



GUANG PING
YANG TAI CHI ASSOCIATION

The Universal Post



Nonprofit Organization Volume 4 Issue 1 January 2001

HONORARY CHAIRMAN Y.C. CHIANG

Dear Guang Ping Yang Tai Chi Members:



The value of the movements in Tai Chi comes from its never leaving the realm of Yin and Yang. When in motion, the practitioner moves while preserving the intent of stillness. In this way, his energy never scatters beyond the form.

When in stillness, he still preserves the intent of motion. In this way, you can describe it, the relationship between

movement and stillness, as a linked connection through the breath.

We understand this principle in the graphic image of the Tai Chi symbol; how the Yin "fish" contains the seed of Yang, while within the Yang, the Yin seed survives.



I hope that Tai Chi contemplate the contained in this Those who do will themselves at ease state of being!

players will wonderful idea principle. surely find in a sublime

Yours,

Dr. Y.C. Chiang
Chuanghua Wen Wu School



FROM YOUR EXECUTIVE TEAM

Dear Tai Chi Players,

A huge sigh of relief is felt by the Board after this last convention. The numbers were up from the previous three years. The response from the attendees was so positive that we left with a great feeling of camaraderie and appreciation for each other and the art of Tai Chi, celebrating our differences instead of arguing over them! This was the best year financially too, which encourages us to keep going!

Special heartfelt thanks goes to all the presenters; especially those non-Guang Ping teachers who so graciously and generously shared their insights and understanding of Tai Chi principles with us. Master Henry Look honored us with his presence and wonderful insights into our history for which we are very grateful.

It was wonderful meeting up with you again. We really are establishing a family feeling among the members that attend these events. (A functional family, that is!) We have already had many requests for information on next year's event.

What do you all think about having the convention in San Diego at a hot springs resort? Let me know.

I hope you enjoy slipping into the cool and dark of this special time of year. Let's all take the time to appreciate the introspective and still quality of the season through our Tai Chi practice.

Many Blessings,
Nina Sugawara, President



TABLE OF CONTENTS

From Honorary Chairman , Y.C. Chiang	1
From Your Executive Committee	1
Push Hands & Guang Ping Yang Tai Chi	2
What Makes it Guang Ping	3
Tai Chi Chuan & Aging	4
Kuang Ping Style Practice & the 8 Extra Ordinary Meridians	5
Tournament News/Editors Corner/Convention 2000 CD ROM	6
Introduction to the Chinese Written Language	7
Showing Guang Ping in Yongnian	8
Tai Chi Around the WWWorld	9
What is Phoenix Rising Yoga Therapy?	10

PUSH HANDS AND GUANG PING YANG TAI CHI BY RICK BARRETT

Here are the key points of my seminar at the Guang Ping Yang Tai Chi Convention:

1. The way we hold and move our bodies greatly helps or hinders the free flow of energy. This is the foundation of all effective psychophysical activities, such as taijiquan, yoga, etc. (We are not addressing the many spiritual aspects here.)



2. For taijiquan to be most effective there must be a continuous "whole-body energetic connection". There must also be a continuous connection to the larger energy source, the earth, through rooting. (These elements are developed over long periods of training, but I believe some awareness should be present from the very start.) Muscular tension derives from internal conflict (muscle groups are given conflicting orders by the mind) and



interrupts the "whole-body energetic connection" energetically from the earth, creating a faulty connection for the rest of the body, muscular tension, and



3. A taiji form can be tested by applying lines of force (i.e., what the posture is trying to do, its application). Determine from this if the resistance can be overcome by the application of the posture while maintaining root connection.

gradually increasing resistances along the line of force. Improper rooting disconnects us energetically from the earth, creating a faulty connection. This causes a stress-reaction in the body, muscular tension, and inhibits the free flow of energy.



(e.g.; for a punch, place a resistance to the direction of the punch and slowly increase the internal pressure. See if you have to leave the dynamics of your form behind to overcome the resistance. For a neutralization, have someone push you in the direction of the neutralization and see if you can maintain your root, absorb and redirect the push.) If you have to shift outside the form to get the job done, it is likely that the posture is misapplied or structurally flawed. Testing enables you to examine the flaws and then act to correct.



4. Push hands can be a very effective laboratory for investigating key elements of taijiquan. Speed, intensity, and style can all be varied to provide insights.

5. Most problems in push hands stem directly from difficulties in rooting and connection. These can be examined best by slowing everything down and playing with gradually increasing intensity. (i.e., high intensity/low speed/increased awareness).



6. Inability to move freely and appropriately in the hip/pelvis area is probably the single greatest barrier to root/connection. Tension in this area is responsible for a myriad of health problems and blocks the free flow of energy between the upper and lower halves of our bodies.

