang.org if you have any questions.

Sincerely, Randy Elia
President, GPYTCA



Year
of the
Pig

DONATIONS Special Thanks

Donald Hediger	Ira Esformes
Mary Sturtevant	Jeannie Miller
Gary W. Rosenblum	Susan J. Payne
Carol E. Caramagno	Joseph R. Noya
Sebastian R. Caramagno	

Marilyn Mathews Scholarship Fund
Nicholas J. D'Antoni Julie Li
Stephen J. Karpen Lynn Sharp
Gary W. Rosenblum

2007 Conference Details Set! CELEBRATING 11 YEARS

In 2007 the Guang Ping Yang T'ai Chi Association's annual conference will again be at the Quail's Inn Resort in San Diego. Plans are under way for another great west coast conference. Mark your calendars--you don't want to miss all the fun!

**Start Planning Now to Attend!!!
October 19, 20, and 21, 2007**

WHAT'S INSIDE

From The President	1
Out of Nick's Library	2
Memorable Moment	2
Tournament News & Calendar of Events	3
From Paris to San Diego	4
Why Can't I Remember The New Form	4
Editor's Corner	5
Quang Ping Yang Association Teachers	7

OUT OF NICK'S LIBRARY



A Book Review By Nick D'Antoni

The Art of Peace

By: Morihei Ueshiba

Translated & Edited by: John Stevens, ©2002

Shambala Classics Edition

Publisher: Shambala Publications, Inc. Boston, MA

ISBN: 1-57062-964-1

Hello again! This edition of *The Art of Peace*, by the founder and “prophet” of Aikido, Morihei Ueshiba (1883-1969), turns out to be an “expanded version” of the Shambala pocket edition which the book’s preface calls “likely the best-selling of all Aikido books.” I can’t verify that claim, but I can certainly see why it might be at least, very popular.

The folks at Shambala went back to revisit a familiar theme and produced a very nice full-size, trade format book. Although I’m not familiar with the Pocket Classics edition of Ueshiba’s work, I imagine the relationship between the two volumes (small and large) is much the same as that between others that I am familiar with, like the taiji titles, *The Essence of T’ai Chi* (pocket book), and *T’ai Chi Classics* (trade paperback), authored by Waysun Liao. Much of the heart of both books is the same material, but in the larger format there is room for expanded explanation/clarification as well as an opportunity to pay greater attention to the aesthetics - look and feel, particularly by way of illustrations and/or calligraphy and paper quality. The result in this case is an edition of *The Art of Peace* that is a handsome volume, pleasurable to the eye and comfortable in the hand.

The first part of the book, about one-third of the whole, is devoted to what I can only describe as a loving biography of Morihei Ueshiba by a devoted and knowledgeable student. I didn’t know much about the details of his life. Only that at some point in his life Morihei had been in China and had been influenced by his experiences there. (I follow the author’s custom in referring to this renowned teacher by his first name.) So I found this biography certainly very interesting, even though it

seemed to be at varying times both honest and perhaps a bit limited – colored by perhaps too strong a devotion to present a truly objective portrait of the man. It was in large part fascinating and I enjoyed getting to know both the man and the “legend” a bit better.

This section is filled not only with bits of the mundane everyday facts, such as where the master lived and when, but with some well told tales of his adventures, some of them quite perilous and dramatic as when he miraculously survived an ambush by following their “glowing trails” and dodging the bullets from the attacking soldiers. Most importantly, this section chronicles Morihei’s personal inward journey and the many elements of his life – scholar, student of martial arts, settler/farmer, disciple, pilgrim, soldier, monk, and self-described “... prophet of the Art of Peace.” As it unfolds, it seems that it was in part his gift of ability to always learn from and integrate the diverse and sometimes apparently contradictory occupations of his life and synthesize out of that

(Continued on page 6)

Memorable Moment

by
Diane
Rabinowitz



At our 10th anniversary conference in San Diego, my most memorable moment came on our second day, Saturday morning. Sixty or 70 of us lined up in four lines on a tennis court, facing East, the sun shining bright. Paki Sukwattana had the jump kick corner and I slipped in the back to hold the Green Dragon leaping corner. We started, with Nick drumming out some of the movement names. We started to turn to face West but our speeds were not matched. I tried to slow my end down as much as I could without stopping. Master Henry Look sensed the problem and called out to us to slow down but how could we know who that was meant for? Then I heard the words of Master Look that still echo in my ear every time I do a set, and make me smile, when the Green Dragon is about to leap:

"Follow Diane!"

