



GUANG PING
YANG TAI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

Volume 7 Issue 2

May 2004

WORLD T'AI CHI & QIGONG DAY 2004



A WAVE OF HEALING CHI

April 24, 2004

10:00 am

World T'ai Chi & Qigong Day 2004, was an incredible event at Albert Park in San Rafael, CA. Masters Donald and Cheryl Lynne Rubbo coordinated the day and over two hundred people gathered to cultivate chi to spread outward over our planet in a pulsating, healing wave.

Included in the events of the day, Master Y.C. Chiang, 82 years young, inspired everyone with his chin-to-toe stretch, a dynamic, effortless Bagua and a demonstration of White Crane. By sharing the Taoist secrets of eternal youth, he is living proof that practicing these martial and healing arts truly keep you youthful, flexible and powerful. *(continued on page 6)*



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From Your President

First, we (the board) would like to take a moment to thank Terry Anne Barman for being our membership coordinator for the past two years. She has done a bang up job, but unfortunately, she has to resign her position as of October 2004. Terry, thanks again for all of your efforts!

Now, what new news do we have to report this quarter? Let's look at a couple areas where we could use some new volunteers who can donate a little spare time to help with some routine chores.

This means that we need to enlist a computer literate individual to be our Membership Coordinator. This person will maintain the membership database and handle memberships, both new and renewals. We have the database, we will provide you a copy of the program, all you will need is a computer and some basic skills to input information and keep us informed. So, if you would like to take a crack at this position and help the association, please contact Nick D'Antoni or me for more details.

I guess the next order of business is to bring you up to date on the Teacher's Certification program. First, I apologize for how slowly we are moving, but I do assure you, we are moving, albeit at a snail's "T'ai Chi" pace. We have the certificate all designed and ready to be issued. I hope that by the time you receive this newsletter, your certificates will be following behind.

Again, we will first be addressing all of the Guang Ping Teachers that currently hold an active teaching membership in the association. After we have taken care of that list, we will be seeking out all those who are teachers and hold a regular membership and ask them to upgrade their membership to a teaching status. This will then leave us with all those Guang Ping teachers who are not members of the association and we will be asking for everyone's help in identifying and contacting those individuals.

We would also like to see if anyone out there has graphic arts designer/advertising skills that we can call upon to design convention brochures, flyers, and programs. If you have a knack or talent along with the time to dedicate, we would love to hear from you.

(Continued on page 10)

Donations

Special Thanks

The Association would like to take time to give special thanks to:

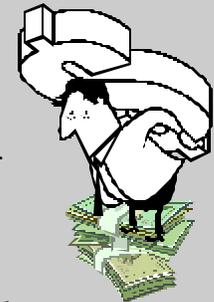
- Nick D'Antoni
- John Hall
- Donald Hediger
- Laura J. Iwan
- Steven J. Karpen
- Peter Laudert
- Jeannie B. Miller
- Scott Schneider
- Lynn Sharp
- JoAnna Schoon

The above contributed donations to the Association in addition to their annual membership or just to support the organization.

*Thank you again
for your thoughts and support!*

!!! FREE MONEY !!!

Did you know that the Guang Ping Yang T'ai Chi Association has a grant program? Let us help you make things happen. GPYTCA Mini-Grant funds are still available to help sponsor special workshops, teaching residencies, and other t'ai chi events. Why wait?



For complete details and a downloadable Grant Application Packet, go to the Association's website, www.guangpingyang.org, and click on the "Grant Program" button at the top of the page. Or you can contact Nick D'Antoni by mail: 962 Hobson St., Walla Walla, WA 99362; by email: nick@guangpingyang.org; or by phone: 509-529-2028, to request a full information packet and application materials.

Apply for a Mini-Grant, get a share of the free money, and help do something worthwhile to promote the mission of the Association. Don't put it off.

Do it TODAY!