This can be corrected by examining the body mechanics of the form.



WHAT MAKES IT GUANG PING? BY DOMINICK RUGGIERI

During the convention there was a panel discussion. Rick Barrett, an avid Tai Chi Player and not a Guang Ping practitioner moderated the discussion. His job was to keep the group orderly and focused. The question at hand, "What makes Guang Ping Yang Tai Chi and how do we preserve it?" This would seem to be a simple question to those of us who are doing Guang Ping. However, this question is as complicated as learning the form, and perhaps has no simple answers.

This discussion topic was brought up because, as time goes on, as expected, the form is changing and evolving. Some of the form's evolution is not so radical, perhaps a change in hand movement or foot adjustment; other changes may be more bold, like a change in overall stance. As was the concern of Marilyn Cooper who started the discussion, or Fu-Tung, speaking on behalf of Y.C. Chiang, both having concerns these changes are leading to the watering down of the Style.

Part of what makes this so difficult is lineage. We all know our lineage and highly respect our teachers, our teachers' teachers, and so on. But there are nuance differences from each that make the form slightly different. Then we add our own interpretation and influence and this changes it again; and just like playing telephone, the original statement is nothing like the ending one.

So, what was suggested to resolve this problem? Well, one idea was to take each movement, have someone perform it, discuss why they did what they did, and then discuss why someone else did it another way. Unfortunately, this didn't go over very well and for obvious reasons, best stated by Master Henry Look, "He only knows the form based on how he was taught by Grandmaster Kuo Lien Ying." After being Kuo's student for however long, getting corrected, going over application, and all the other details, he said he wouldn't change his form. Thus, it should not be expected that anyone change their form based on one teacher's interpretation, in my opinion.

Another suggestion was why not develop a standardized competition form? So, when you compete in a Guang Ping Division, you are judged in the same even, fair manner, and everyone would be doing exactly the same thing – no variations – right? Wrong!. This was met with about the same resistance as going over each movement. You would end up with just another variation of the Guang Ping form. Then, who would develop the form, how would it be judged and who would determine the correct method for all to agree on. This only leads us back to the fact that we are all doing variations of the same form.

For those of us who have judged the 24 Movement same by each competitor. Then as you scrutinize shaped, the timing of the movement, where the power in the movements and are movements con- what do you do? You judge the competitor on the competed and you render the appropriate score. competitor stay within the parameters of Tai Chi, reflects it. This happens in every division – Open Ping Yang.



To Guang Ping or not to Guang Ping—this is the question!

So, the next suggestion was not to look for the difference, but would also make it easier to accommodate, Jonathan Shear brought out some similarities were the same in concept. For example is a major part of the Guang Ping Yang Tai Chi. It is also that which make other Yang Style practitioner's think you are doing the form incorrect when they see it. If someone were doing Guang Ping with a Bow and Arrow Stance, or 70/30, this would be incorrect. So, what about the palm being flat and slightly titled forward, the eyes looking to the horizon, or the long extended movements? Aren't these characteristics of the Guang Ping Form? Granted some of us do it a little more, some a little less, but if we saw each other doing form, we would say, "That's the form I do – Guang Ping Yang Tai Chi."

Lastly, but not discussed at any length, was the question of teacher certification. Does the Guang Ping Yang organization want to develop a method to account for stylistic differences and develop a method to endorse and certify those who teach Guang Ping Yang Tai Chi? A suggestion to do this is to have the board members, who represent the major schools, do their form and video tape it for record. So, my form should resemble Randy from the Peter Kwok school. If you are a Henry Look student, your form should resemble Henry, and so on.

I don't know what the right answer is, but, as Gary Torres said, "We need to come together as a family, a Guang Ping Yang Tai Chi Family, and do our best to work together". I would argue that we need to put our egos aside and do what is right to keep Guang Ping Yang alive for the next Millennium.

So we ask you to comment, make suggestions, give us your opinions and let's start the ball rolling. Put your ideas or thoughts into writing and submit it to the editor and let all of the membership hear what's on your mind. We need your input and ask for your help. Perhaps we will be a little further along by the next convention.

