



GUANG PING
YANG TAI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

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HONORARY CHAIRMAN Y.C. CHIANG RETIRES

Dear Guang Ping Yang Tai Members:



There was a tribute party for Shifu Yun Chun Chiang and his wife, Master Hui Liu on November 18, 2000 in El Cerrito, California. There was lion dancing, fan dancing, demonstrations of Shaolin, Taiji, Wild Goose Qigong, and White Crane.

Many old students returned to celebrate this event. Master Henry Look was also present. Beginning February 2001, Shifu and Shimu will not be teaching regularly at the Wen Wu School. Instead, they will spend time traveling, writing books, and teaching old and assistant teachers.

By
Fu-Tung Cheng



FROM YOUR PRESIDENT NINA SUGAWARA

Dear Tai Chi Players:

Greetings from all of us on the Board and happy spring-time! The Board of Directors met for our annual meeting at the beginning of March at my house in San Diego. We did a lot of fine tuning of our by-laws and spent time discussing our need for more involvement from the membership. We also took some time out to visit a possible site for our next convention, and we have found it!

The 2001 Convention will be held at the Quails Inn Hotel & Resort at Lake San Marcos. The dates are October 5, 6, & 7th 2001, (Friday, Saturday, and Sunday). The weather should be beautiful here that time of year. San Marcos is close to the beach and the mountains. I am thinking some of you might want to stay a few extra days and sightsee with your families. The resort is connected with the San Diego Wild Animal Park and Zoo and has special rates for visitors. There is a swimming pool and golf course available too. I have attended workshops at the resort and often have dinner at the country club - the food is delicious! We have reserved all available rooms but you should book early to make sure you can stay with the group! I REALLY would love any suggestions you have regarding teachers, topics and scheduling. Please email me at chigrdner@aol.com with any suggestions. All of my students at The Chi Garden are very happy to welcome you to our neck of the woods and if you have any questions we would love to help. This is a beautiful part of the world and we hope you all enjoy it here.

On a sad note, Nick D'Antoni's father passed away this month and we all wanted to wish him and his family well during this difficult time.

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GUANG PING YANG & TAI CHI CHUAN BY RICK BARRETT

Many thanks to Nina Sugawara and the Board for extending an invitation to me to teach at the Guang Ping Convention 2000 in October. I was delighted to be included in such a talented group of seminar leaders and to be received so well by all those in attendance. There was a real sharing that occurred that weekend and I am grateful to have been a participant. Special thanks to Sifus Henry Look and Fu-Tung Cheng, who demonstrated to me the true spirit of taijiquan.

Saturday evening I was asked to moderate an open forum where the whole community was present and spoke of the history, special characteristics, and future of Guang Ping as a taijiquan form. Most of the focus was on what distinguishes Guang Ping from other forms, how much of what is presently done relates to the teachings of Kuo, and how much can it change and still be Guang Ping. These are questions that are important and echo similar discussions in other forms of taiji, as well as other martial arts.



I study a Chen as a Chen Man cation associ- own flavor to of his teacher, from his grand- thing quite dif-

I am sure Kuo Ban Hou, but his many physi- cussions I heard that weekend, Y. C. Chiang and Peter to their versions, while Henry Look added some Xing Yi

Man Ching form taught by William C. C. Chen. It is easily recognizable Ching form, but has the unmistakable body mechanics and martial appli- cated with Master Chen. There are a number of other teachers giving their the Chen Man Ching form. Just as the Professor modified the instructions Yang Cheng Fu, and he, likewise, created something quite a bit different father, Yang Lu Chan and Yang Lu Chan, as the story goes, made some- ferent from his Chen teachers.



honored the inspiration of Yang created something that expressed cal and martial gifts. From the dis- Kwok added a bit more Yang style influence.

Lineage is important. We offer our shoulders for the we perch on the shoulders of our predecessors. I have artist say that their form is the apex of all possibilities style. We offer our contributions and honor those pre- our forbearers.

next generation to stand on, just as never heard any capable martial for that sented by

Jay Dunbar made a very important point in his seminar safety. Roughly paraphrased, it is that each of us is responsible for delineating the important aspects of our arts and the idiosyncrasies of our teachers. Very athletes can do things with their bodies that might not be recommended, or may harmful for the bulk of students. Their extraordinary gifts might even be what to them for instruction, despite the possibility that they may emphasize the that are least likely to benefit the student. Many have lost the ability to even ex- what they are doing in ways that can be approximated by we mere mortals. We copying the external forms and ignoring the internal dynamics that make the effective when the master does it.



on knee between gifted even be draws up things plain end up move so

We each have our own gifts and limitations. Ultimately, the taijiquan that I do must not be just a Yang Form, a Chen Man Ching Form, or even a William Chen Form. I must OWN it as an expression of how I move. This doesn't mean to alter things willy-nilly. Everything we learn must be first understood to the best of our ability, then tested for practicality. Then corrected and retested many times. From there we can develop confidence in our own perceptions and judgment, giving us a firm foundation for any changes we make. All the while mentally prepared to surrender some accepted piece of knowledge that is seen to no longer work. That is how any body of knowledge progresses.