Our timing got back on target and what a great group set of Guang Ping Yang style tai chi we did together. What is your most memorable moment?

TOURNAMENT NEWS

2007 Desert Dragon Chinese Martial Arts International Championship

Below are photos from the 2007 Desert Dragon Chinese Martial Arts International Championship, held in Albuquerque, New Mexico, on January 12-14, 2007. The tournament director for Desert Dragon is GPYTCA member Sifu Dug Corpolongo. Proceeds from this tournament went to Community Development Martial Arts, Therapeutic Martial Arts Programs for the Youth, Seniors, and Recovery.



Guang Ping Yang Tai Chi Competitors, from left to right: Steve Strasnick (Gold Medal; Advanced Senior Division), Sylvia Ma (Gold Medal; Intermediate Executive Division), Julie Li (Gold Medal; Advanced Executive Division), and Jonathan Donovan (Silver Medal; Advanced Executive Division). Great Job!!!



Master Henry Look teaches a seminar in Guang Ping Yang Tai Chi.



Master Randy Elia teaches a seminar in Fa Li.

Calendar of Events

15th Annual UC Berkeley Chinese Martial Arts Tournament

Berkeley, California
March 24, 2007
www.ocf.berkeley.edu/~calwushu/cmat/home.php



1st Hong Kong International Praying Mantis & Martial Art Championship

Lai-Chi-Kok Park Sports Centre, Lai Wan Rd., Lai ChiKok,
Kowloon, Hong Kong (SAR), CHINA
April 8, 2007
Time: 9:00 to 18:00 (6:00p.m.)
- no further information available -

Disclaimer: The events listed are provided as a resource. They are not sponsored or endorsed by the GPYTCA.

9th Annual Internal Chinese Martial Arts Championship

May 25, 26, 27, 2007
Orlando, Florida
www.kungfuchampionship.com

2007 U.S. International Kuoshu (Kung Fu) Championship Tournament

July 27, 28, 29, 2007
Hunt Valley, Maryland
www.uskuoshu.org

2007 AAU Chinese Martial Arts Division Kung Fu/Tai Chi National Championship

September 8, 2007
Austin TX
www.kungfu-taichi-championship.com

FROM PARIS TO SAN DIEGO

What a lovely time . . . I just have to go back!

By Sophie Nichanian Diaz

The Guang Ping Yang Tai Chi Association conference . . . I had been dreaming of attending it for years. Add to this the fact that 2006 was the association's tenth anniversary, I was starting some new classes in my hometown of Alfortville (a suburb of Paris), and I had begun the necessary steps to get certified—both in France and the U.S. And last, but not least, I had not stepped on California ground for six years. Much to my amazement everything fell into place for me to be able to make it and there I was on the plane, for a five-day trip!

Sixteen hours later—after missing a plane in Newark due to customs—I was in San Diego. Lynn Sharp had been expecting me, and I joined her and a few others that first night where I met the main people from GPYTCA and put names with faces. Although it all seems a bit surreal now, considering the dazed and jetlagged state that I was in. Little did I know I would see the same faces at the same place every night! A very good start it was. I was especially curious to meet the members from the East coast, and, of course, eager to learn and practice during workshops. In France there are a very few of us who practice Guang Ping Yang t'ai chi, represented only by Taom, an association created by Eric Lelaquais; other schools in the country are of the more traditional Yang and Chen styles.

I was thrilled to begin the conference on Friday, with a good warm-up set directed by GPYTCA President Randy Elia and the room full of people. The day went on, with no time to rest and no time to feel tired either. I could not tell what time it was, but that did not matter at all . . . workshops followed each other . . . all of them very interesting . . . with each teacher adding his or her own personal touch and understanding. It was a pleasure to meet Donald and Cheryl Lynne Rubbo and an honor to meet Grandmaster Henry Look—who had written a piece on the history of Guang Ping Yang t'ai chi on the website, which I translated into French for our own website (www.taom74.com). I also enjoyed Master Randy Elia's workshop on Fa Li, which was so clear and accessible. After that I had a second chance to learn the fan set with Diane Hoxmeier Rabinowitz (I had attended a workshop in Berkeley back when I lived there), and some Qi Gong

(Continued on Next Page)



Why Can't I Remember The New Form??!

