



**GUANG PING**  
YANG TAI CHI ASSOCIATION

# The Universal Post



Nonprofit Organization      Volume 4    Issue 4      October 2001

## HONORARY CHAIRMAN Y.C. CHIANG



*Dear Guang Ping Yang Tai Chi Members:*

Fundamental to the study of Martial Arts is the cultivation of the Disciplined Mind. Training the body is secondary to this. To do otherwise, to reverse this priority, one becomes simply a master of the skill of martial arts and not a master of the wisdom of martial arts.

To cultivate the mind is an internal practice as well as an intellectual study. Constantly remind yourself, will yourself, to allow the **"fire-from-the-heart"** to descend to the *dan tien*. This allows the "heat/fire" element to warm the "cooling/water" element so the body's heat stays healthy and not "dehydrated" and overheated. In turn, the water element is not overly cool causing coldness in the body. Progressive improvement evolves with your ability to master this dynamic -and hence your practice becomes more and more efficient and proficient.



In the Year of The Serpent, Fall Season

## HONORARY CHAIRMAN & FOUNDER HENRY LOOK



This year, October 5, 6 & 7, 2001, our Fifth Annual Guang Ping Yang Tai Chi Association Convention, at Lake San Marcos Resort, near San Diego, CA. was a grand success. I enjoyed my entire stay, which was complimented with great weather, view and most of all, the opportunities to share the profound time with everyone.

The in-depth seminar program was excellent, with great teaching and sharing of knowledge by presenters and participants. The open discussion of comparative forms and lineage was more productive and better received than ever before.

I wish to take this opportunity to give special thanks to the Executive Committee members, under the leadership of President Nina Sugawara and Vice-president Nick D'Antoni, for a splendid job in making this year's convention such a special one. Last and not least, the great efforts and continuous hard work by our new Secretary Tricia Boucher.

Sincere thanks with my heart to all the participants from near and far and I shall look forward to seeing all of you again at our next convention in 2002.

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## GOOD BYE BUT NOT FAREWELL FROM NINA SUGAWARA

It is the time for me to step down from the Presidency and turn it over to Nick D'Antoni. I do so with a sense of accomplishment and a renewed hope for the future. I know the organization will grow and flourish under his leadership.

The San Diego Convention was a huge success. The venue, the teachers, the classes and the participants all seemed to blend better than ever before - I think it just took practice! I did complain to the management at Quails Inn about some of the dinner items and we received a large reduction in cost and a sincere promise of doing better in the future! We will certainly schedule time between sessions next year - water breaks are important! The general membership meeting was important and helpful and everyone took a lot of time to fill out our questionnaire which will enable the Board to better serve the membership in the future!

So many people helped this year, but I want to specially thank Cheryl Lynne Rubbo for her beautiful program, Tricia Boucher and Marilyn Mathews (our new Board members) for all their organizing skills on site, and the teachers who brought so many students with them (like Valarie, JoAnna and Larry!). Also, a huge thank you to Henry Look, Don Rubbo, Randy Eli Tung Cheng for demonstrating their styles of Guang Ping for us all to see and to Nick for making it happen! It was so interesting and I think we all felt more connected after that friendly, inclusive exchange.

Finally, it was a pleasure to have so many of you visit me here in San Diego and enjoy our beautiful area and weather! And I look forward to seeing you all again s



## FROM YOUR NEW PRESIDENT NICK D ANTONI

Let me begin my first letter as your new president by saying that I think we all owe our president of the past two years, Nina Sugawara, a huge "THANK YOU." Her hard work and leadership set a high standard. Nina also served as conference chairperson this year and, as those of us who were able to attend can testify, she did a terrific job.