In the words of Douglas Wile, noted sinologist and translator, (speaking of Chen Man Ching) "His changes were not a case of painting legs on snakes, but a truer image of the snake. The taiji teacher's function is to point a finger towards the Tao, the mature student does not cling to the pointing finger, but follows it like the needle of the compass."

These are exciting times we live in. Never has so much information on internal arts been so widely available or so freely shared. I wish to commend all those who supported the Guang Ping Convention with their time, effort, and good intentions. It is such events that enable us to rise beyond the parochial and embrace the larger mission we all share.



MILLENNIUM DRAGON YEAR EAST COAST CONVENTION, ONE REPORT BY DIANE HOXMEIER

For the first time since its inception four years ago, the National Guang Ping Yang Tai Chi Association has lived up to its title as a "national" organization, by holding its annual convention outside of California. The Millennium Dragon Year 2000, saw the annual meeting rise in the East. Yes, in upper state New Jersey, at the Legends Resort, McAfee. McAfee is near the Franklin Zinc Mine which boasts the largest fluorescent rock display in the world.

And what a convention it was! More than 80 participants filed in for a jam-packed weekend of tai chi learning. This number reflects a good turnout considering that Guang Ping Yang Tai Chi began in San Francisco with our honorable legendary founder, the late Kuo Lien-Ying. Also, two of his exemplary students, Masters Yun C. Chiang and Henry Look, are both based in California, as are many of our board members.

The program, after a sumptuous buffet dinner, national advisors, Diane Hoxmeier, of Woods basic elements of the Chinese written language, related to tai chi, such as "dan tien" which circulation. She illustrated the big difference in vital energy, and the "chi" (ji) in tai chi, which Sifu Randy Elia, of Peter Kwok's Kung Fu year's event, led a fun workshop for learning a curved sword with a large blade and single because wooden sabres were provided for sides A and B. Sifu Elia had many able-bodied audible.



kicked off with the first presenter, one of our Hole, Cape Cod, MA, who lectured on the She used as examples simple characters means "elixir field", one of the areas of "qi" the characters for "qi", which means breath or means extreme.

Academy in Emerson, NJ, and host of this tai chi sabre two-person form. A sabre is a edge. Learning this form was made easier everyone, and the form had only 7 postures, helpers. The room was cozy but huge, soft but

The star of Saturday's seminars was Master Henry Look, National Guang Ping Yang Tai Chi Association founder, and pioneer in promoting this unique form at national tournaments. He led students through several applications of selected postures from the form. In one example, he showed that during "wring the moon", the arm sweep behind the back, it is the heel of the palm that is the touch or strike point for maximum impact, not the "eagle's beak" fingers that follow through.

Another notable event, one of many, held during the conference, was the panel discussion on "The Changes to the Guang Ping Yang Form." Although almost all present could trace their tai chi practice back to the late Master Kuo, who brought the form to the US 35 years ago, various strains and interpretations have emerged. Since Guang Ping Yang style can now be designated a category of its own in tournaments, differences might matter depending on who the judges are and their particular interpretation.

One participant brought up the question during "single whip" and the transition to is not the question, but how to pivot

In our form, we step with either heel or planted on the floor. When stepping monkey", it is always with the toe first. "parting wild horse's mane" or in "return after "grasp the bird's tail", it is always err in this step.

Only when stepping to the side, such as in whether to use toe or heel. In "scrape do twice, one pivot is with the heel, of the body's "center" answer the pivotal can be found in the form, no penalty tournaments.



of whether to pivot on the heel or toe the next move. To pivot or not to pivot depends on where you're going.

toe before the sole of the foot is fully backwards, such as in "repulse the When stepping forward, such as in to the mountain" or when about to push with the heel first. Beginners sometimes

"single whip" does the conflict arise of palms, slanting flight", a movement we another with the toe. Direction and focus question. Since both ways of stepping should be given for a particular pivot in

On the other hand, when doing Guang Ping tai chi movements, as YC Chiang reiterates, the elbow should never be higher than the shoulder. This would be a big penalty. As he and Master Look counsel from the basic principles, the elbows need to be relaxed and "sunk".

Another participant asked us to consider our form's distinctive commonalities. One we could perhaps agree on is our hands being held naturally flat, with fingers apart and relaxed, and not cupped.

The conference was packed with opportunities for learning, too many to mention by name. Our Association's President, Nina Sugawara, led the event's conclusion with awards to the presenters for their outstanding support and handsome certificates to all participants. Kudos to her and the hardworking Board of Directors!

Space here doesn't allow for mention of the food, lodging and beautiful setting but in the words of Master Look: It was the best convention yet! Plan now to be part of Convention #5! Lets continue making our Association evermore vital and vibrant!