Rubbo Internal Arts *presents*



Annual Kuo Memorial
June 13, 2004
8:00 am to 11:00 am
Portsmouth Square
Chinatown, San Francisco

Join Donald & Cheryl Lynne Rubbo and their students for the annual celebration of the life and teachings of Sifu Kuo Lien Ying, at Portsmouth Square in San Francisco's Chinatown.

We pay our respects to Sifu Kuo Lien Ying on the occasion of the 20th anniversary of his passing.

Come to Portsmouth Square Park, and join us in group sets of Guang Ping Tai Chi, Shao Lin, and other styles, demonstrations by all the schools, and then sitting down to socialize over Dim Sum.

- ◆ Sifu Kuo brought the rare, powerful Guang Ping Yang T'ai Chi form to the United States in the early 1960's. The Guang Ping form is called the "Secret Yang" or lost system, some consider it the missing link between the older version of Chen and the modern form of Yang style.
- ◆ Sifu Kuo was originally from northern China, inner Mongolia, and grew up in Hu Ho Hao Te. Sifu Kuo studied Shaolin boxing and the classical fighting weapons as a youth. He was a bodyguard, riding horseback, for the gold caravans that traveled through China, and was feared for his mastery of the rope dart; wrapping the rope around his upper torso and shooting the dart out with lightning speed at his opponents.
- ◆ While in his 20s, Kuo was told of a great martial arts teacher, Wang, Jiao-yu (a disciple of the legendary Yang, Ban-Hou) in Beijing, and sought him out. Wang, Jiao-yu, who was reportedly 102 at the time, accepted him as a student, and Kuo became one of only a few of Wang, Jiao-yu's "closed-door students."
- ◆ It was from Wang, Jiao-yu that Kuo Lien-ying learned the art and method of the secret Guang Ping Yang T'ai Chi Chuan form. Kuo went on to master Bagua and Hsing-Yi, and became one of China's most noted practitioners of the internal arts. Kuo served as a congressman in the National Assembly of China in Taiwan. When Kuo Lien Ying died in 1984, he was given a state funeral by the Peoples Republic of China.
- ◆ Kuo opened a studio in San Francisco's Chinatown in 1965, and became one of the first Chinese masters to teach martial arts and internal arts to American students.

We look forward to seeing you in Portsmouth Square on June 13th !

If you are joining us for Dim Sum, please let us know if you have dietary restrictions. Recommendations for superb Dim Sum restaurants that serve vegetarian Dim Sum, in walking distance from Portsmouth Square, are appreciated!

Presented by:

RUBBO INTERNAL ARTS

and

Paul D. Pickens II Research Foundation - Center for the Healing Arts

A 501 (C) (3) nonprofit healing arts organization

San Anselmo, CA - Telephone: **415.456.9095** Email: **info@CultivateChi.com**



www.CultivateChi.com

. . . ARTICLES FROM THE STUDENTS

Two Weeks in China

by Patrick Hanvey
China Hand Kung Fu Academy

I have wanted to see China for myself for a very long time. I was surprised when my eldest son Danny had given me an airline ticket to China as a Christmas present in 2002. That gave us, me and my son Danny, almost one year to plan our adventure. We left J.F.K. Airport in New York on October 29, 2003 and flew direct to Beijing, China.

There was too much to see in a two week trip but we managed to do and see many wonderful sites. Near Beijing is where the Great Wall



(originally 3,000 miles long, now about 1,000) still stands. Beijing also has Tiananmen Square, The Forbidden City, and the Ming Tombs. In Xian, the ancient capital has sites like the Terra Cotta Warriors, all 7,000 of them.



Chung King was the point of departure to start our 3 day journey down the Yang Tze River. Chung King is China's most populated city with 33 million in population.

Chung King is a beautiful mountainous region with beautiful vistas. No

bicycles (like in all the other cities) cluttering up the roads, they are too steep for leg power.