Short Form Division, at a first glance, the form seems the the movements: the height of the hand, how the palm is eyes follow, the use the whole body and waist, is there tinuous? Then you realize very subtle differences exist. So merits of their performance compared to those who have How do we accomplish this? We ask ourselves did the as you know it? If so, the score reflects it; if not, the score Tai Chi, Open Internals, Northern Shaolin, and even Guang

ferences, but for the similarities. This not only makes good date the form regardless of whom you learned from. For larities and I could say, from the way I do the form, the ple the use of the Half Horse Stance or 50/50 Stance. This Form. It is also what connects Yang to the Chen Style Tai

TAIJI AND AGING BY MASTER HENRY LOOK

On Sunday July 17, 2000, Henry Look was our honored guest at the quarterly Southern California Guang Ping Yang Taiji gathering. It was a perfect summer day at Deerfield Community Park in Irvine CA. and over 30 people attended classes from Orange and North San Diego Counties. Master Look spoke on taiji and aging, sharing his own personal experiences and the expertise he earned from studying with his late, great masters of Chinese internal martial arts.

In his middle age, Henry Look decided to try taijiquan for the express purpose of improving his failing health. Although a successful architect, his health had deteriorated from the effects of work-related stress and the frequent trips he made back and forth from Asia to San Francisco. When he inquired about a good taiji teacher, everyone told him to go see “the old man in the park”. So, in 1970 he began training with Kuo Lien Ying, who was then 80 years old and still strong and spry. Seven years later, to broaden his horizons, Master Look studied Xing-yi with Han Hsing Yuen. Master Look’s third teacher in the internal martial arts was Yu Pung Shi. Little did he realize, but all three were martial arts brothers back in China! After 30 years of practice and at the age of 73, Master Look attributes his good health and allergy-free life to the internal martial arts.



One of Master Look’s personal experiences with taiji and aging took place three years ago when he was invited to participate at a symposium on Aging and the Martial Arts at UC Berkeley’s annual martial arts program. Two medical doctors spoke first, presenting their research on aging, and espoused that when you get to be 35 years old, you’re no longer at your peak and from a health standpoint, you’re going downhill. When it was his turn, Master Look started with a demonstration of his slow taijiquan routine and someone commented, “This old man will do all the slow stuff!” On hearing this, Master Look suddenly broke into his fast Xing-yi moves, duly impressing everyone!

Master Look gave several convincing demonstrations of internal strength, with the help of a younger, stronger looking man from the audience. First, Master Look showed how tightening the external muscles to resist having his arm bent by a forceful opponent proved to be unsuccessful, whereas relaxing his arm, and letting the “qi” energy flow unimpeded from his arm to the ground, made bending more difficult, if not outright impossible. Then Master Look demonstrated the importance of paying attention to posture and alignment. He showed how a swayed back is a weak back that can easily be bent by applying external force. But with the centerline down and the back straight, he demonstrated how strong the back is. Master Look explained that you make the back straight by pushing your pelvis forward.

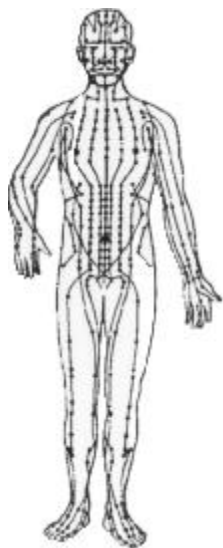


One significant tip Master Look shared was the importance of standing meditation. He cautioned us against dismissing the Universal Post as nothing. His Xing-yi teacher had told him, “Big movement is not as good as small movement. Small movement is not as good as no movement. No movement is your real movement.” Upon first hearing this, Master Look thought that it didn’t make sense. Later, he came to realize that when doing standing meditation, like the Universal Post, the internal system is cranking away. The whole body gets warm because everything is working inside. It helps to develop internal strength.

Master Look spoke about the difference between external and internal martial arts. In the external systems, they work out to develop muscular strength but inside they are hollow. He gave an example of how an external stylist may appear to be very powerful, but still lacks internal power. He likened this to a thermos bottle which appears to be sturdy on the outside, but is easily shattered on the inside. He recalled that Master Kuo told him, “If someone comes up and wants to fight you, just take 3 steps back and stand there, smiling at them. How long can they stand in their fighting stance, all muscled up and holding their breath, while you’re relaxed?” The practice of external systems takes its toll physically; the practitioner cannot keep it up for long, it is age-limited. But the internal systems are good for your health and keep you strong through old age. The more relaxed you are, the more you can use the internal system to tie yourself together, like an inflated balloon. A balloon is floppy when there is no air in it, but once expanded, it is not easily crushed. It springs back at you when you apply force on it.

(Continued on page 6)

KUANG PING STYLE PRACTICE & THE 8 EXTRAORDINARY MERIDIANS BY VOLLHARDT, L.AC.



I began practicing Kuang Ping Style taijiquan five years prior to beginning my acupuncture studies at Samra University of Oriental Medicine. While studying at Samra, I began to realize during my taijiquan practice that certain movements stimulated qi flow along certain meridians. Invariably, these meridians would be the ones that have confluent points that open the eight extraordinary meridians.