KIDS & TAI CHI BY NORMA AUSTIN

I met Marilyn Cooper at the 1998 Guang Ping Yang Tai Chi Conference in San Francisco. She spoke with such enthusiasm about teaching her kids class and I thought, "I like this idea" and the energy she expelled as she spoke about it. I later took the opportunity to speak with Marilyn, as we were talking I mentioned I had met a fellow competitor at a competition in San Francisco a year earlier. His Name is Jose Figueroa and he teaches Tai Chi to kids at a public school in New York. It turned out that Marilyn also knew Jose. They'd also shared information on teaching Tai Chi to children.

Well, I decided I was going to check this out! Teaching kids...hmmmmmmmm...I remember trying Tai Chi in Kung Fu class when I was about 14 years old...I remember it was very difficult to slow myself down.

A friend teaches 3rd grade so I volunteered to be a guest and introduce them to Tai Chi. It was great! The girls and boys followed along very well until we got to the jump kick.

"Can you do the kick?" "Can we go faster and do the kick?" Well the boys survived the slowness. I promised them we'd "do kicks after the next set." That day I learned that practicing the kicks could be used as a treat.

In March 2000 I began to teach a weekly class for Girls Inc. in San Leandro, CA. This is a free class open to all females. We have a core group of women and a few girls. The youngest is about 13 or 14.

In the summer I got a phone call from Meghan Kelly asking if I was interested in teaching a two week summer course to girls in first and second grade at Woodrow Wilson Elementary in San Leandro. "Yes, of course!" It turns out Girls Inc. has a sub-group called Girls Start; they are in charge of this summer program. To prepare, I began by rereading a handout Marilyn Cooper passed out at her presentation on teaching children at the 1999 Guang Ping Yang Tai Chi Conference and the wonderful article by Marilyn in the last Universal Post. Terrific Information! "Thank You Marilyn!" I also spoke to a few friends who were first grade teachers.

So off I go to introduce these little girls to this art that we love so much. There would be two small groups each day. For eight days at fifty minutes per class. I was assigned Rocio as an assistant; she would assist and translate into Spanish when needed.

The movements taught are as follows:

- | | | |
|-----------------------------------|-------------------------------------|--|
| 1. Strike Palm to Ask Buddha | 2. Grasp Birds Tail | 3. Single Whip |
| 4. Wave Hands Like Clouds | 5. Pat High On Horse | 6. Separation of Right/Left Foot |
| 7. Turn Around and Kick With Sole | 8. Step up to Empty Step | 9. Kick With Two Feet Upward (jump kick) |
| 10. Step Up Deflect Downward | 11. Parry and Punch | 12. Conclusion of Grand Terminus |
| | 13. Right Fist to Left Palm and Bow | |

The following is a diary of what was taught.

Monday, August 21, 2000: 1st Day: I show up early. I don't know where I'm supposed to go but I find a helpful lady and she walks me to the trailer where the girls meet. As I walk in I see lots of activity and color about. Little girls wear lots of color. Everyone is moving about, cleaning up paint, ing their backpacks. They are so be split into two groups. The Tai circle and begin warm-ups. We start swings (side to side and up and down), semi-long steps of heel to ward). They follow along very well. about Yin & Yang, the lower Tan energy of life in all things. We re-bowed hand over fist to end class. I They seem to catch on quicker then because it felt right.



Tuesday, August 22nd: We begin with the same warm-ups, review the first movement and introduce the second movement to group #1. A review of yin & yang goes very well. We explore opposites. I ask "What's the opposite of the sun, the earth, a girl?" The girls answer "the moon, the sky, a boy!" Then I start talking about weight shifting and the yin and yang of the legs. I also wear different

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Y.C. CHIANG RETIRES

For more than 60 years, Master Yun C. Chiang has trained, taught and excelled in the martial arts, as well as in painting, Chinese calligraphy and Chinese medicine. Thousands of students have passed through his door, most becoming healthier and happier. As the year 2000 came to a close, he retired from the demanding tasks of teaching new students tai chi.

On November 18, 2000 over 200 people packed the El Cerrito Community Center in California, to honor and thank Dr. Chiang and his wife, Professor Liu Hwai-Ru, a master herself in Qi Gong and painting, for their many outstanding contributions. Former students came to offer thanks from all over the US, from Massachusetts and Wisconsin, and even one came from Japan.

Dr. Chiang and Professor Liu, both sporting orchid corsages and looking distinguished in traditional Chinese dress, he in a grey ma gao and she in a chi bao, sat in a special dais set up at the head of the room, chairs for their children and grandchildren, behind them.

Fu-Tung Cheng, as emcee, introduced members of the Chinese Folk Dance Association, whose young members did two traditional dances using fans and flowers to start off the program of tribute.