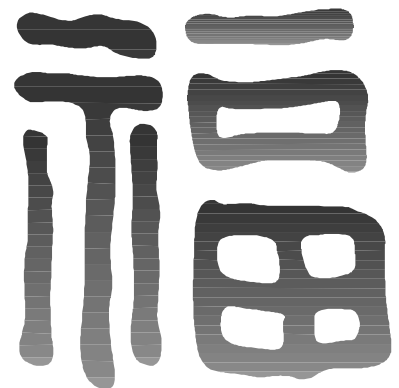
Over the past two years Nina and I worked very closely as a team in ways that helped us both to be more effective and efficient taking care of association business. It also kept me, as Executive Vice and closely involved so that I feel very comfortable about the transition of roles. I plan to continue using this "Executive Team" approach with whomever is el November as the new Executive V.P./President

Wow! What a year this has been, and what a fantastic conference we just had. Every year I come away from this event with new ideas, new skills, and tons energy to apply to my practice. It's a source of inspiration for me. And every year I am just as impressed and excited by the spirit of openness and cooperation, and the real sense of community that has developed and continues to grow with each new conference. As we continue this tradition we not only honor our teachers and our lineage, especially the memory of Master Kuo, but we honor and show our respect for each other as well. In my opinion, and as recently so horrifically and obviously, the world can use all the help in modeling this kind of behavior it can get. Thanks and congratulations are due to all of our members who participate in making this happen year after year. It's a truly healing thing we do.

I cannot say enough in praise of, and thanks to, ALL of the teachers who shared with us so generously of their knowledge, talents, and perspectives. I hope that you each heard directly, from the folks who were at the conference, at least some of glowing compliments and sincere gratitude and appreciation that was being expressed to me and other board members. It was heart warming. To all of you: Rev. Heng Sure, Rick Barrett, Fu Tung Cheng, Randy Elia, Daniel Lee, Henry Look, Don Rubbo, Dominick Ruggieri, Nina Sugawara, on behalf of the entire association and myself I want to say again, "Thank you. Thank you many times!"

The conference was a HUGE success in many ways in spite of the fact that attendance was down a bit from previous years, in part due to some late cancellations. I believe that in the future the board needs to work smarter and harder so that we pick the dates and location of the conference much earlier. This will enable us to do an even better job of promoting the event and will allow ind

*Happiness, Fortune, Good Luck*



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(Continued from page 2)

viduals time to build it into their schedules more easily as well. (With that in mind, look elsewhere in this newsletter for a nouncement.)

Final accounting for this year's conference is nearly done. It looks like the association will come out ahead financially this damentally the conference is a financial success if we simply break even. However, those of you who heard me speak at the gener membership meeting about possibilities for other sorts of activities the board wants to begin trying to fund, and who respond evaluation form with further suggestions, will understand why this modest "profit" is so important and exciting to me. to fund scholarships, co-sponsor workshops and/or residencies, etc. This is the third year in a row that the a with a small "profit" after paying all the costs associated with the conference. We will need to take overall situation but the board is committed to trying to add new areas of support for our membe find a way to take the first steps, even if they must be a very small steps.

Another goal for this year is to form a board nominating committee to seek out potential candidates and assemble a slate of nominees to be submitted to the membership for election. This is a step that we've needed to take for some time, and I believe the association now mature enough to allow the board to accomplish this in a way that will not threaten the strength or stability of the orga So, I hope you're all looking forward to this new responsibility as eagerly as the board is excited about getting thi Ready or not... here it comes!

To those of you who've said something like, "The Universal Post newsletter is good, and I enjoy getting it, but I'd sure like to see even more articles with substance that I could apply to my practice or teaching." Let me say that you have been heard. We've worked hard

(Continued on page 9)

# A L

Dear Dominick,

It was great to see you again at this year's GPYTCA Conference. My students and I enjoyed the Applications workshop you presented. It was fun and informative. Workshops like yours, where people "pair up" to work together, encourage people to get acquainted and help to break down the barriers that might normally be in the way of "bonding." I really felt people "connected" with one another at this Conference, in even deeper ways than previously. People remember seeing one another at previous conferences and friendships grow deeper each time we meet again. Having those personal connections among members within our Association is what will make our organization strong and viable. I am now on a "Join the Association" campaign to get more of my students on board!!! I think the other 9 students who I had attend the Conference will help me with this membership drive. They all had such a great time, as I'd hoped they would.