As Kuang Ping is, from what I have been able to ascertain, associated with the 64 hexagrams of the I Ching, and since taijiquan movements generally can be associated with the 8 trigrams that comprise these hexagrams, it occurred to me that the trigrams might also be associated with the eight extraordinary meridians. Further studies after graduation of the Balance Method of acupuncture (as delineated by Richard Tan, OMD, L.Ac.) made me even more interested in finding associations between the eight extraordinary meridians and the eight trigrams.

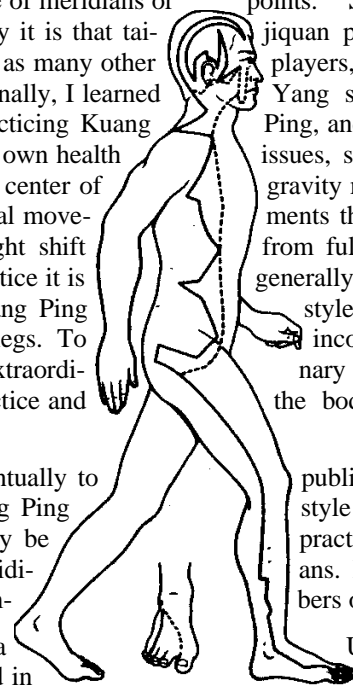
My interest in the eight extraordinary meridians is twofold. First, in TCM theory, the eight extraordinary meridians are considered reservoirs of qi and blood for the regular meridians, and so they are often employed in deficiency conditions (which are prevalent in American culture). Second, according to some translators, the Chinese word that is translated as extraordinary could also be translated as psychic. Since the practice of taijiquan shifts perception and awareness, it began to make sense to me that looking for a correlation between the eight extraordinary meridians and the eight trigrams would apply not only to acupuncture practice. It could also apply to fostering a deeper understanding of each movement in Kuang Ping style, particularly if each movement can be associated with a particular hexagram of the I Ching. For, since the eight extraordinary meridian's confluent points are always used in pair combinations, the points prescription yields a hexagram.

For example: Some weight shifts through the bow stance result in perceptible qi flow through Kidney 6 ("shining sea") which opens the Yin Qiao mai (meridian) up the inside of the leg. Movements such as High Pat the Horse, with its wrist rotation, not only focus qi on Large Intestine 4 ("tiger's mouth") but also on a point with which it is often paired in TCM treatment, Lung 7 ("broken sequence") which opens the Ren mai. Since the regular meridians are associated with specific trigrams based on both the Earlier Heaven and Later Heaven Ba Gua sequences, to extrapolate which extraordinary meridians correspond to the Later Heaven Ba Gua was a natural next step.

While a study of points location fosters an awareness of these points that can be brought to taijiquan practice, I believe that the benefits derive from the practice of the form with regard to qi flow through specific meridians and points in specific sequence whether or not the taijiquan player has any specific knowledge of meridians or points. So, there is a way to document through acupuncture theory, the ba gua, and the I Ching why it is that taijiquan practice is consciousness shifting! And although my experience in taijiquan isn't nearly as broad as many other players, I believe that Kuang Ping style may be more suited to this application than other styles. Originally, I learned Yang short style (28 movement form); and then learned Kuang Ping style. I found that I kept practicing Kuang Ping, and lost the Yang short style, simply because the sequence of movements, for my physique and my own health issues, seemed more energetic as well as more grounding through the legs and feet. Also, I found my center of gravity much more readily through Kuang Ping style. (Specifically, through the sequence of asymmetrical movements that cover the 360 degree turn following Repulse the Monkey, because focusing on the weight shift way of remembering the sequence of steps.) In taijiquan practice it is generally easier to notice the flow of qi through the arms and hands; however, I find that with Kuang Ping style footwork the flow of qi moving through paired meridians is also obvious through the feet and legs. To incorporate taijiquan movement into acupuncture therapy by using an understanding of the eight extraordinary meridians would, I believe, enhance both the consciousness shifting aspects of taijiquan practice and the body/mind unity produced by acupuncture therapy.

I am still compiling the information I can find in order eventually to publish a series of articles on this sub-style and the correlation of movements practiced on their own to support acupuncturists. I would welcome any comments, feedback, or suggestions on resources to consult from the members of the association.