A spectacular lion dance, usually found at Chinese New Year, followed. The colorful lion costume hides two people, the head and the tail, who must maneuver in unison, a demanding art. Jeff Li, a former student of Master Chiang, wore a paper-mache laughing buddha head and skillfully moved about, fan in hand at times. Then, a cabbage was offered to the lion. The entire dance is performed to the traditional music of drum and gong, making it a most exciting and amusing display.

Brief demonstrations were given of the martial arts, as well as Wild Goose Qi Gong. Many tributes were offered but had to be kept short due to the Center's time restrictions.

One such tribute came from Master Henry Look, who shared his story of naming the four children of Mr. and Mrs. Chiang. He gave them names that started with "Yi, Er, San, and Se" (One, two, three and four in English.) For example, their 2nd child, active in their medical clinic, was named Erlene.

The souvenir program itself deserves special mention as a beautiful work of art and keepsake. It included a blend of photos and wise sayings, a tribute song and a cover overlay of black cranes.

Everyone came to give thanks to Shur Fu and Shur Mu (our teacher father and teacher mother), but the crew who helped coordinate this event deserve a special, warm thank you. They brought in tray after tray of Chinese goodies that kept the lines long on each side of the room. A cake, with thanks to the guests of honor, was written in frosting, bright, happy-red Chinese, of course, and looked too lovely to eat.

Flowers, and bright banners in Chinese including the characters for the honorees' names were just a of the few touches that made for a most photo-genic event. Cameras of all types were everywhere. A special slide screen show gave guests as they were arriving a glimpse of photographic history of Shur Fu and Shur Mu.

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ANNUAL MEMORIAL FOR KUO LIEN

Sunday, June 10,
2001, 7:30 am
warm-ups, 8:00
group sets.

To all students of Kuo, their students, and friends and family: please join us for the annual memorial to Kuo Lien Ying at Portsmouth Square, San Francisco. Celebrate the life and teachings of Sifu Kuo Lien Ying! We will gather in the spirit of the Guang Ping Yang community to pay homage to our teacher, participate in group sets, watch demonstrations from different schools, and enjoy dim sum afterward at a local restaurant. Portsmouth Square Park holds so many memories for Kuo's students, even though there have been many changes to the park over the years.

Bing Gong originally brought together Kuo Lien Ying's students about fifteen years ago to commemorate Kuo at Portsmouth Square, in the park in front of Sifu Kuo's studio. They gathered early in the morning, as they had for years during Kuo's life, practiced the forms that they learned from Kuo, reconnected as fellow students, and then shared a meal of dim sum together. Bing continued to organize the memorials, which were held every few years.

When Henry Look formed the Guang Ping Yang Tai Chi Association to honor his teacher, Kuo Lien Ying, he took over organizing the memorials and they are now held every year. Upon Henry's resignation as president of the Association in 1998, Henry and Y. C. Chiang asked then-president Donald Rubbo to continue the tradition.

One can still feel Kuo's presence as his students gather in his name, early in the morning, to practice the rare Guang Ping Yang Tai Chi form that he brought to the United States. Everyone welcome! For more information, call Donald and Cheryl Lynne Rubbo, (415) 456-9095. Parking available in Portsmouth Square garage on Kearny Street.



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I CHUAN BY HENRY LOOK

republished from Inside Kung Fu Magazine September 2000

Inside Kung-Fu: What is I-Chuan?

Henry Look: In I-Chuan (yi-chuan, yiquan) "I" means idea or mind. "Chuan" means fist. Action is directed with the mind, which focuses and guides the energy with intention.

IKF: Can you provide a history of I-Chuan?

HL: I-Chuan is an offshoot of Hsing Yi Chuan, which was founded by General Yeh Fei during the Sung Dynasty. According to legend, Kuo Yun Shen, a sixth generation master and the best Hsing Yi fighter of his time, killed another martial artist in combat. He was sentenced to three years in jail. While incarcerated, he discovered the essence of I-Chuan. One of Kuo's top students, Wang Hsiang Zhai (probably the most famous I-Chuan Master in history), was a seventh-generation master who changed the name to Hsing Yi chuan (intention or idea from the heart). He later experimented with the movements and exchanged martial arts skills with other masters while travelling extensively throughout China.

After all his detailed studies, he redefined I-Chuan and called it "Da Cheng Chuan," or "The Great Achievement Fist." Wang passed his art to Han, who was my teacher. Kuo Yun Shen had another student, Wang Gin Yin, Hsing Yi teacher of Kuo Lien Ying, who also was my teacher.

IKF: Can you name I-Chuan's great masters?

HL: The great masters of I-Chuan include all the students of Wang Hsiang Zhai; Professor Yu Pung Shi (my teacher); Jiao Tao Hsin; Yao Zong Xun; Han Xing Quao, (Uncle Han); and Han Hsing-Yuen (my teacher).

IKF: What are the basics of I-Chuan?

