



GUANG PING
YANG T'AI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

Volume 12 Issue 1

April 2009

FROM THE PRESIDENT



I have been waiting a long time for the opportunity to both hold and attend a Guang Ping Yang Tai Chi Association Conference in San Francisco... the home and birthplace of our rare Guang Ping Yang Tai Chi form in America. That time has finally come...

Now that we entered the spring season (element: wood), there is a renewal and growth of energy within all life. However, this year's conference will be in June, at the start of summer

(element: fire), which is appropriate for this year's particular workshops and presentations. It is my extreme pleasure to be in contact with more of Master Kuo Lien Ying's senior disciples than ever before... those who began their Kung Fu training with Master Kuo in San Francisco. Some of these early students will present at this year's conference and share their personal experiences, blending their various styles of Kung Fu with all the Guang Ping family branches descending from Kuo Lien Ying. We are also quite fortunate this year to have Master Y.C. Chiang--who, as you know, studied with Master Kuo back in Taiwan in the 1950s--attend and present at the conference, in addition to Madame Hui Liu who will once again return to lead our group through healing Dayan Qigong instruction.

Finally, we will have the pleasure of closing this year's conference with the chance to participate in the annual Kuo Memorial in Portsmouth Square in Chinatown. This is my first opportunity to participate and I am looking forward to it... just as I am looking forward to seeing all of you at this year's Conference...

I would like to once again express my gratitude to everyone in the Association who helps to shape our organization and make our annual conferences so memorable. We have no doubt this year's gathering will be exceptional!

Your President,
Randy Elia

GPYTCA

Lifetime Memberships Available!

If you are interested in supporting our organization by becoming a Lifetime Member please contact:

Julie Li @ membership@guangpingyang.org

for more information. The dues for a lifetime membership are **\$750.00** and a flexible quarterly installment plan is available.



**Year of the
OX**

HURRY!!!

The 2009 Guang Ping Yang Tai Chi Association Conference is coming soon:

June 19-21, 2009.

See Inside for More Details

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LEFT & RIGHT OF IT

Tai Chi: The Left and Right of It

By Diane Rabinowitz

In this article we will discuss handedness and symmetry of tai chi. Tai chi is a physical exercise practiced slowly and relaxed that requires coordination of the arms and legs in unison with the whole body. As Sifu Yun C. Chiang has said, tai chi is the “. . . balancing of changing position . . . with all parts of the body moving in balanced relationship to one another.”

Tai chi, as an internal martial art, is based on the philosophical ideas of yin and yang. This particularly Chinese worldview envisions a constant changing of yin to yang, and back to yin, again. In tai chi, put simply, this means, in the legs, for example, the one that does not bear any weight, the “empty” leg, is the yin leg. The one that bears the weight, the “full” leg, is the yang leg. In the hands, the one that is flat or open is yin, and the one that is held closed in a fist or beak (a special configuration with the fingers held together to resemble a bird’s beak), is the yang hand. Yin and yang would also apply whether the palm is held up or down. This yin/yang symmetry can be seen throughout the body and they are always changing when doing tai chi. So, the standing leg may be the yang leg, but when a step is taken and the weight shifted, it now becomes yin.



This symmetry of motion or balanced way of moving the arms and legs is one of the finer features of tai chi. The series of postures strung together seem to work the body evenly, unlike, say, tennis, which requires more work from the dominant hand that holds the racquet. For example, the tai chi posture called “golden phoenix stands on one leg” has the player kicking with the right leg and circling the right arm with a palm strike, then, after a step forward, the left leg, left arm, and left palm does the same thing. The exchange repeats. So, the left hand stays left, of course, but it goes from yin to yang, back and forth.

But, does tai chi have one side work more than the other? In humans, it is a singular feature that one hand (and foot and eye and ear) is more dominant than the other. About 90% of people are right-handed. Handedness is a form of asymmetry in which one side is proficient and the other is less so. If tai chi does have any “sidedness” or

“handedness” to it, what does this mean for students who are left- or right-handed? What does it mean for teachers who are left- or right-handed? How does it affect learning and teaching and what, if anything, does it mean for health?