I'm attaching photos from the Conference which

By the way, you are doing such a great job on the Universal Post and getting the issues up on the website. Thanks for in making our Association strong.

JoAnna Schoon  
National Advisor

Group practice



Daniel Lee pushing Lynn around



## And the survey says **Guang Ping RULES!** By Patricia Boucher

**T**hank you to everyone who filled out their conference evaluation form. The results were informative, and will be incredibly helpful in planning our next conference. (Nina has promised that we'll remember to include bathroom breaks next year!)

In the first three questions and most helpful workshop—nearly every workshop was mentioned at least once, and some over and over again. Daniel Lee and Henry Look both received lots of praise, as did many of the other presenters. The most often mentioned workshops were Conquering Fear through Push Hands, Effortless Flow, Teaching Beginners, and Tai Chi Applications. It certainly wasn't a popularity contest, but knowing why each of you liked what you did is great information to have. An example? Well, many people commented on the unifying aspect of the first evening's comparison workshop—that it really brought us together as a group—and hoped that we'll do more of it in the future. Now I can't promise that it will be in next year's program, but it wouldn't be a bad bet to make.

As for variety, most people thought there was too much, particularly for beginners. There was some pleasant surprise at how well Saturday's workshops dovetailed, but some people weren't interested in push hands/external forms, and wished that there had been other choices. Speaking of choices, we had tons of suggestions for future conferences from meditation/energy work to a "how to" workshop for learning to deal with the stress and requirements of competition.

How should we present all these choices? Well, you all were pretty evenly divided over whether we should offer one or two workshops per timeslot. It looks like having a combination of both works best. The comments in this section were helpful too—the entire board had a Homer Simpson "d'oh!" moment when someone suggested that we run advanced and beginner workshops at the same time. Some people did ask that we split up the advanced and beginners only when absolutely necessary. And many people liked the idea of continuing workshops from year to year, so long as we PROISE to be consistent and actually offer them. (We promise!) Even more people suggested that we revisit workshops on the second day, for reinforcement and corrections, particularly if we can extend the conference to start earlier on Friday.

Accommodations rated well, and food slightly less well. Overall, though, the conference seemed to get good ratings. Of course, its success only partially depends on the presenters and different workshops—the success of any conference **always** depends on the participants. Thanks for making this year such a great success!



## DEDICATION OF MERIT BY REVEREND HENG SURE

**T**he Dharma-method of "dedication of merit" allows us to share all the blessings, all the merit and goodness that we have earned through our cultivation in this holy place. We



can send out all the benefits that would otherwise accrue to ourselves, to every living being in the world. Simply make a wish, for whatever need you perceive in the world, for whatever wholesome change you would wish to take place in the world, and send the goodness out with a single mind. The results we desire can take any form, specific or general, personal or universal. The power of a concentrated mind for goodness,

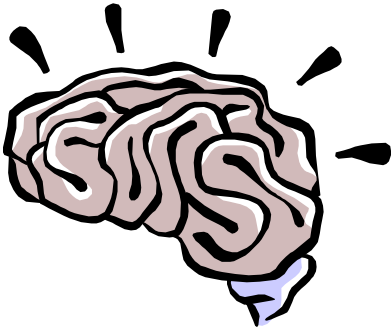


amplified by the community in unison, makes the connection effective. The spirit of giving sends the gift, the prayer for well-being, throughout the world, to all creatures, as far as our minds extend.

1. May every living being,  
Our minds as one and radiant with light,  
Share the fruits of peace  
With hearts of goodness, luminous and bright.
2. If people hear and see,  
How hands and hearts can find in giving, unity,  
May their minds awake,  
To Great Compassion,  
wisdom and to joy.
3. May kindness find reward,  
May all who sorrow leave their grief and pain;  
May this boundless light,  
Break the darkness of their en
4. Because our hearts are one,  
This world of pain turns into Paradise,  
May all become compassionate and wise,  
May all become compassionate and wise.