HL: The basics for I-Chuan is the standing meditation for the highest potential in developing internal energy. It is a method most beneficial for the practice of eternal health as well as martial art effectiveness. This is truly the essence of effortless internal power development. Practicing standing meditation will help in developing our body structure to a complete balance with the universe in stillness. Then we can say, "No movement is real movement."

IKF: Is it difficult to learn I-Chuan?

HL: Learning the basics of I-Chuan are simple. But like most skills, it is difficult to master. It requires time and patience without anxiety. "Soong" or relaxing without tension is the key.

IKF: Do you have to be in martial arts shape to learn I-Chuan?

HL: Anyone of any age or physical make-up can learn I-Chuan. There are no restrictions.

IKF: Can I-Chuan help your martial arts training?

HL: I-Chuan can complement any style, whether your chosen discipline is Chinese, Japanese, Korean or Filipino.

IKF: Can I-Chuan benefit other aspects of your life?

HL: I-Chuan can help all aspects of life because it promotes and develops physical health and emotional well-being.

IKF: How do you find a qualified teacher and what qualities do you look for in an instructor?

HL: The best way to find a good teacher is through the recommendations from other martial arts instructors. Honesty is the best policy when it comes to students and instructors. According to an old Chinese saying, "He who speaks does not know. He who knows does not speak."

IKF: Why are we only now discovering I-Chuan?

HL: I-Chuan has been taught in China for many years. My teacher, master Han Hsing Yuen, taught in Hong Kong for many years.

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Sam Tam (a senior student of eagle claw grandmaster Lau Fat Mang) studied I-Chuan with Han in Hong Kong. Sam Tam, along with Ha Fong, sponsored Han to the U.S. and Canada in 1976-77. I-Chuan began to spread throughout the U.S. through Ha's students. Also, Professor Yu and his wife, Madame Min-Ou Yang taught many students in San Francisco, CA., and helped spread the art in the U.S. An interesting note, Kuo Lien Ying's "Universal Post Standing" is also a form of I-Chuan.

IKF: Please describe a typical I-Chuan training session.

HL: Students generally train anywhere from ten minutes to one hour. Exercises include standing and moving meditation. Special attention should be paid to the feet, knees, body, eyes, hands, groin, breathing and mind. The feet should be a shoulder-width apart, parallel to each other and flat on the ground. The knees are flexed and bent slightly toward the toes. The head should be reaching toward the sky with the chin slightly tucked in. There should be a total spine connection from the head to the toe. The back is straight and the hips behind. The eyes should appear relaxed and focused straight ahead at a point in the distance without hard glaring. Relax the fingers and spread them apart as though embracing an imaginary ball. The groin area should also be relaxed to open the channel and allow chi flow throughout the body. Breathing should be slow and deep while the mind should direct all action and reaction.

IKF: How should you feel after an I-Chuan workout?

HL: After practice, you should feel energized, vigorous, and refreshed in mind and body.

IKF: What role do the different parts of the body play in I-Chuan practice?

HL: It is important to find a good teacher who understands body alignment to reap the benefits of I-Chuan training for health and martial art success. There should be action and reaction from the elbow joints to the fingertips and with other parts of the body. The knees and feet are anchored and rooted to the earth. The entire action and reaction sequence should be in balance without swaying forward or backward or side to side. The center is stable and the mind is focused.



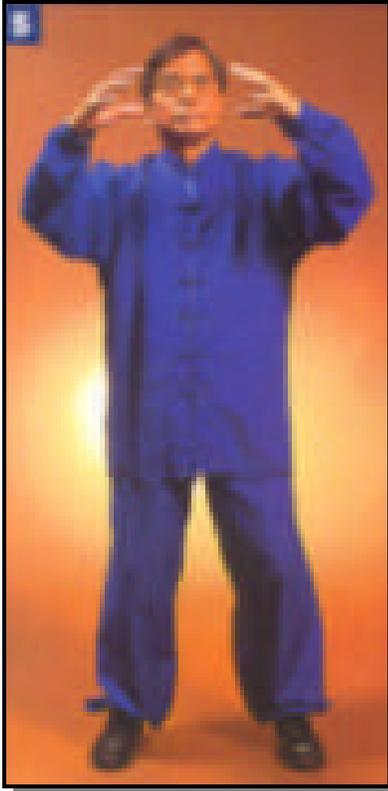
Posture 1 - Palms in line with chin level, forearms at a 45-degree angle with the elbows relaxed.

Posture 2 - From posture No. 1, rotate palms outward (counterclockwise) one quarter turn without rotating the elbows.

Posture 3 - From posture No. 2, rotate the palms inward one-quarter turn (clockwise) then drop down to your midsection

Posture 4 - From posture No. 3, rotate the palms outward one-quarter turn (counterclockwise).

Note: Although it is not necessary to do these forms in sequence, Look teaches his students to practice the sequences for action and reaction in martial arts.