In the Guang Ping style of tai chi, although the smooth symmetry is self-evident, indeed, the form does have “handedness” to it. What I call the “regular” form, or “Pacific,” has the right hand dominant. In this form, the right hand strikes as a fist 15 times compared to only 5 for the left hand. The hand is closed as a beak several times, always with the right hand. Several times both fists strike in unison, once with the left hand leading, and twice with the right. Interestingly, the right leg kicks only 7 times compared to the left, which kicks 6, showing only slight asymmetry in the legs.



Brain studies have shown us that the right hemisphere of the brain controls movement on the left side of the body, and the left hemisphere controls the right side. Also, processing visual-spatial information is not confined to a single region of the brain. So, in a given tai chi posture, one is involved in the overall coordination of the two sides of the brain/body.

As a right-handed instructor of tai chi, with both left- and right-handed students, I teach the “regular” form, with the right hand dominant. Students learn each posture separately, once movement at a time. They try to follow my movements and, as I do it with them, they hear my verbal explanation of how to do it. So their learning involves their brains in more than one way of processing information; they hear how to do the movements and see how to do the movements.

Because the movements of tai chi are so new and different from other exercises and other kinds of movements that people have been doing in their daily lives, students don’t think of tai chi being for right-handers or notice that the right hand dominates. They are preoccupied with learning. Also, tai chi has so much symmetry of motion, with both sides, left and right, moving evenly much of the time that the right hand dominance

(Continued on page 10)

OUT OF NICK'S LIBRARY



Out of the Library By Nick D'Antoni

Embrace Tiger Return to Mountain: The Essence of Taiji

By: Chungliang Ai Huang

© 1973, 1997

Foreword by: Alan Watts

publ: Celestial Arts, Berkeley, CA

ISBN: 0-89087-504-9

Hello again! This author's name may be familiar to many as the man behind one of the best established, international Chinese martial arts tournaments held in the United States, the U.S. KuoShu Tournament held each July in Maryland. Chungliang Ai Huang is also a well-known and widely revered Sifu, and was a close friend and associate of the great "misfit" philosopher, cultural explorer, and Asia-phile, Alan Watts, who wrote the foreword for this book.

Embrace Tiger Return to Mountain is in many ways different from most books on the subject of taiji. There are a number of reasons for this though perhaps the most significant is the fact that rather than having begun with the intention to write about taiji and a rough written organization of his ideas - a manuscript - master Huang's book is born of the carefully re-worked transcripts of recordings from a week-long workshop conducted at the Esalen Institute, in 1971. The photos in the text are mostly from a later workshop at the Roscoe Center, New York, in early 1973. This edition also includes a new introduction written by the author for the twenty-fifth anniversary of the book's publication.

Because it began life as a series of individual sessions within a larger workshop, the information, even some of the very basic taiji concepts, is organized and presented somewhat differently than in most other texts about taiji but in a way that works well and seems to follow a natural progression. Another significant difference about this book is that it makes not even the remotest pretense of trying to teach any particular taiji form. Rather, the entire project is oriented around a series of exercises designed to

help the participants begin to experience the way of movement, the mindset, and kind of awareness of, and being in, the world that embody taiji principles and philosophy. Huang is focused entirely on trying many different ways of what I will call "knocking on doors" in the hope of sharing with his students a peek through the doorway into a new space. It is not about the notion of perfecting or refining so much as exploring and experiencing a new, smoother, more flowing, way of being and moving in harmony with one's life and surroundings.

There are about thirty different sessions represented in the book. The focus and intent of each exercise is clearly described, and most of the time there is enough of Huang's clear and specific instructions so that readers can also try them and become active participants. In nearly every exercise there is a component of visual or sensory imagery, and Ai Huang's language in describing each one is clear, efficient, and evocative. Over the course of the workshop Huang engages his students in a conversation which builds and develops smoothly and naturally, and he draws the reader quite successfully into that conversation. There are a very few places in the book where reference is made to an important point or element of conversation that happened "off camera", but they do not really get in the way of the reader's general understanding of the point being made.