Editor's note: Isabeau Vollhardt graduated from the Samra University of Oriental Medicine in 1996, and is a Licensed Acupuncturist and herbologist located in Ashland, Oregon. Her mailing address is: Cinnabar Swan Healing Arts, 944 C Street, Ashland, OR 97520. She can be reached via e-mail at: CinSwan@aol.com For additional information, please point your web browser to: www.cinnabarswan.com/aboutme.htm



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(Continued from page 4)

Since the subject of this talk was "Taiji and Aging," Master Look recounted the advice he gave to a 74 year old woman, suffering from arthritis. Her elbow hurt so much, she'd cry every night because she couldn't sleep. He showed her how to do "Grasp the Bird's Tail" and told her to do both right and left sides 25 times each, followed by "Universal Post" standing meditation for 5 minutes on each leg, every morning. After his own morning practice, he would look out his kitchen window where he could see into her garden, because she lived next door. He wanted to make sure she was practicing as he had suggested. She did the exercises routinely and never complained of pain again. She grew stronger and lived to over 90 years old. Master Look can attest to this because the woman was his own mother!

Master Look mentioned the recent attention that taiji has received from the studies published on its prevention of senior citizens from falling. He said they found a 45% improvement. Master Look pointed out that doing taiji makes you feel good, and when you feel good, you don't need to take pills. He also believes that you are never too old to start taiji. But, you have to do it every day. Practicing taiji is like putting money in the bank. The more money you invest, the more interest you can draw out. So, after many years of practice, Master Henry Look likens himself to a good bottle of vintage wine: "The older I get, the better I get!"



EDITOR'S CORNER

- ☉ Do you have a school that teaches Guang Ping and would like to be featured in an issue of the Universal Post? Just submit your article and photos to Universal Post, attention: Dominick Ruggieri, 1015 Cedar Bridge Ave, Brick, NJ 08723 or email to articles@chinahand.com for publication in our next Universal Post.
- ☉ Do you have input on the past convention?
- ☉ **Do you want input on the next convention? This is your chance to be part of the next convention by becoming a convention organizer or chairman. We are looking for volunteers, so contact Nina ASAP.**
- ☉ Have you been to a tournament and competed well? Just send us the news so we can announce it. Pictures welcome.
- ☉ Do you have a website that isn't listed on the Guang Ping Yang website? Just email the webmaster@guangpingyang.org submission to our links page.
- ☉ Did you know you can access the Guang Ping Yang Tai Chi Association website by using any of the following urls:

(Continued on page 8)

TOURNAMENT NEWS

We are pleased to announce the following results where Guang Ping Tai Chi Players placed in the following Kung Fu Tournaments. Congratulations to all of you for a job well done.

USAWKF San Diego, CA., October 2000

Lee Orsino, Super Heavy Weight Push Hands—2nd Place
 John Maxwell, Men's Over 40 Guang Ping Tai Chi—3rd Place
 Layne Frenz, Under 40 Women's Guang Ping—1st Place
 Marilyn Ashby, Over 40 Women's Guang Ping—4th Place
 Joanna Schoon, Over 40 Women's Guang Ping—1st Place
 Mary Vernon, Over 40 Women's Guang Ping—3rd Place

To obtain all of the results of the October 2000 Tournament held in San Diego, CA., visit www.USAWKF.com

First Annual Yin & Yang Tournament in November 2000, in Ft. Meade, MD

Ernie Privetera, Men's Super Heavy Weight—1st Place
 Christina Urban, Women's Heavy Weight—1st Place
 Both beginners level.

OTHER TOURNAMENT NEWS

This is a "early reminder" about the next Zhong Ding Grand Championships. Mark your calendar now to make time for this great event.

These Championships include tai chi hand and weapon forms, fixed and moving step push hands and junior events. There are also external hand and weapons forms.

There is also a "Grand Championship" which we believe to be unique to these championships; it involves competing in 4 different disciplines, namely tai chi hand form, tai chi weapons form, push hands and full contact fighting.

The Championships are open to all styles of tai chi and competitors are welcomed from all countries.

The championships will be held on Sunday 18th February 2001. The venue is Birmingham, UK. Full details about the championships can be found at the Zhong Ding web site at www.zhong-ding.com The competition organizer is Brian Woodruff.



INTRODUCTION TO THE CHINESE WRITTEN LANGUAGE BY DIANE HOXMEIER



The four characters on the right say GUANG PING YANG PAI. The third character from the top is YANG and the fourth is PAI. Together, these two mean "Yang Style", as in Yang Style Tai Chi. This Chinese language lesson is devoted to learning how to write YANG, a common yet complex character.

Chinese characters, also called pictograms or ideograms, are made up of strokes. Rules for their stroke order or sequence are followed. Also, every character can be identified by its "radical" or word part. About 200 radicals make up the Chinese alphabet. More complex radicals are often made up of simpler ones. All the characters in the Chinese language are made with these radicals.