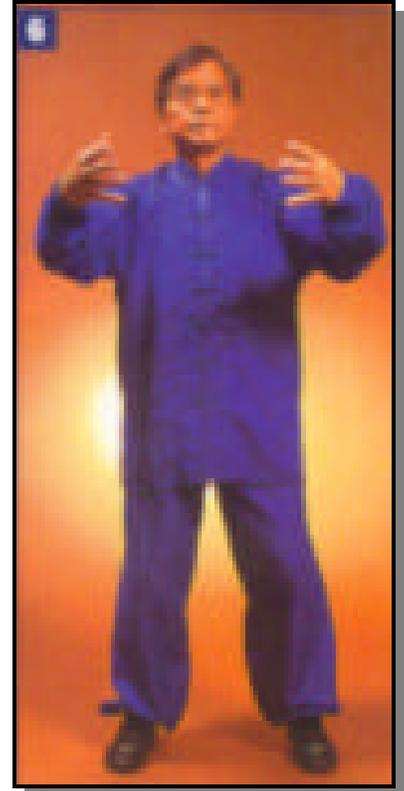
Posture 5 - From posture No. 4, rotate the palms one-quarter turn, and then raise your palms to eye level.

Posture 6 - From posture No. 5, rotate the palms one-quarter turn and drop your palms to shoulder level.

Posture 7 - From posture No. 6, rotate the palms a quarter turn outward with the fingers pointing forward.

Posture 8 - From posture No. 7, rotate the palms one-quarter turn inward. Make sure the fingers are pointing 45 degrees downward.

Editors Note from Inside Kung Fu Magazine: Henry Look, a fifth generation master of Guang Ping Yang Tai Chi Chuan, recently visited the daughter and senior student of Sifu Wang Hsiang Zhai in Beijing, China. He has been encouraged to form an International I-Chuan Association. There are only four surviving students of the I-Chuan founder. For more information, contact Sifu Look at hmllook@cwnet.com or write TIMA, 2825 Zinfandel Drive, Rancho Cordova, CA 95670.



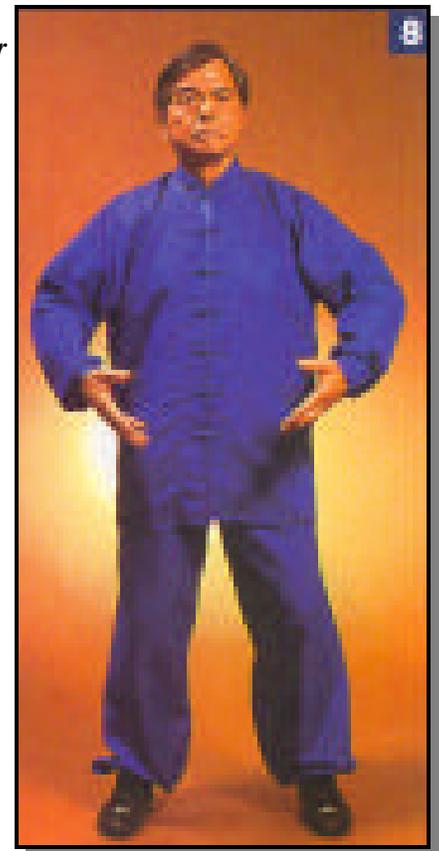
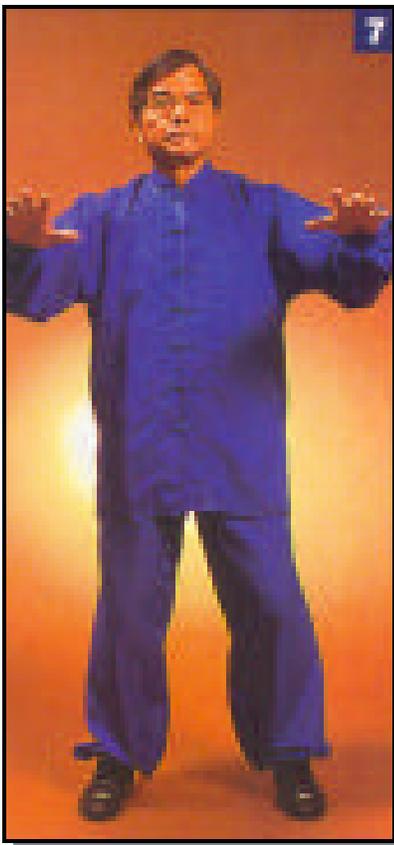
Special thanks to Inside Kung Fu for publishing this article in Inside Kung Fu Magazine September 2000.

Interview conducted by Dave Carter



Guang Ping Yang Tai Chi Association Mission Statement

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.



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T shirts with various images of yin and yang symbols. Daily the girls can see a different yin and yang image. All is repeated for Group #2 and they too are also introduced to the third movement.

I've decided to modify the form in hopes of keeping their attention and to keep with our two week program. My goal is to teach them a short form.