Huang includes stories and illustrations from his own life and career as a professional dancer to help us understand that what he is trying to teach is a process, pointing the way to the road ahead, if you will, and focusing our attention on the experience of the journey rather than a particular destination. He shares with us his own personal journey of discovery in first, his rejection of the East and his Westernization, then his re-discovery and movement toward ... *my own synthesis of East and West*. For Huang taiji is not about ... *a stuck-on phrase or style* ... nor is it a pat or fixed set of movements. He encourages us to approach things fresh each time, fostering the Beginner's Mind. *Every day I get up and begin ... all over again from scratch*. He tells us ... *we need to dig into the movement and really do it, and then let it enter us so we will have our own kind of satire*. ... *Then that now movement happens*.

Early on master Huang tells his workshop participants, *I want you to do tai ji as children would do it. Don't be so intellectual*. ... *the important thing is the discovery*. And the both the exercises in the book and their accompanying discussions are all carefully selected to assist us in making discoveries or our own. I think his descrip-

(Continued on page 4)

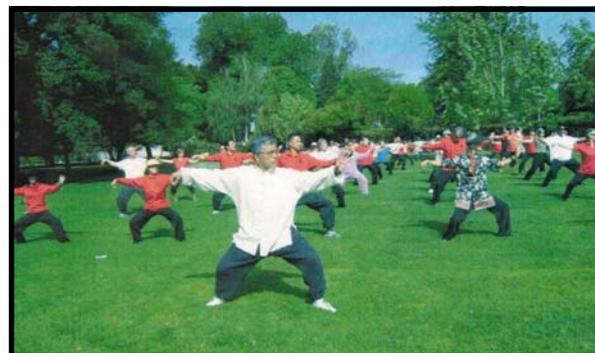
WORLD TAI CHI DAY



Master Henry Look leading a Guang Ping Yang Tai Chi group at World Tai Chi Day, 2008 in William Land Park in Sacramento, CA. Nearly 100 tai chi students participated!

World Tai Chi Day

April 26, 2008



(Continued from page 3 - Nick's Library)

tion of the natural unity of movement that is embodied in taiji is one of the most succinct, visually evocative, and easily understood and internalized that I've read. *One of the best images for tai ji is nature, and the movement of nature. The different branches on the same tree do not move the same but they are moving in unity.* It is so very easy to visualize the kind of harmony and coordinated movement of a tree moving and swaying in the breeze. The image offers a clear model for us to emulate.

In addition to the movement oriented exercises one would expect in a book on taiji, Master Huang includes sessions on calligraphy as well as an examination of the traditional Zen ox pictures. These are aimed at helping to open up the imagination and foster the kind of creative approach to the study and practice of taiji that he hopes will allow us to develop a deeper and truly personal experience and understanding. His section on calligraphy includes activities and he discusses the entire process of creating calligraphy, from grinding the ink on, as well as exploring the meaning of characters and their layers of meaning. His discussion of the ten traditional Zen ox pictures goes beyond the tale they tell and their use as a metaphor for the human condition and our journey to refine our nature. Huang sees in them an expression of ... *our discipline in tai ji.* Just as we, the seeker, move in life from a coarser less-disciplined and coordinated, unrefined nature to a more disciplined and refined one. So too in our practice of taiji we evolve

in our refinement and coordination. As Hunag says, *you first talk about what you're doing and then you have a sense. ... for the first time really physically and not just intellectually. ... You gradually begin to have a sense of harmony and taming yourself, and it becomes indescribable. You can follow the way and pretty soon you forget what you learned. You can really dance out of yourself, when you dance you feel like a cloud floating, soaking in the moonlight and letting it shine through you.* And in some sense, isn't what it's all about?