Transliteration is how a foreign language is rendered into another, writtenwise, to aid in pronunciation. Many transliteration systems have developed for Chinese. The one used herein is called "pinyin." Pinyin is a way to pronounce the most widely used and official dialect, often called Mandarin, in both China, Taiwan and Singapore.

YANG means willow or poplar tree. It is also a common Chinese surname. YANG PAI does not mean "willow tree style" tai chi, but refers to the style of tai chi developed by Mr. Yang Lu-Chan and his sons, one named Yang Ban-Hou, who lived in the middle of the 19th century. Yang style Tai Chi, in its many variations, Guang Ping being only one, is the most widely practiced form in the United States. This YANG is not the YANG of yin and yang although it sounds the same and shares some of the same radicals.

YANG is spoken with a rising tone (Mandarin has 4 basic tones; the rising tone is the 2nd of the 4 tones). This rising tone is like saying a word as a question, YANG? YANG almost rhymes with the English word "long." PAI is spoken with a sharp, short falling tone, the 4th tone. PAI sounds like 3.14159 or like the English word "pie," as in, "as American as apple pie." PAI means tributary, faction, division or branch but is usually translated in the phrase YANG PAI as style or form.

YANG has 13 strokes. All Chinese characters have a stroke count; this is important to remember when learning them. YANG can be found listed in Chinese dictionaries under the "wood" radical. Characters in these dictionaries may be listed and indexed by radical, by stroke count, and by how they are pronounced. All trees, have the "wood" radical in them, as do some things made of wood, such as floor or post. The word for forest is written with two "woods" together, side by side.

YANG is actually made up of 4 Chinese characters. The radical on the left is "wood", the radical on the upper right is "sun" or "day," the radical in the middle means "one" and the character on the lower right means "do not." If you practice learning these simpler characters separately, it will be easier to learn how to write the more complex character YANG. (Extra note: If you write only the radicals on the right, but leaving out the "wood" and the "one" character, using only "sun" above and "do not" beneath it, you have written the character for "easy or change", as in the Book of Changes, the Yi Jing!)

Each time you write a character, say it first, then count the strokes as you write it, then say the character again. Concentrate! Start by writing it big; then try writing it smaller. In no time, you will learn a Chinese word.

Look for a lesson to learn a Chinese phrase or expression in every issue of the Xi Dong Bao-The West East Report, a newsletter of the New England Tai Chi Union, PO Box 3034, Bourne, MA. One year subscription (3 issues) only \$15.00. For more information: (508) 540-8664

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SHOWING GUANG PING IN YONGNIAN BY JONATHAN SHEAR

This October, four of us, my wife Pat Shear, Rob Ruby, Bruce Shaub and I had the opportunity to go to the International Yongnian Taiji Festival in Handan, the city near Yongnian village, the traditional home of Yang style taiji. We had been invited by our Wu Style teacher, Dr. Li Li-Qun, who was also one of the tournament's senior officials. After twenty hours on the plane to China and eighteen by train from Shanghai, we arrived in Handan and found ourselves, along with thirty or so other Westerners, and a few south Asians, among the 850 competitors. The tournament itself was much like US tournaments, but very well organized and without the long waits typical of so many of them. The only snafu was, efforts of our translators, Pat received, earning nine gold, Wu style. But Rob Ruby and got the bronze medal in the "senior" other styles.



The Chinese taiji players lots of questions and enjoyed Yang style Sifu in the big then had his students gather around and watch some Guang Ping. They seemed to like it, especially the fajing moves, clapping spontaneously at the double-jump and the lotus kicks. They were delighted to learn that our Guang Ping comes from Yang Banho, since they trace their Yang style from him as well--the Sifu smiled warmly, commenting that we were both "brothers" of "the same generation."

Jonathan doing Guang Ping in the Park with some other Yang Styles Tai Chi players

our tournament despite the missed two of her events. But our little group was well two silver, and two bronze medals, most of these were in I got the chance to show Guang Ping Yang Taiji. Rob "other styles" division, and I took the gold in the



Left to right
Master Li-Li-Qun (Wu style)
Sophia Zhang (translator)
Professor Shear
Master Chang Zhi Juan (Chen style)

there found Guang Ping very interesting. They asked learning about our lineage. After the tournament, the park near the hotel asked me to push hands with him; they found Guang Ping very interesting. They asked learning about our lineage. After the tournament, the park near the hotel asked me to push hands with him; they found Guang Ping very interesting. They asked learning about our lineage. After the tournament, the park near the hotel asked me to push hands with him;



Jonathan being congratulated by the tournament chairman after his talk on Tai Chi Theory

One feature of the tournament was different from anything I'd experienced here. The whole third morning was taken up by a "theory" session, with speakers from throughout China on the panel, and 350-400 people in the audience listening for hours. To my surprise, Dr. Li had informed me the night before that I was scheduled to speak, too! So I gave a little

(Continued on page 11)

(Continued from page 6)

⇒ www.guangpingyang.org
⇒ www.guangpingyang.net
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The editors reserve the right to edit any material or article submitted for publication.