Today some of the girls from group #1 are excited about the Tai Chi, one says she practiced, another yells "I showed my Mom!" and another complains she couldn't feel the Chi in her hands like some of the other girls. I find this all very stimulating...they're a joy to be with.

Group #2 also does very well today. Some of the girls run ahead of the others to ask questions about the movements. Their enthusiasm is contagious. We repeat the same lesson as earlier and I even get hugs after class. They seem to learn easier than group #1.

Wednesday, August 23rd : Today Group #1 has twice as many girls as the day before. I am told that the new girls do not care for chess so the elected to try Tai Chi. I review everything taught previously and Rocio translates to the girls that primarily speak Spanish at home. I'm lucky to have her. It would be very difficult to translate myself with each class only being 50 minutes.

It's such a tremendous help for the Spanish speaking girls. There are some girls that are older maybe Junior High School age. I ask and am told that they are Girls-Start volunteers. Some are shy and self-conscious others comfortable and curious.

Group #2 does very well and seems so small in comparison. There are only 8 girls in this group. Again they do very well. We review movements 1-5 after the warm-ups. We have slow races today. Forward and backward. Then I introduce "Pat High on Horse" the 6th movement but that isn't enough for them, it was starting to get warm and I am losing their interest

So I went right into Raise Right & Left Leg, including the hand movements.

They are great, so calm and they quick to learn.

Thursday, August 24th : It's the 4th and last day of class this week. Group #1 does waist, hip and knee rotations, low tigers. Then bent over with straight legs, feet apart and reach to touch their elbows to the floor. Shoulder rolls come next. Both shoulders forward and backward then one and then the other. We also place our feet shoulder distance apart (depending on the individual) and shift our body weight over each foot. Then we review walking heel to toe. We practice movements 1 thru 5, then I introduce the right and left kicks, They do very well.

Group #2 is so ready and so comfortable do everything I list above with ease without my leading them and easier than other of course.

They are now beginning to correct Rocio because she keeps lifting her arm saying the names of each one. another makes up kid like nicknames comes "Pet the Pony". Also one of earlier class helps me to lead class

her involved is good for all. She decides to join in on her own. Oh yes, I learned that having them in lines is better than a circle because a few of them want to stand next to me; so I hear "NO! I want to stand there" "NO! I do" (I'm sure those of you who are parents know what I'm talking about). They are teaching me what works.

Monday August 28th: Just a few girls show up to the program this morning. Only 6 students in group #1 and 4 students in group #2 but those that do come do well. They are getting more comfortable. We practice the jump kick before class ends. I ask why there are so few girls today and I am told that parents are probably busy this week due to school starting next week.

I've received feedback about the Tai Chi class from some of the G-START employees. I am told the girls talk about the Tai Chi after class saying that they like it and some have practiced even after I leave.

Tuesday, August 29th: Group #1 had quite a full class today. I notice the Tai Chi becoming comfortable with the girls. There very receptive today. One of the girls actually told me "I love Tai Chi today." After the warm ups we went thru all they've learned, I had volunteers come to the front of the class and show everyone their form. It was great to see them want to show what they remember. It's only 6 days since their first class! This has been such a sweet experience. I'll be sad when the summer program ends Thursday.

Group #2 was tiny today. Only 4 girls. Today was only the second class for one of them. Ashley and Cindy have done very well.



able. So much so that most of the group plus the jump kick. Both groups practice complete all movements taught, some

and help each other. Rizza Mae corrects heel. As we go thru the movements I One of the girls repeats everything I say for them; "Pat High on Horse" be the girls who didn't participate in an today. She's quite the leader, so getting

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A STUDENTS THOUGHT BY RANDY ELIA

Our tai chi ancestors were not only practitioners of martial arts, they were also philosophers, poets and artists. We have many wonderful examples of their work to guide and inspire us in our understanding and practice of tai chi.

Marilyn Mathews studies with Sifu Randy Elia at the Peter Kwok Kung Fu Academy in Emerson, New Jersey. She has begun to follow the tradition of expressing her understanding of Tai Chi and Qigong by writing short poems on watercolor paintings. She says her inspiration comes directly from Sifu Elia's word as he conducts class. Here is a sampling of her work.

Thoughts on the Guang Ping Yang Long Form

Pushing, sinking;

An infinite journey,
At one with the movement.

No longer held captive,
Free to move to that inner space.

Hard edges softening,
Expanding to join the universe.

As a tree seeks The blessing of
Earth and sky,

Sinking roots
Expanding limbs I seek Wuji.

On Combat

Together we seek the harmony of the universe.
You strike. I yield.

A flow of energy beyond the form.
So simple, yet so complex,

Yin and yang.

On Standing Meditation

Hands come alive with
A life of their own.

Tingling,
Heating the golden orb between them,

Energy flowing
A river of light;

Powerful and still.