Throughout my reading of this book I found myself thoroughly engaged and wishing that I could have been among the lucky participants there with master Huang at Esalen. I found myself frequently stopping to try out an exercise or re-read a section, to pause and think about it to try to internalize the point - not because it was dense or difficult, but actually because it was so clear and accessible that I found it easy and welcoming, even inviting, to do. This is a book you can return to many times as you continue your practice and I believe you will find something new and useful, maybe even inspiring, in it each time you do.

Rating: 4.5 of 5 stars

Until next time ...

Take care, be well, & happy reading.

Nick





2009 Guang Ping Yang Conference Registration Form

COMING HOME

The Guang Ping Yang Tai Chi Association is proud to announce for the first time the combination of the Annual Tai Chi Conference with the Annual Memorial to Kuo Lien Ying in one exciting weekend. Come join us!

San Francisco State University

June 19-21, 2009



PRESENTERS:

- Y.C. Chiang—*Lecture*
 - Henry Look—*Hsing Yi Application*
 - Madam Hui Liu—*Dayan Qigong*
 - Don & Cheryl Lynne Rubbo—*Cultivating Power (Extraordinary Practice for Extraordinary Times)*
 - Randy Elia—*Fa Li (will, intention & spirit inside Tai Chi & Hsing Yi)*
 - Paul B. Taylor—*Zong Ding (Study of Equilibrium in a 2 Person Drill)*
 - Marilyn Cooper—*Pushing Hands (Peter Kwok/Kuo Lien Ying's influences)*
 - Dr. Richard Vogel—*The "Ki" to a Lasting Marriage*
 - Valarie Prince Gabel—*Time for Healing (Taoist Mind & Body Medicine)*
 - Robert Bergman—*Taoist "Three Essentials"*
 - Eric Lelaquais—*TuiShou Workshop*
 - Randall Fung—*Video of Kuo Lien Ying*
- Note: Workshops and Schedules Subject to Change

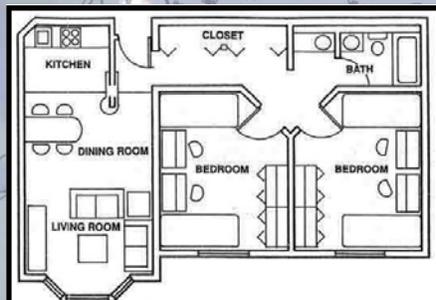


LODGING: Tower at Centennial Square

Located in a 15-story apartment building, each of the fully furnished, two-bedroom and one-bedroom apartments has a kitchen, living/dining area, and bathroom. Each bedroom has two beds. The units do not include kitchen utensils or cookware, but do have microwave ovens and full refrigerators. There are laundry facilities, a lounge and a vending area in the lobby. All sleeping rooms have complementary Ethernet connections. A limited number of "mobility-impaired" rooms are available. Each bedroom is provided with: Bed Linen, Blanket, Coverlet, Mattress pad, Pillow & Pillow case, Bath Towels, and Soap.



1 Bedroom



2 Bedroom

Mail Registration to:
GPYTCA Conference 2009
c/o Nick D'Antoni
962 Hobson Street
Walla Walla, WA 99362-2479

Application and more details at
www.GuangPingYang.org

WORKSHOP PRESENTERS & DESCRIPTION



Grandmaster Y.C. Chiang

Lecture & History

Grand Master Y.C. Chiang will talk about the Guang Ping Yang T'ai Chi and methods of good practice.



Grandmaster Henry Look

Hsing I

Master Look will present the many aspects of Hsing-I focusing on the five basic elements in Hsing-I Chuan for health and many versatile self defense applications.



Master Hui Liu

Wild Goose (Dayan) Qigong

Master Hui Liu will lead us in her practice of Dayan (Wild Goose) Qigong. This session will include: a demonstration of the first set and possibly the second set of the Dayan Qigong, an overview of the major points used in the set and massage, instruction on movements 1-24 of the first set, both standing and sitting meditation and if time permits, Master Hui Liu will perform a tea ceremony.