## EAST MEETS WEST TAI CHI AND THE PRINCIPLES OF ADULT EDUCATION BY MARILYN MATHEWS



Tai Chi instructors usually approach teaching Tai Chi either as a martial art and/or as a way to improve health. Regardless of our approach, one consistent reality is that we all work with adults in an informal recreational setting. Maximizing our success teaching Tai Chi in this wonderful environment requires that we keep focused on our students and their needs.

Malcolm Knowles, a leading theorist, researcher, and writer in the field of adult education proposed the following four principles which we can apply to our teaching:



People come to a Tai Chi class to broaden their knowledge. They have heard or read about it, or seen it on TV, and they want to know more. Although they may not be exactly sure what they will learn, they know they will learn something. This unfocused expectation may cause people to drop out early on because no definite need is being met. It is up to us to help them understand that over time, they will develop an understanding of the mind-body connection, they will benefit from the healthful effects of practicing Tai Chi, and they will acquire skill in this internal martial art.

### ❶ EACH LEARNER IS UNIQUE AND BRINGS A UNIQUE SET OF EXPERIENCES TO THE LEARNING PROCESS

Contrary to popular opinion, we don't teach Tai Chi. We teach people to do Tai Chi. Not only do our new students come with various reasons for beginning class with us, each and every one of them has issues and circumstances that will affect their ability to learn from us. We should take the time to find out something about our new students the class? Do they have any health issues? What do they expect to gain from the class? The answers to these types of questions will help us focus our class preparation, our descriptive commentary, and our sensitivity to our students.

### ❷ ADULT LEARNERS ARE SELF-DIRECTED AND GOAL-ORIENTED

Our students come expecting to quickly learn skills that they can use. They expect to learn Tai Chi with the same speed that they access information on the Internet and can become easily discouraged if they don't experience success early on in the process. We know that Tai Chi is a journey, not a destination. We have to help our students to recognize that the journey is the goal. But we may also have to set some skill benchmarks for them to measure their initial progress.

### ❸ THE LEARNING PROCESS IS MOST PRODUCTIVE WHEN ADULTS CAN APPLY WHAT THEY ARE LEARNING TO REAL LIFE PROBLEMS AND SITUATIONS

Our students need to see how they can benefit from and use Tai Chi in their daily lives. We must help them to relate what we do in class to improving their health, de-stressing their lives, and developing their combat skills.



It is not enough for us to show up to class and simply share our skills. It is not enough to use the same method of teaching that we have always used simply because we are comfortable with it. If we truly want to share our passion for Tai Chi, we must actively use Knowles' four principles of adult education to enrich our classes and help our students learn.

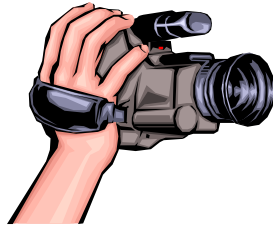


## Convention 2001 Videos



This year we will be offering uncut video of the following workshops for those who wish to refer to them for reminder, practice, or just remembering this great weekend:

- Opening Comments by Heng Sure
- I Chuan by Henry Look
- Comparative Tai Chi by Henry Look, Donald Rubbo, Randy Elia, and Fu-Tung Cheng
- Conquering Fear Through Tai Chi Push Hands by Rick Barrett & Nina Sugawara
- Yang Saber by Henry Look
- Hsing Yi Pi Chuan by Henry Look
- Tai Chi Principles by Donald Rubbo
- Guang Ping Yang Tai Chi Applications by Dominick Ruggieri
- The Effortless Power of Tai Chi by Daniel Lee



Any 1 tape	\$25.00
Any 3 tapes, get 1 more free	\$75.00
Any 6 tapes get 2 more free	\$150.00
All 9 tapes	\$160.00

**Shipping, handling & sales tax not included**

Contact Dominick Ruggieri at China Hand Kung Fu Academy (732) 920-0605 or email video2001@chinahan

**Allow 2 - 4 weeks for delivery**

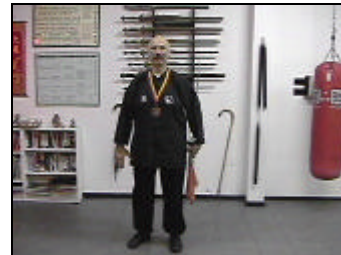
## Tournament News

Again, we have two more people who enjoyed the good fortune of placing in a Tournament.