(Continued from page 5)

Professor Liu is expected to keep teaching her very popular qi gong classes. Dr. Chiang will still give lectures and write another book. Once he said, upon retiring, he would tend his garden and cultivate his peonies. As one who has worked so diligently during his life, at 78, he deserves to retire. May his peonies bloom and bloom!

Notice to all members

Copies of the Guang Ping Yang Tai Chi Association By-laws are available upon request



REGISTER NOW!

We are now accepting registrations for the Annual Guang Ping Yang Tai Chi Convention 2001. This years convention will be held on October 5, 6, & 7th in San Diego, CA., at the Quails Inn Hotel & Resort at Lake San Marcos. Don't miss this GREAT opportunity!

Quails Inn Hotel is 30 miles from the airport, shuttle transportation is \$30.00 round

Name				
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NOTE: YOUR CREDIT CARD WILL BE PROCESSED THROUGH PETER KWOKS KUNG FU ACADEMY				
	Member		Non-member (must circle one)	
Register by July 15, 2001	\$190.00		\$235.00	
Register by August 15, 2001	\$ 220.00		\$265.00	
Registers AFTER August 15 2001	\$240.00		\$285.00	
<i>Send all payments to: GPYTCA Conference 2001 c/o Nick D'Antoni 962 Hobson St., Walla Walla, WA. 99363-2479</i>				

(Continued from page 9)

They've been to every class and they are on the quiet side. It's harder for the two other girls and one keeps falling down because she's getting a big laugh. But we get it together and finish up nicely. Oh yes, I learn that getting a piece of chalk and writing each name on the blacktop work well with keeping them far apart enough so can't bump each other and it's teaching each girl to return to the same place. I bring a disposable camera and take some photo's today.

Wednesday, August 30: Both groups do well today. They stay together until they get to the jump kick. Most of the have trouble stopping their bodies from continuing forward after kicking. Other than that they are looking great!

They want to come forward and show that they "know" their movements. I give very few corrections. I complement their courage in coming forward to show myself and others. I also give out hugs after hand slapping "five" with each girl. We do this in both groups.

The girls are having a "Mini Olympics" tomorrow. I am told they are going to give out medals. I am asked if I can bring any medals and talk to the girls about competition.

Thursday, August 31: Last Day!!! It is terrific! It's a most rewarding experience. Today both groups go thru the warm-ups and the form they've learned with Tai Chi music I brought from home. No talking for 3 sets in a row, then you could talk about it a little then 3 more. 9 sets total. Group #1 was very excited about doing 9 sets. I took my medals and my sword then I begin to talk about competition. Most important is not being afraid to try. That we be happy for the winner. How the medal is a great reminder of your achievement and all the fun and friends that foster out of being involved. Group #2 got very sleepy after doing 9 sets. It had started to warm up and we're outside so the heat added to their sleep state. I quickly talk about competition. We take a water break, give out hugs and end 5 minutes early.

This afternoon the 2nd graders will graduate from this program. To the 1st and 2nd graders, the Jr. High girls that volunteered, my assistant Rocio, Meghan and all who deserve credit, Thank You! I hope to be invited back next year!

For those of you who thought Tai Chi wasn't for kids...Wrong! Just like grown-ups, most of the kids like it. So if you've ever thought about teaching children, then do it!

They want it! You will never know the impact you can have on a child's life, or they in your life, until you try.



Norma Austin can be contacted at Normachi@aol.com

TAI CHI BROADSWORD APPLICATION BY RANDY ELIA

Tai Chi Dao is a synthesis of the broadsword techniques with the internal style of Yang Tai Chi characteristics. The movements are powerful and flexible. They use the mechanical advantage of the circle that allows you to expend little energy to achieve tremendous results. Each persons' movement flows like a mountain stream flowing around the aggressive movement, still conforming to Tai Chi principals, thus creating a push hands experience. The Tai Chi Dao, or *broadsword*, 2-man form is helpful in understanding practical application to the single man form. This form is demonstrated as taught to me by my teacher, Grand Master Peter Kwok. Below are Steve Karpen (left) and Ira Espormes (right), both senior students and former students of Master Kwok.



Starting Position.



Below: Steve, on left, follows starting with his left foot; Ira, on the right, is stepping back 2 steps



Right: Steve, on the left, hopping off his left foot flanking Ira, on the right, who is stepping forward with his right leg, chopping to Steve's neck.

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TUITION FEES

Special discount for Guang Ping Yang Members

Registration by:

6/1/01 - 1 day - \$100.00	2 days- \$180.00
7/1/01 - 1 day - \$120.00	2 days- \$210.00
After 7/1/01 - 1 day - \$130.00	2 days- \$230.00

For more information contact Peter Kwoks
Kung Fu Academy - (201) 967-0790



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I n the old days, men sought knowledge in order to improve themselves.
 Nowadays, men seek knowledge to impress other people.

—Confucius—