By Sifu Thomas Carney

Do you have trouble remembering new movements to a form? I have been teaching for almost twenty years, and have learned many forms. Over this time I have been able to pick up complete forms in just one seminar. It involves breaking down the form into sections in your mind and treating each little section as an individual form apart from the rest of the larger form. But how do you remember even just that little section of a form?

Often instructors try to teach students too many new movements in a form—I am guilty of this myself sometimes when I teach. I can't help it—I'm crazy like that! A student should routinely grasp only 5 to 10 new movements in a form in any one hour class as it depends on the complexity of the postures being learned.

I have developed three steps you the student must take to help in the process of remembering a new form. It works. If it doesn't, you'll find it's because you never really grasped step #1. Read on:

STEP #1: Did you really learn it? This is the most important step. The student thinks he is remembering the new movement, but more often than not he is just mimicking the movement of the instructor, or worse, another student. He is not really trying to retain the new information. How do we change that? In a private class it is easy; there are no other students to follow. You are on your own. The instructor just has to stop letting you follow him, and put the pressure on you to try it yourself. But in a group setting, what do you do? Start by not always looking at the other student or teacher. I tell my students to "think ahead." So, when I say, for example, "raise

(Continued on Next Page)



(Continued from page 4 - Remembering Forms)

your leg...,"the student is already thinking ahead in his mind to brushing his hand across the leg and kicking his leg out (Golden Rooster Standing on One Leg). Depending on the instructor and how he feels about it, you can actually perform the movement slightly ahead of him. If you are able to "think ahead," you actually know you are learning the movement.

Also, the instructor can help you learn the movement by slowing down or stopping just short of the next movement to give the students a chance to figure it out for themselves. It is a way of testing the students. Also, by moving the students who know the form behind and out of sight of the newer learning student, it helps to keep them from just mimicking the form.

Did you really learn it? If you can do it on your own, without anyone's help, you learned it. Now how do you keep from forgetting it?...

STEP #2: When you get home from class before you go to bed at night you must go over any new material **at least two (2) times**. You do not have to do the whole form or the parts that you learned from weeks before. You may if you have the time, but you don't have to. You only need one or two minutes to go over what was just taught to you earlier in class that day.

STEP #3: The next day you must go over the new material again **two (2) more times**. If at this point you are able to do it, you have learned and will retain in memory the new part of the form. Technically you can go the rest of the week without practicing it again, and you will remember it for the following week. However, that doesn't mean you don't practice it. Of course if you don't practice, over time you will forget the form. So... Practice! Practice! Practice!

Editor's Corner

Editor: Sifu Thomas Carney
207 Kinderkamack Road, Emerson NJ 07630
Email: Editor@GuangPingYang.org

As the new editor I am looking for new articles from members and especially teachers. Please email me above and include pictures I may use.

The editor reserves the right to edit any material or article submitted for publication.

The Universal Post and/or Universal Post, title of the Guang Ping Yang T'ai Chi Association's newsletter, copyright 2007 by Guang Ping Yang T'ai Chi Association. All rights reserved. Non Profit Organization.

(Continued from page 4 - From Paris to San Diego)

with Shimu Hui Liu, whom I was very happy to meet again. There were so many workshops that choosing just one per time slot became very difficult!

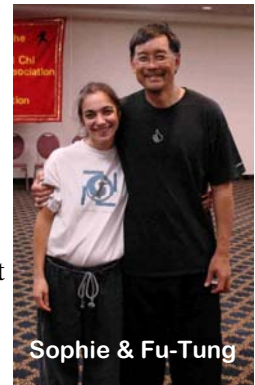
Saturday started with fun and dynamic warm-ups with Lynn Sharp and Nick D'Antoni. The largest amount of members attended the conference that day. At one point we all ended up outside doing the form together. I found it a bit strange as I had been told that there might be some differences, but it was mostly the rhythm that affected me. In France we do the set in 28 or 29 minutes but this form was faster. Regardless, it was a thrilling experience to be with so many people doing the Guang Ping form. Following that there were more workshops, the most pleasant of all for me being the ones with Fu-Tung Cheng, since we had not practiced together for ages.

I especially enjoyed the sword set, and hearing his typical metaphors on effortless flow. At one point I remember being brought back to reality in Larry Riddle's application class, where he remarked that he had always wondered why the masters of our style had not developed much around martial applications. The only answer he could find was because we had to discover them

for ourselves if we were not too stupid! He then showed us a few very graceful steps before he floored another huge guy. Dinner that night at the country club was lovely; we all received a certificate of participation (which I proudly showed my students and fellow teachers back in France).