Richard Vogel, Ph.D.

The "Ki" to a Lasting Marriage

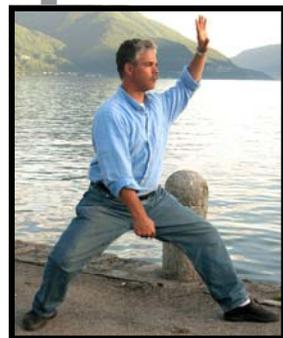
Richard Vogel, Ph.D. is a clinical psychologist who specializes in couple therapy. He studied Guang Ping T'ai Chi under the late Kuo Lien-Ying and with Donald Rubbo. His seminar will talk about intimate relationships from a new perspective in his article, "The 'Ki' to a Lasting Marriage—the Application of Internal Martial Arts Principles in the Marital Dojo." Notions such as yielding, relaxing, and adhering can transfer easily to resolving personal conflict, explains Vogel. He also suggests that the highly attuned listening skills honed with a martial arts practice partner—especially in exercises like Tai Chi's Push Hands—are "conducive to more harmonious relationships." And he notes that the "heightened awareness" and "enhancement of energy," other side-effects of a practice, can also significantly reduce eruptions of emotional drama.

Masters Donald and Cheryl Lynne Rubbo

Cultivating Power:

Extraordinary Practices for Extraordinary Times

Donald and Cheryl Lynne Rubbo will teach how to combine the Extraordinary Breath with Intention-Driven Action, and integrate these into your practice of Guang Ping Yang Tai Chi Chuan, to develop clarity of mind and focused purpose. Cultivate universal energies and develop universal wisdom, and tap into the limitless pool of resources, energy, strength and courage we all have available to us. The breath work presented in this workshop is based on the Rubbo's book, *Extraordinary Breath*, published last year: Rubbo Art of Energy.



Sifu Eric Lelaquais (from France)

Eric Lelaquais was introduced to Taijiquan by his teacher, FuTung Cheng, in 1984. He has continued his studies and began teaching Guang Ping Yang style taijiquan in France in 1988. He is the founder and Master Instructor of the *Association TAOM Ecole de Wu Shu*, <www.taom74.com>, which holds classes in multiple locations in France. Eric has developed a passion for the game of *tuishou* (pushing hands), beginning in 1997, and has become one of the top European players. He is a three-time medal winner at the European Grand Championships in 2000 (bronze), 2004 (gold), and 2008 (silver), and a four-time French National Champion.

TuiShou Workshop

WORKSHOP: Eric Lelaquais will share his experience and expertise in tuishou in a workshop centered on the "fixed-step" version of the game. The workshop will focus on ways of putting one's Flexibility, softness without collapsing, to use in the delivery of power without becoming rigid or stiff. The emphasis will be on bringing the concept of wu wei into our tuishou practice.





Robert Bergman

Taoist "Three Essentials"

This seminar will explain Taoist elemental theory and what my Master would always emphasize to me . . . in particular, the activation of ones' "Spirit." Also included will be some examples of how the Taoist Three Essentials apply in training and, more importantly, in our lives on a daily basis. As we all know it is one thing to understand concepts in theory but to actually put them into application in our everyday lives is truly another matter entirely . . . navigating life's "obstacles" is where you can truly see a person of "Radiant Health." Of extra interest to Guang Ping practitioners, I will also include some illuminating stories of when I trained with Master Kuo.



Marilyn Cooper

"I Feel Your Pain"

"I FEEL YOUR PAIN" Undoing repetitive stress pain from tai chi and other activities. Bring your complaints (knees, shoulders, necks, feet, hips, backs are my specialties). A great addition to your warm-ups.

"Push Hands For Women Only"

We know how to avoid pushing boobs. We also have smaller frames and less body mass, so therefore are better partnering with each other. Guided pushing, from structured drills to free-style. I will push with everyone!