Both Dennis Glanfield of China Hand Kung Fu Academy and Marilyn Mathews of Peter Kwoks Kung Fu Academy participated in the Yee's Hung Ga Kung Fu Tournament.

Marilyn Placed First in Tai Chi Weapons for her performance of Double Edge Sword and Dennis Placed Third for his Yang Tai Chi Saber.

Congratulations to both of you!!



## GUANG PING YANG TAI CHI CHUAN

### CONVENTION 2002

*Make Your Reservations Now!*

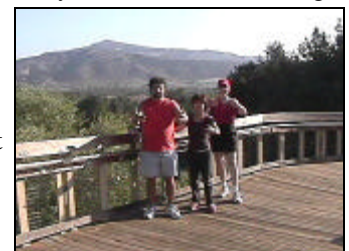
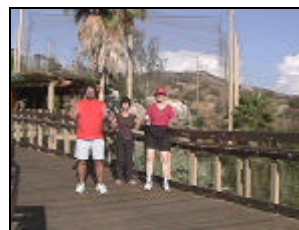
Back by popular demand

*Quails Inn*

*October 18, 19, 20, 2002*

Surprise, surprise - next year's convention date and location is already planned! We will return to beautiful Lake San Mar in San Diego, CA. and make use of the wonderful facilities again in 2002. So, mark your calendars NOW so you can attend next year's conference.

Oh and by the way, for those who can't afford the long stay over, we have some volunteers who live in the area and graciously volunteered to let people stay at their homes for a night or two. We will give you more information on this as time goes on. Also a special thanks to those who offered to let other Guang Pingers stay at their homes.



Randy, Reiko Marilyn and Dominick (behind the camera) at the Zoo

C



## THE PEACE ELEPHANT BY HALI HAMMER

This is a true story (in song form) of what happened in our neighborhood after the events of 9/11/01. Over 50 people in the neighborhood worked on the elephant. I wrote this song & we recorded it with a group of neighborhood children singing the chorus. We marched the elephant in the "How Berkeley Can You Be" parade on a trailer pulled by a bicycle. I thought that if there was room in the newsletter, it would be nice to share the song as I did with several of the people at the conference.

### THE PEACE ELEPHANT

I was walking to work on a Tuesday morning  
My thoughts were sad & my mood was down  
Just a week before the whole world had changed  
As the Twin Towers disappeared from my home town  
I had walked right by & was at the corner  
When I saw children pointing, they were feeling good  
I turned around & to my amazement  
A few houses down from me, an elephant stood  
It was seven feet high & its stance was mighty  
It was made of cardboard & its ears were big  
It had tusks and a trunk and it made me wonder  
Who made that elephant & why they did

Just a few days later I was passing by her  
She had some adornments & a sign that said  
Please come back tomorrow & we'll work together  
Or share something now - that's how it read

COME TO ME, I AM THE PEACE ELEPHANT  
COME CREATE ME & WITNESS MY BIRTH  
DRESS ME UP WITH YOUR POSITIVE WISHES  
FOR LOVE IS THE STRONGEST FORCE ON THIS  
EARTH

First the children came, drew & painted on her  
Then some others dropped in from the neighborhood  
Soon cars were stopping to read the message  
"I am the peace elephant, share as you would"

COME TO ME, I AM THE PEACE ELEPHANT  
COME CREATE ME & WITNESS MY BIRTH  
DRESS ME UP WITH YOUR GOOD INTENTIONS  
FOR LOVE IS THE STRONGEST FORCE ON THIS  
EARTH

Some neighbors met who before were strangers  
Some dialogue started & the word was out  
Now many share in the elephant's message  
And that's what the elephant's all about