Traveling down the Yang Tze through the famed Three Gorges was very surreal, like traveling back in time. The boat, which the Chinese referred to as a cruise ship, would stop daily and we would get off for an adventure. One such stop was the Ghost City Temple way



up on the mountain top. On our way to the Three Gorges Dam site we could see whole cities abandoned. Over one million Chinese will be relocated. The dam will cause the level of the Yang Tze to rise very high, so new cities and towns are being built on higher ground.



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(To Be Continued Next Issue)

MORE WTCQG DAY



Rubbo Internal Arts school demonstrated the GPYTC form, Primordial Qigong, Shao Lin Chuan, T'ai Chi Sword, Shao Lin Sword and Staff.



Master Y.C. Chiang and Master Hui Liu performed a Chinese tea ceremony for the attendees.



Attendees learn and participate in the Universal Post.



Master Hui Liu, a lineage holder of Wild Goose Qigong (from Grandmaster Yang) led her students through a beautiful and graceful Wild Goose Qigong set.



GPYTCA Conference 2004

October 15, 16, & 17, 2004

Quails Inn Hotel

Lake San Marcos, San Diego, CA

Room rate will be \$99.00 per night.

760-744-0120 phone

760-744-0748 fax

800-447-6556 toll free

email: info@quailsinn.com

Web: <http://www.quailsinn.com/quailsinn/>



The GPYTC Conference 2004 is fast approaching and the association Board members have lined up an outstanding group of presenters. Come join the Board for 2 1/2 days of learning, networking and fun! The workshops are a great way for you to explore areas of the martial arts you may have heard of but may not have been able to try and they give you a chance to build and learn on the skills you already have.

Full conference details will be sent to you soon. But why wait?

Return the enclosed registration form today or visit the website at www.guangpingyang.org to register.

This year's presenters and workshops will be:

Grandmaster Master Henry Look -	Guang Ping Applications and Comparative Applications for Teachers
Fu-Tung Cheng -	Effortless Flow of GPYTC, Guang Ping Yang Sword Review 1 & 2 and Guang Ping Yang Sword Part 3
Master Randy Elia -	Guang Ping Yang T'ai Chi Silk Reeling
Master Garry Torres -	Ba Gua Pole and Nine Alleys of T'ai Chi Broadsword
Cynthia Hom Eaton -	Dayan Wild Goose Qigong
Mary Sturtevant -	The Harmony of Reiki & Qigong
Nina Sugawara -	Chinese Tea Ceremony and Energetic Coherence In Taiji
Rick Barrett -	Push Hands Clinic and Energetic Coherence In Taiji
Stephan Watson -	Push Hands Clinic and Zip, Zero, Zilch—Nothing 101
Nick D'Antoni -	Open T'ai Chi Form Clinic
Jonathon Shear -	Inside the Inside
Patricia Shear -	Tournament Forms Practice

This years Conference 2004 prices are as follows:

Registration	Member Price	Non-member Price
By July 20, 2004	\$250.00	\$300.00
Between July 21 & August 22, 2004	\$275.00	\$325.00
August 23, 2004 & Later	\$300.00	\$350.00
Single Day with meals	\$150.00	\$180.00
NON-Participating Guests (Meals Only)	\$150.00	
<i>If you would like to bring a spouse, friend, or family members, who will not participate in the workshops, just pay for the meals for all 3 days.</i>		

Tai Chi Around the WWWorld

Not long ago, Lynn and I spent a long, four day weekend at a workshop where there was good deal of discussion about "body mechanics", both as it relates to the practice of the t'ai chi set and in the structure and alignment of the body for effective use of t'ai chi principles in real-time application. It was a great workshop and got me thinking about some new ideas and in some new ways about old notions. So for this month, I went off in search of web-based information on the subject of body mechanics and t'ai chi ch'uan. Of course at first I turned up any number of sites with reviews of, or where you can purchase, William C. C. Chen's book Body Mechanics of Tai Chi Chuan, and I've included a link to his website for any who may be interested, but there were plenty of other places to visit as well.