Master Randy Elia

Internal Journey of Fajing

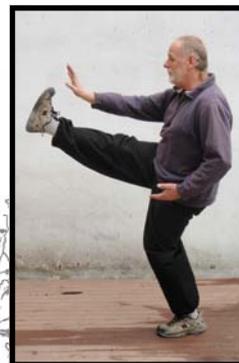
This workshop will allow you to discover the connection of body and mind through a series of short choreographed movements illustrating the purpose and principles of tai chi, hsing yi, and other internal martial arts. First we practice and move the body's center or core by transferring the weight from one leg to the other while at the same time rotating the hips. Once you begin to relax your mind and the movement becomes smooth, your muscles become balanced, which means the muscle groups work together harmoniously. The goal is to eliminate all the tremors as one moves as tremors indicate blockages of chi; in order to do this you must relax and let go. When this letting go and balance has been achieved we introduce arm movement until you become comfortable and relax with this additional component, ultimately achieving the same harmonious balance as with the first part of the exercise and focusing on all movements blending together. During the movements, at the point where there is a change in the direction of movement the mind must be able to direct the change before the actual motion occurs. This intention of the mind within a the relaxed state of the body allows chi to flow. This process is called Fajing and it is the main component of any internal style. We will also learn these exercises as they specifically relate to Guang Ping Yang postures. Shoot the tiger with the bow, apparent close-up, cannon through the sky, and more...



Valarie Prince Gabel

Time for Healing

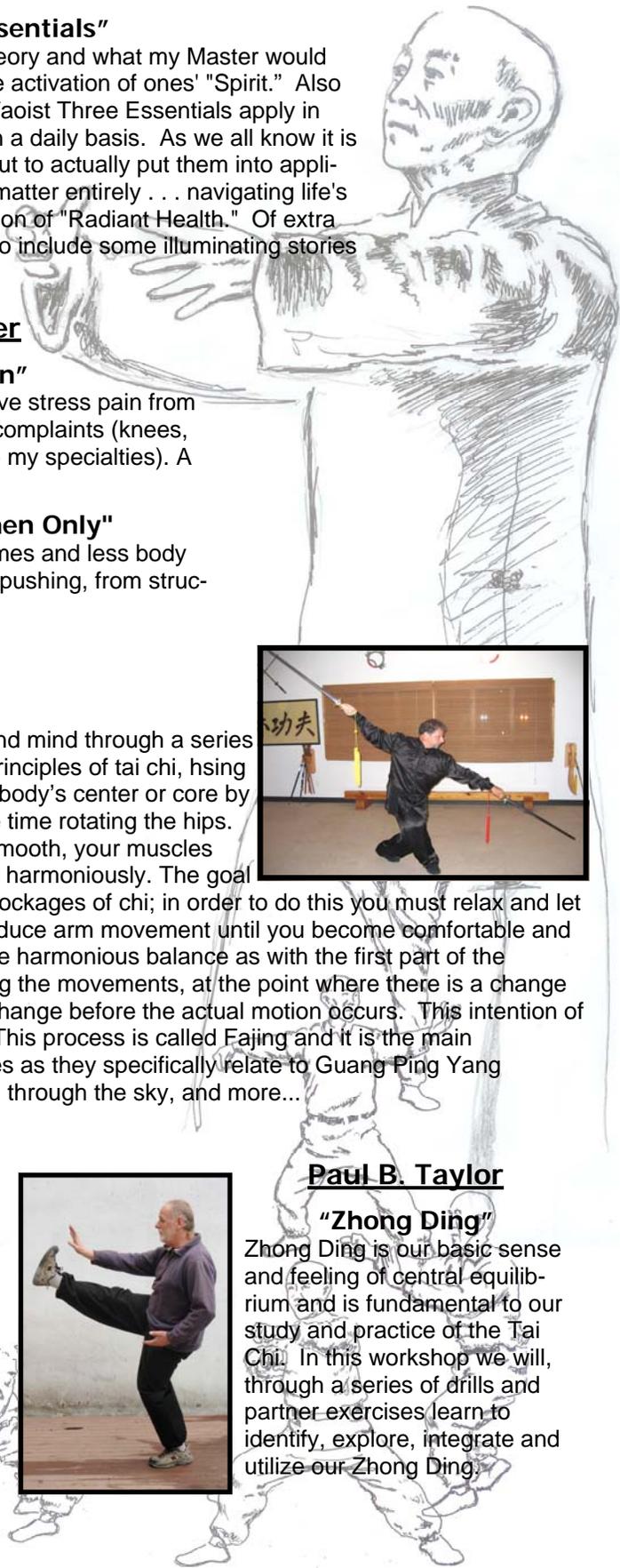
Join Valarie for in practicing Taoist Healing Sounds with Postures. The practice of sounds and postures will be followed with a cleansing, energy "body wash", session. We'll begin with Standing Meditation, to gather and focus energy and awareness. We will then vocalize healing sounds with postures for the liver, kidneys, lungs and heart. Finally, in pairs, we will practice 'washing' energy through each other to both clean out and fill up with vital life energy.