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CHINESE NEW YEAR

WELCOME TO THE YEAR OF THE SNAKE

The snake is the 6th sign of the Oriental Zodiac and persons born in the year of the snake are meditative, attractive, and fulfilled. Years of the snake are: 1905, 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, and 2013.



TAI CHI AROUND THE WWORLD BY NICK D ANTONI

In this edition of Tai Chi Around the WWORLD we are featuring three sites that should be of particular interest to Guang Ping Yang T'ai Chi players.

The Magic Tortoise Taijiquan School (Dr. Jay Dunbar)

www.magictortoise.com/index.htm

Those of you who were able to attend the Conference 2000 in New Jersey will remember the impressive knee safety workshop given by Dr. Jay Dunbar. The Magic Tortoise School is Dr. Jay's school in Chapel Hill, NC. The site is nicely designed and very quick to navigate. Complete information about classes, seminars, and special events is regularly updated. The resources here are growing and it's worth a "look-see", especially with regards to special classes and seminars; and, who among us hasn't heard of the legendary 100-day chin-to-toe stretch test? I'd suggest at least a peek at the "**100 Day Challenge**" page: www.magictortoise.com/100day.htm. Dr. Jay is following a fine old tradition here!

The Guang P'ing T'ai Chi Page (Gordon Guttman)

www.users.uswest.net/~dinkgor/Knowledge.htm

This site is owned and maintained by Gordon Guttman, translator of Sifu Kuo Lien-Ying's "The T'ai Chi Boxing Chronicle." Mr. Guttman has taken a more scholarly approach than some, including fairly extensive use of Chinese characters in his text to eliminate possible ambiguity regarding terms, and has built a very substantial resource here that is dedicated purely and specifically to Guang Ping Yang Style T'ai Chi Ch'uan. He has included information of historical and theoretical nature as well as a brief biography of Master Kuo. The collection of photos includes some rare photos of Sifu Kuo as well as a number of his students. Gordon also maintains, what is to my knowledge, the only list of teachers of Guang Ping Style available on the web. While not pretending to be comprehensive, the list is selective, and as such, represents a valuable resource for those seeking help in locating a qualified teacher. If you haven't found this site yet, now is the time to look it over.

Just Tai Chi Productions (JoAnna Schoon)

www.justtaichi.8k.com/

This excellent site is the handy work of one of our association's national advisors, JoAnna Gee Schoon, who is based in Orange County, CA. Like Gordon Guttman's site, this one is dedicated specifically to Guang Ping Style T'ai Chi. It is nicely organized, well put together, and includes good information. In addition to sections on classes and events, there is a short "**Guang Ping Yang Lineage**", along with information on "**Taiji and Aging**", "**Acupressure Self Help**", and a "**Photo Page**". I highly recommend that you take the time to visit here. However, a word of warning, because this site resides on one of the many "free" hosting services, be prepared to exercise some patience while the banner advertisements load first, then the content you were looking for. On the brighter side, every time I've visited the site performance has been quite snappy and the wait for the banner ads has been very bearable.

Other sites of interest:

www.china-guide.com: The Gateway to Chinese Cultural & Learning Center

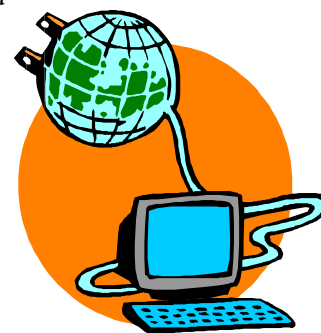
<http://barney.gonzaga.edu/~chongls/main.htm>

*and of course, don't forget Guang Ping Yang Tai Chi Associations
own growing web presence at*

www.guangpingyang.org

Remember, those of you who have websites that weren't listed in our last issue and who want to be sure to be included on the "**Guang Ping Links**" page of the association website, please send me your URLs. I can use all the help I can get! As always you can send me your comments and suggestions via e-mail at: dantonin@bmi.net; or by mail to: Nick D'Antoni, 962 Hobson St., Walla Walla, WA 99362-2479. See you next time!

Yours in peace and practice - Nick



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WHAT IS PHOENIX RISING YOGA THERAPY? BY RANDY ELIA

Pryt uses assisted yoga postures in a safe environment to allow an individual to bring awareness to the body, the mind, and the relationship between the two.

Pryt uses supported yoga postures to connect what is going on in our bodies with what is going on in our lives.