As usual, neither I nor the Guang Ping Yang T'ai Chi Association makes any editorial statement of support for the pages listed here and we are not responsible for the quality or accuracy of any of the content at any of these sites. There are always many more sites available than are mentioned here, so I encourage you to explore a little on your own. If you do, I've accomplished what I set out to do. Meantime... ENJOY!

William C. C. Chen Tai Chi Chuan

<http://www.williamccchen.com/>

The home page of Master Chen's website where you can find info on ordering his book or other materials, as well as links to some of his articles.

The Body Mechanics of Push Hands in Taijiquan

<http://www.taijiworld.com/Articles/ESSAY.html>

A fairly lengthy and somewhat detailed article that discusses some of the how's and what's of the practice of Push Hands.

East West Rehab

http://members.bellatlantic.net/~billgpt/Tai_Chi.htm

A site which addresses some of the effects of the proper body mechanics of practicing tai chi, qigong, etc. More information to gather by inference than by direct discussion of the mechanics involved, but intriguing nonetheless.

Chinese Kung Fu Association T'ai Chi Ch'uan Training Tips

http://www.ckfa-kungfu.com/training/ckfa_tai_chi_training_tips.htm

This page is subtitled: "Body Mechanics and Positioning" and offers some "tips for beginners" as well as a short discussion of the practice of Zhan Zhuang.

What is T'ai Chi Ch'uan?

http://www.indiana.edu/~taichi/what_tcc.html

This page from Indiana University has a short excerpt from William Chen's book and links to information on other t'ai chi course offerings (t'ui shou, sword, etc.) at Indiana University.

Tai Chi Chuan's Internal Power

<http://www.geocities.com/RodeoDrive/4687/power.html>

An article by Vincent Chu that discusses many aspects of the internal power that makes t'ai chi unique and how it differs from mere physical power. Body mechanics are a significant part of this discussion.

I hope this is enough to get you started searching around on your own. Don't forget to visit GPYTCA's own website: <http://www.guangpingyang.org>. There you can join or renew your membership in the association, order conference photos and videotapes, register for the 2004 Annual Conference, and more!

REMEMBER, if you have a website and want to be sure that it's listed on the "Guang Ping Links" page of the association's website, please send me your URL. And send me your comments and suggestions via e-mail at: nick@guangpingyang.org; or by post: Nick D'Antoni, 962 Hobson St., Walla Walla, WA 99362-2479.

See you next time! Yours in peace and practice - Nick ☺

UPCOMING EVENTS

Tournament News

A Category of Its Own

Guang Ping Yang T'ai Chi Ch'uan will be listed as a separate category in the Sixth Annual International Chinese Martial Arts Championship to be held at the Gaylord Palms Resort and Convention Center in Orlando, Florida on July 2, 3, and 4, 2004.

Athletes will compete at novice, beginner, intermediate or advanced skill levels.

Thanks Nick Scrima, AAU President for the support and thank you Grandmaster Henry Look for being the driving force to get Guang Ping added as a category.

Visit www.kungfuchampionship.com for more information.

Please post this in your schools, on your websites, and encourage all those doing Guang Ping to compete.



Mission Statement Guang Ping Yang T'ai Chi Association

To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang style T'ai Chi Chuan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi in honor of the memory of Sifu Kuo Lien Ying, who brought Guang Ping to the United States, and in commemoration of his unselfish sharing of his many skills.

Festival News

Guang Ping Finds a Welcome Home from Master Gary Torres



If you've been living on a far away planet for the last year, then you're probably one of the few people in the internal arts world that hasn't heard of the return of the venerable Zhang San Feng Festival. Founded by the late tai-

jiquan master Jou Tsung Hwa, the Festival once hosted most of the largest names in the business as they offered dozens of workshops in the internal arts, Chinese medicine and various aspects of Asian culture. Held each year at Jou's legendary Tai Chi Farm, it became the event of the year for both the internal, and many external, martial artists; a special place where even fierce competitors came together in a spirit of cooperation celebrating an event whose unofficial motto soon became: "Leave your egos at the door, come in friendship."