Paul B. Taylor

"Zhong Ding"

Zhong Ding is our basic sense and feeling of central equilibrium and is fundamental to our study and practice of the Tai Chi. In this workshop we will, through a series of drills and partner exercises learn to identify, explore, integrate and utilize our Zhong Ding.



Contact Information for person submitting the form: The individual submitting this form is responsible for coordinating all details regarding the registrations covered herein, ensuring the accuracy of all the information provided to the Association, and assumes responsibility for the payment in full of all associated fees. (please print legibly in blue or black ink)

Last Name: _____, First Name: _____, Middle Initial: _____

Address: _____, City: _____, State: _____ Zip: _____

Phone # (____) ____ - _____ Cell Phone # (____) ____ - _____ email: _____

Conference Details:

Cost per Individual Full Conference Registration:	Members \$285	Non-Members \$350
Cost per Individual One-Day Registration:	\$175	\$200

(Conference Banquet (Sat. Night) for One-Day Registration Participants only is \$28.00 additional)

Note: The cost of registration includes chartered transportation to and from the Kuo Memorial in Portsmouth Square, downtown on Sunday morning. However, you must indicate the number of registrants covered on this form who wish to ride the charter in the space provided below.** This will ensure an accurate count so that adequate seating can be assured. Also, the full (2 day) conference registration includes free Saturday Night Dinner before the Annual Membership Meeting.

Number and names for "Buy 5, Get 6th Free" Group Registration discount, Full Conference Only! You may mix Members and Non-Members to make up the required number for this discount. Payment in full for the entire group MUST accompany this registration form.

Conference Registration:

(Check all boxes that apply)

Full Name	Phone Num. or Email	CONFERENCE				Charter Bus Kuo Memorial** (Sunday) No Charge	Saturday Dinner One Day Participants Pay 28.00	Meal Preference Sat. Dinner		TOTAL Cost Per Person
		Members 1 Day	Members Full	Non-Members 1 Day	Non-Members Full			Veg.	Non-Veg.	
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Lodging: Tower at Centennial Square

For Group Registrations you may submit information and pay for lodging on separate forms, one (1) form for **up to three rooms**. Cost per night for each room is fixed at **\$98.00/night**. These rates are regardless of single or double occupancy. **Full payment for each room must accompany the registration form.**

ROOM 1: Your Name _____ Roommate _____
 Number of Nights: Thur. Fri. Sat. \$98/night X _____ nights = \$ _____

ROOM 2: Name _____ Roommate _____
 Number of Nights: Thur. Fri. Sat. \$98/night X _____ nights = \$ _____

ROOM 3: Name _____ Roommate _____
 Number of Nights: Thur. Fri. Sat. \$98/night X _____ nights = \$ _____

Grand Total Amount Due: \$ _____.