As "A Phoenix Rising Yoga" therapy practitioner, I will create a safe and gentle environment for you to explore issues you may have on a physical, spiritual, or emotional level. This will be achieved through hands on assisted yoga postures, dialogue, and breath work.

A one on one supported yoga posture at a comfortable level is beneficial and not necessary. There is no exploration to connect what's happening to become aware of connection.

Pryt is a client-centered, yoga based practice that facilitates awareness of the body which allows for desirable changes in body-mind connection.



Karen Onny, Peter Kwoks Kung Fu Academy, giving a treatment to a client

session using supported yoga postures at your level. Your yoga experience will be verbal and connect you with your life and the body-mind connection.

centered, non-duality that allows you to make your life through connection.

Pryt is a yoga-based, client-centered form of body work within a safe supportive environment that allows you to explore the relationship between what's happening in your body and what's happening in your life. This can include a release of physical or emotional tension leading to a better self understanding. Non-directive dialogue gives you the opportunity to describe your experience as its happening.



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.

JOIN NOW! OR RENEW YOUR MEMBERSHIP NOW!

This membership will entitle you to quarterly issues of the **Universal Post Newsletter** which is full of interesting history, facts, and information about Guang Ping and Tai Chi. Send your payment today and help support the Guang Ping Yang Tai Chi Association or to renew your membership! If you have any questions, please call the membership coordinator, Valarie Prince, (949) 460-9654, c/o Kuang Ping School of Tai Chi, P.O. Box 1528, Laguna Beach, CA 92652.

Name		New Membership <input type="checkbox"/>	Renewal Membership <input type="checkbox"/>	
Address		City	State	Zip
Email		Web Address		
Phone		Yes, include my name, state & email on the GPYTCA website <input type="checkbox"/>		
I am a Tai Chi: Student <input type="checkbox"/>	Teacher <input type="checkbox"/>	Enthusiast <input type="checkbox"/>		
One years dues enclosed	Student \$25.00 <input type="checkbox"/>	Teacher \$50.00 <input type="checkbox"/>		
Name of my school				
Name of my teacher				
Other Information				

UPCOMING ISSUE

- I Chuan by Henry Look**
- Tai Chi Broadsword by Randy Elia**
- East Coast Convention 2000, One Report by Diane Hoxmeier**
- Fu Tung on YC Chiang's Retirement**
- Rick Barrett on Guang Ping Yang & Tai Chi**
- Allen Trigueiro's Warm Up Exercises**



(Continued from page 8)

philosophical talk, about how a major task facing the world today is to learn to transform our age-old scarcity-based, competitive habits of thought and action into affluence-based, enriching art—and how taiji, by transforming methods of combat into healthful, deeply enjoyable art, shows that such a change is really possible. The participants all seemed happy to hear these ideas about how Chinese culture could contribute to the world's needs.

Some pictures of tai chi players at the tournament

complete with comfortable hotel and eager to share their styles and insights guests. Everyone was especially are keeping taiji in general, and Guang alive and progressing here in the US.



All in all, it was an enjoyable trip, friendly people all with their American happy to see how we Ping in particular,

CONVENTION 2000 CD ROM

NOW AVAILABLE on CD ROM, with over 200 photographs and 60 minutes of video, this CD ROM is full of great memories and information provided by our guest speakers.

FEATURES

- More than 200 pictures
- 7 video clips with 60 minutes of video
- All pictures, text and video are in a web page format, so they can be easily browsed by any internet browser software.
- Each picture has a thumbnail which can be enlarged to a full size photo
- Each video plays as soon as you pass the mouse over the video clip
- Easy to open auto play program will bring up a menu asking if you want to view the cd, just click and you are there!
- Connect right to the Guang Ping website from the same menu to view all of the great information we have listed there too!



For only \$19.95, plus \$5.00 for shipping and handling, you can have all of these exciting pictures and priceless video clips, packaged in its' own case. Recapture the Guang Ping Yang Convention 2000 for long lasting reference and enjoyment!

To order your Convention 2000 CD ROM, just send a check or money order made payable to The Guang Ping Yang Tai Chi Association (GPYTCA) to Dominick at China Hand Kung Fu Academy, 1015 Cedar Bridge Ave, Brick, NJ 08723. Or call Dominick at (732) 920-0605 to place your credit card order. MasterCard, Visa, Discover, and American Express cards are accepted. All credit card orders will be billed through China Hand Kung Fu Academy. Orders will be sent US Ground mail. Allow 5—7 days for delivery.



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



If you walk, just walk—If you sit, just sit; whatever you do, don't wobble
Everything depends on this: A fathomless sinking into a fathomless nothingness