The last morning of the conference included more t'ai chi sword for me and then it was check-out time. Everyone was suddenly leaving, with an exchange of cards, good-byes, hugs, and final souvenir purchases. It was even a bit sad, to be leaving after such an intense weekend. On Sunday there were only a few of us left so we enjoyed a sunny day in San Diego, had a walk on the beach, and took some lovely pictures—including a spectacular one of us all doing a single whip on the sand in front of the Pacific Ocean.

In closing, I would like to thank you all—teachers and participants—for a very lovely time . . . I just have to go back!



Sophie & Fu-Tung

Honorary Chairmen

Y. C. Chiang, CA

Henry Look, CA

Past Presidents

Dominick Ruggieri, NJ

October 2003-October 2005

Nick D'Antoni, WA

October 2001-October 2003

Nina Sugawara, CA

March 2000-October 2001

Donald Rubbo, CA

October 1998-March 2000

Henry Look, CA

February 1996-October 1998

Board Members

President:

Randy Elia, NJ

President@GuangPingYang.org

Vice-President Elect:

To Be Announced

President-Elect@GuangPingYang.org

Vice-President:

Lawrence Riddle, WI

Vice-President@GuangPingYang.org

Treasurer:

Paki Sukwattana, OH

Treasurer@GuangPingYang.org

Secretary:

To Be Announced

Patricia Boucher, TX

Tricia@GuangPingYang.org

Nick D'Antoni, WA

Nick@GuangPingYang.org

Lucy Bartimole, OH

Lucy@GuangPingYang.org

Scott Schneider, NC

sshneider1@carolina.rr.com

Dominick Ruggieri, NJ

Dominick@chinahand.com

National Advisors

Valerie Prince, Newport Beach, CA

JoAnna Gee Schoon, Laguna Beach, CA

Daniel Lee, Duarte, CA

Jonathon Shear, Richmond, VA

Paul Taylor, San Francisco, CA

Membership Coordinator

Julie Li

c/o Peter Kwok's Kung-Fu Academy

207 Kinderkamack Road

Emerson, NJ 07630

Membership@GuangPingYang.org

Web

www.guangpingyang.org

Webmaster:

Jon Lazer

Webmaster@GuangPingYang.org

Out of Nick's Library . . .

(Continued from page 2)

integration something compelling and very powerful and unique in its manifestation. Contrary to what many believed the code of *Bushido* or the life of the *Samurai* to be about, Morihei saw the purpose, or mission, of a warrior as being that of affirming life and finding and facilitating peace, not dealing out death and destruction. He believed that the higher purpose of all the training was to avoid conflict and confrontation, to be victorious without contention. As stated in the preface, "Morihei Ueshiba called his grand vision *Takeusu Aiji*, or 'Courageous and Creative Living' "

The second, and larger, portion of the book is dedicated to a collection of short sayings, poems, aphorisms, etc. by Morihei Ueshiba himself. The material presented here, accompanied by plates of Morihei's calligraphy, was in large part collected by his students and disciples. He evidently left few actual writings on the subject, choosing to rely on the oral tradition instead to transmit his wisdom and instructions. The taiji player, or for that matter anyone who is familiar with any of the traditional Chinese Internal Martial Arts, will find much that is familiar here. For example when he said "*Hear the soundless sound, and see the formless form,*" or "*Use your body to create forms; use your spirit to transcend forms; unify body and spirit to activate the Art of Peace,*" he may as well have been teaching a class in *Yiquan*. And there's something in "*At a glance, read your opponent's mind, and attain victory without contention*" that is awfully close to the taiji classic saying: If my opponent moves, I am there before him. Or how about, "*Be grateful for hardships, setbacks, and bad people,*" or "*Failure is the key to success,*" don't they have a lot in common with "Invest in Loss?"

Just as there is a philosophical/spiritual side to taiji, so too with Aikido and Morihei's Art of Peace is at the very least a close cousin. "*The Art of Peace is not an object that anyone possesses, nor is it something you can give to another. You must understand the Art of Peace from within, and express it in your own words*" seems to me to echo both the *Dao De Jing*, "The Dao that can be told is not the true Dao", and the traditional saying, passed along in many variations, that - the teacher can only point the way; the student has to make the journey on her own.