Method of Payment: Check Money Order or Credit Card: Visa MasterCard Discover

CC Information: CARD NUMBER: _____ Expiration Date: ____/____

NAME ON CARD: _____ Signature: _____

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

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JoAnna Gee Schoon, Laguna Beach, CA

Daniel Lee, Duarte, CA

Jonathon Shear, Richmond, VA

Paul Taylor, San Francisco, CA

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(Continued from page 2 - The Left and Right of It)

is not noticed. The tai chi movements are so unfamiliar that when the students do notice awkwardness, they don't attribute it to "handedness." They just think of themselves as "uncoordinated." Women, especially, I have noticed, who may have never made a fist in their lives, will find doing so awkward, no matter if they are right- or left-handed.

In our Guang Ping form, the advanced student who has completed the "regular" form then begins to learn the "mirror image," what I have called "Atlantic." This is the same form, but the student begins moving to the right first instead of to the left, as in "Pacific." In the "Atlantic" mirror image, the left hand dominates.

Learning both regular and mirror image, the teacher and student, alike, benefit in several ways. The specifics of these benefits will be discussed in the next issue.

Donations

General Fund

Carol E. Caramagno

Sebastian R. Caramagno

Nicholas J. D'Antoni

Henry Look

Susan J. Payne

Lynn Sharp

Shoko Takegoshi

Janet Peak

Ralph Kenny

Betty Belogovsky

Darlene Neeley

Pat Maher

Sada Hatanaka

Miyoko Carter

Marilyn Mathews Scholarship Fund:

Julie Li

Gary W. Rosenblum

Paki Sukwattana



Editor's Corner

Editor: **Sifu Thomas Carney**

Email: Editor@GuangPingYang.org

We need articles from members and especially teachers. Please email me above and include a pictures.

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

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Congratulations!

Eddie Bates promoted to Sifu of Peter Kwoks Kung Fu Academy.

Certified

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David Bernhardt
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Yun-Chung Chiang

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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.

We strive to develop and honor the life-enhancing qualities of respect, humility, integrity, honesty, loyalty, and kindness. We manifest our commitment to this process by honoring our teachers, students, each other, and the practice of Internal Arts.

Calendar of Events

WORLD TAI CHI & QIGONG DAY Saturday, April 25, 2009

11th Annual International Chinese Martial Arts Championship May 22-24, 2009

Gaylord Palms Resort & Convention Center
Kissimmee, Florida
kungfu@usa.com
www.kungfuchampionship.com

Kungfu/Taichi Trip to China June 24 – July 7, 2009

*Experience at Shaolin Temple, and the Chen-Style Taichi at its
originated village... you will learn & practice a lot...*

Information contact: Donald
Phone: 330-671-1917
Event Address: 89 First Street Suite 204-120
Hudson, OH, 44236 USA
info@nuvtraveler.com
www.nuvtraveler.com



Legends of Kungfu Championship

July 17,18 & 19 2009 (3 days)

*Competitions include external and internal forms, weapons,
sparring, push hands, and sanshou. Seminars are also
featured by Masters and Grandmasters.*

Information contact: Jimmy Wong
Phone: 972-680-7888

Event Address: 1350 E. Arapaho Rd. Ste 110
Richardson, TX, 75081 USA
usachinwoo@gmail.com
www.legendsofkungfu.com

International Chinese Martial Arts Championship

October 9, 2009 (3 days)

Washington, DC

*ICMAC 2009 season national finals. Traditional forms and weapons,
Wushu, Tai Chi and other internal styles. Top 10 Awards.*

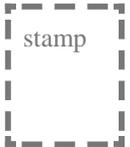
Information contact: Nick Scrima
Phone: 727-734-8222

Event Address: 1370 Main Str,
Dunedin FL, 34698 USA
www.kungfuchampionship.com

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



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 7

Step Up, Apparent

Shang Pu, Ju Feng Shih PI