COME TO ME, I AM THE PEACE ELEPHANT  
COME CREATE ME & WITNESS MY BIRTH  
DRESS ME UP WITH YOUR POSITIVE WISHES  
FOR LOVE IS THE STRONGEST FORCE ON THIS  
EARTH

COME TO ME, I AM THE PEACE ELEPHANT

COME CREATE ME & WITNESS MY BIRTH  
DRESS ME UP WITH YOUR GOOD INTENTIONS  
FOR LOVE IS THE STRONGEST FORCE ON THIS EARTH



### Editor's Corner

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

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to improve the quality and consistency of publication over the years and have made great strides from our humble beginnings. In the last two years particularly, Dominick Ruggieri has done an outstanding job. I suspect we owe his wife Pam thanks as well for quietly giving of her time to assist with both the newsletter and the website. Nonetheless, as a board we're always trying to improve the U.P. and at the October board meeting, in response to member feedback, we made this a priority. We've come up with several ideas and we're planning to implement them as quickly as smoothly. Look for some changes soon.

By the way, Dominick is always looking for articles so if you have an idea, experience, comment, or opinion that you want to share, or if you have a question you'd like to see discussed in this open forum, write it up and send it in! As an ACTIVE member, it is your new letter after all. I see achieving the goal of broader participation in the newsletter as one way we can continue the sharing spirit and excitement of the conference throughout the year.



Another important endeavor which I plan to put some focus on this year is what I'll call "The History and Lineage Archive Project" for lack of any better title. There has been a beginning made to this work quietly and in fits and starts over the last several years. (e.g.: videos of conference sessions; audio tapes of Nina's interviews with Master Henry Look about experiences and stories of Master Kuo; compilation of notes from lectures by Master Y.C. Chiang; etc.) At this time, as a board, we know where these resources are, but they're not collected in any convenient-to-access way. We want to establish a central collection (archive) of documents, photos, recordings, etc. covering the history and lineage of Guang Ping Yang style taijiquan. The ultimate goal of this project is to collect, preserve, and make broadly available for study and reference all the related sources that we can locate. To accomplish this task we'll need to ask for the help and cooperation of everyone in the association in locating items and assembling this resource. We believe the results of this project will benefit not only the current membership, but future generations of taiji players as well. Oh... And of course the logical extension of this project will be to eventually make this material available to the world through the association's website.



An additional personal priority for me is to get back to work with Dominick on refining and expanding our <www.guangpingyang.org> website. One thing we'd love to do is to add links from our book lists to short reviews of each book. I can't think of a better way to begin adding book reviews to the site than by asking anyone who'd be willing to write one to contact me by email at: <dantonin@bmi.net> Here's a great opportunity to contribute something of value in a completely "no pressure" kind of way. We can work on long, loose deadlines, whatever... After all, we're doing taiji here. The object is simply to continue to improve.

These are just a few of the many projects that the board has on its long list of objectives. There is no shortage of ideas, but there is a real limit on the resources that are available, both human and financial, to accomplish any of them. That is why I am asking for your help. The association needs volunteers of all kinds to assist with the work that needs to be done. We need those with special skills and without, those with a particular interest, and those just willing to help out somewhere. Please don't be shy and don't feel intimidated because you're not sure you have "enough" time to offer. Every little bit helps.

I begin this coming two-year period with great excitement, deep belief in the promise and potential of this association, and a sense of respectful awe at the scope of the challenge before us.

I hope I can live up to the standard of those who have preceded me in the office of president, each of whom I promise you I will do my best. ...and next time I promise not to be so long

Yours in peace and practice - Nick



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

In this edition of TCAWWW I will highlight sites that are designed around other, related, internal disciplines. Each of these locations includes material that is, at least in my opinion, also of interest to taiji players.