Even though I think the biography is certainly less than extensive and perhaps suffers from a bit too much devotion to be completely reliable in some details, I found the book on the whole to be enjoyable and productive. There were many moments when I found that I was motivated by some detail or quote to pause and really think about a point made. The collection of Morihei's sayings and writings is excellent food for contemplation, not only of the philosophical but also of the physical and mental aspects of one's practice - the practice of any internal martial art. In reading I came to a clear understanding of just why this man was, and his Art has become, such a phenomenon. I found myself stimulated intellectually, philosophically and emotionally, and I'm now even more curious to know more about both the man and his Art.

I don't suppose everyone would agree, but I think that with proper context and guidance provided by a knowledgeable teacher, *The Art of Peace* could be used as a very good, and thought provoking supplemental reading in any taiji curriculum.

Rating: ★★ ★ (out of 5)



Certified**Guang Ping Yang T'ai Chi Association Teachers****California**Norma Austin
Normachi@aol.comDavid Bernhardt
sifubo@taijiway.comFu-Tung Cheng
futung@chengdesign.com

Yun-Chung Chiang

Kathleen Giustino

Bing Gong
bgongtiger@aol.comMichael Hogan
mghogan@usa.netDaniel Lee
danleeyinyang@aol.comHenry Look
hlook@aol.comJo Presbury Smith
jopresburysmith@aol.comValarie Prince Gabel
ChiPowr@aol.comRoger Ramey
rrameyL@aol.comJoAnna Gee Schoon
jschoon@ivc.eduNina Sugawara
Chi Grdner@aol.comRandall Sugawara
rsugawara@yahoo.comPaul Taylor
PBT6868@aol.comAllen Trigueiro
daiku1@hotmail.com**Costa Rica**Ed Orem
costaricacollege@zensearch.com**Denmark**Inger Jensen
ij-tornby@stofanet.dk**Florida**Gary Torres
drtorres@tampabay.rr.com**Illinois**Steven Kemps
chipmunk64@mac.com**Japan**Daniel Harrington
ddh@gol.com**Michigan**Barbara Kelly-Ferris
chirobabs@aol.com**New Hampshire**Peggy Simone
peggy.simone@comcast.netMary Sturtevant, M. Ed.
qi@pathofharmony.com**New Jersey**Ray Ahles
201-385-3130Thomas Carney
streetsurvival@optonline.netRandy Elia
peterkwok@aol.comIra Esformes
DOCIRA@aol.com

Steve Karpen

Mark Gates

Sylvia Gattmig

Dennis Glanfield
taichibum@juno.com

Patrick Hanvey

Richard Kosch

Rosalind Ressler
taichiroz@yahoo.com

Gary Rosenblum

Dominick Ruggieri
sifu@chinahand.comMichael Vassallo
michael@millenniumpackaging.com**North Carolina**David Chin
realhopgar@earthlink.netScott Schnieder
sschneider1@carolina.rr.com**South Carolina**

Stephan Pilot

OhioLucy Bartimole
lucy11@core.comJeff Burton
jeffersan@yahoo.comPaki Sukwattana
pakichi64@hotmail.com**Rhode Island**Diane Rabinowitz
wenwutaichi@earthlink.net**Texas**Patricia Boucher
tricia@guangpingyang.org**Virginia**

Jonathan Shear

WashingtonNicholas D'Antoni
wenwuw@webmail.bmi.netLynn Sharp
lynn@villasditalia.com**Wisconsin**Kristina Riddle
kristinasmiles@hotmail.com

Wilkes Covey III

Joy Foye
jfoye@verizon.netDan Murphy
dmurphy38@yahoo.comRoger Parmeter
rparmete@yahoo.comLawrence Riddle
wiswenwuschool@verizon.net

**WORLD T'AI CHI
& QIGONG DAY**

April 28, 2007

10:00 am Worldwide
www.worldtaichiday.com

On this day, T'ai Chi and Qigong students will gather together and practice their art. Beginning in the Earth's earliest time zone a moment of peace and calm will travel around the world.



If your school participates in this special day, we'd love to receive articles and photos showing how you celebrated. We'll print as many of them as space allows.

Please send your information to the Editor at editor@guangpingyang.org or via snail mail at the address below.

**2007
Newsletter Deadlines**

May 1
August 1
November 1



*Mission Statement
Guang Ping Yang
T'ai 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 T'AI CHI ASSOCIATION**

c/o Peter Kwok's Kung Fu Academy
207 Kinderkamack Road
Emerson, NJ 07630
USA



Photo and description taken from:
"Tai Chi Chuan in Theory and Practice"
By: Kuo Lien Ying

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