**Academy of Yiquan**

**[www.yiquan.com.pl/history.html](http://www.yiquan.com.pl/history.html)**

Recommended to me by Dominick Ruggieri, this is a very snappy, well designed site with lots of Yiquan (I Ch'uan) history and info. Participants in Master Henry Look's yiquan workshops at either the 2000 or 2001 conferences are likely to be particularly interested in the Academy of Yiquan. You may need to select a language the first you visit, I did, but don't let that intimidate you. There is a great deal to browse through here for those interested in yiquan. I'd suggest it as a good place to start investigating even if you're just curious and have never really pursued the practice. The address I've listed takes you directly to the "History" section of the site which I enjoyed particularly, but don't let me stop you from exploring the rest. Go ahead, click on "START" and the other options which appear at the bottom of the page.

**Hsing-I Martial Arts Institute**

**[www.hsing-i.com/](http://www.hsing-i.com/)**

Here's a cool site I found that is "...devoted to the NeiJia Arts of Hsing I (XingYi), Pa Kua (BaGua) and Tai Chi (TaiJi)." Each of the three internal Chinese martial arts represented here is presented in a well organized manner. For each there is an opening page that includes a list of subjects such as (and I'll use Hsing I as the example): "Internal vs External"; "Hsing I Spirit"; "Goals Training"; "Hsing-I History"; and "Characteristics." I spent some time exploring the "...History" sections and their MPEG Video Clip Page" and found them pretty interesting. Lots of mpeg's! Take a look, especially if you have a fairly fast connection.

**Chi Flow**

**[www.chiflow.com](http://www.chiflow.com)**

This site is owned by Gerald A. Sharp, a Wu stylist in Glendale, CA. It opens with a nice little animated script that announces its purpose as being "Dedicated to the Practice and Cultivation of Energy Through Internal Arts." I enjoyed some of the diagrams he has incorporated into the Hsing-I and Pa-Kua sections of his site. For example, he has included a pretty good short discussion of the Earlier Heaven and Later Heaven pa which includes some helpful images, including illustrations of the Ho Tuo diagram and Magic Tortoise Marking. At the top of his Hsing I page is a nice animated sequence of images illustrating an application. He also has videos to sell. A very cleanly designed site with good information, though less than some of the most extensive sites, that seems to be hosted on a service with excellent speed of response. Worth taking a look at, particularly if you have interest in

And here's a HOT tip for everyone: If you haven't taken a peek at Don and Cheryl Lynne Rubbo's website, <[www.cultivatechi.com](http://www.cultivatechi.com)>, funded by the Paul D. Pickens II Research Foundation, you really should. It's a very beautifully design site is not primarily designed to be a general resource but is aimed most directly at both current clients/students and their potential San Francisco Bay area audience. For a look at a website design that I'd say is very effective... check

(Continued on page 12)

**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 **or** 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.

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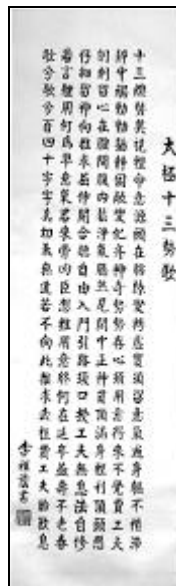
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**Other sites of interest:**

Ancient China Index

[www.crystalinks.com/china.html](http://www.crystalinks.com/china.html)

china-guide.com: The Gateway to Chinese Culture!

[www.china-guide.com/](http://www.china-guide.com/)

Chinese Cultural Learning Center

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

and of course, don't forget GPYTCA's own web site:

**[www.guangpingyang.org](http://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! And as always you can send me your comments and suggestions via e-mail at:

<dantonin@bmi.net>; or by post: Nick D'Antoni, 962 Hobson St., Walla Walla, WA 99362

See you next time! Yours in peace and practice



**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.



**GUANG PING  
YANG TAI CHI ASSOCIATION**

Valarie Prince, Membership Coordinator  
Kuang Ping School of Tai Chi  
P.O. Box 1528, Laguna Beach, CA 92652



The clouds above us join and separate  
The breeze in the courtyard leaves and returns  
Life is like that, so why not relax?  
Who can stop us from celebrating?

By Lu Yu