Jou's fatal auto accident in 1998 left the Festival in limbo for a few years until Loretta M. Donnelly, Jou's protégé and director of the old Festival, revived the event in 2003 at East Stroudsburg University in East Stroudsburg, PA. Together with her husband, James, the two also founded the first trade and membership organization specifically designed to provide a home for all members of *neijia*, called the "American Society Of Internal Arts" (aka A.S.I.A.). Held the first full weekend in June 2003, the roster of Festival presenters included strong representation by Guang Ping members: Grandmaster David Chin, Master Marilyn Cooper, Sifu Dominick Ruggieri and Sigong Gary S. Torres.

This year A.S.I.A. expands the Festival with nearly two weeks of back-to-back events beginning Friday June 4th, 2004, with its first annual teachers conference -- a weekend of workshops designed to help teachers of Chinese gongfu improve the way they do business. Following the conference, 3-day mid-week intensives offer the opportunity to study one subject under one teacher for three entire days. Among the masters teaching pre-

(Continued on page 11)

Honorary Chairmen

Y. C. Chiang, CA
Henry Look, CA

Past Presidents

Nick D'Antoni, WA
 October 2001 - October 2003
Nina Sugawara, CA
 March 2000 - October 2001
Donald Pickens Rubbo, CA
 October 1998 - March 2000
Henry Look, CA
 February 1996 - October 1998

Board Members

President:
Dominick Ruggieri, NJ
 President@GuangPingYang.org
Vice-President Elect:
Randy Elia, NJ
 President-Elect@GuangPingYang.org
Vice-President:
Lawrence Riddle, WI
 Vice-President@GuangPingYang.org
Treasurer:
Paki Sukwattana, OH
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 Futung@GuangPingYang.org
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Nina Hopkins Sugawara, CA
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Nick D'Antoni, WA
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 Lucy@GuangPingYang.org

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Joanna Schoon, Newport Beach, CA
Daniel Lee, Duarte, CA
Jonathon Shear, Richmond, VA
Paul Taylor, San Francisco, CA

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Terry Ann Barman
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 Laguna Beach, CA 92652
 MembershipCoordinator@GuangPingYang.org

Webmaster

Dominick Ruggieri
 Webmaster@GuangPingYang.org

From Your President . . . (Continued from page 2)

Again, like always, we ask you submit your articles, stories, and anecdotes to be put in the Universal Post newsletter. This is a daunting task so we want to give Kristina all of the material she needs to just put the newsletter together without having to chase it down.

Then, last but not least, if you have any questions, problems or just want to talk, please feel free to contact me anytime. I know everyone on the board feels the same way and will try to always help or direct you in anyway we can.

So I hope to hear from you real soon.

Thanks,

Dominick



Changed . . . (Continued from page 4)

have come to mean to me. I do know that while we may have only a limited knowledge of each other, the connections are meaningful, and, I hope, long-lasting. Each one of my teacher-sisters and teacher-brothers has been just that--a patient and supportive teacher who has in their own way opened another door. This kind of accepting and nurturing environment doesn't happen by accident. Our teacher, Master Randy Elia, embodies the Chinese expression, "Teacher for a day, parent for life," and the knowledge, enthusiasm, and encouragement he shares with us so freely is infinite and inspiring.

Still a beginner with a lifetime of practice ahead, I know I have only begun to scratch the surface of what tai chi has to teach me. I look forward to the journey and, although my kicks may not be as steady years down the road, I know my spirit will only continue to grow stronger.



Editor's Corner

Editor: Kristina Bung
 PO Box 386, Schofield, WI 54476
 Email: Editor@GuangPingYang.org

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

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Volunteers Wanted

Membership Coordinator

- Maintain membership database (database and program will be provided)
- Process both new and renewal memberships.
- Computer and basic computer knowledge needed.
- Keep the Board informed.

*Contact Nick D'Antoni or
Dominick Ruggeri for more details.*

Graphic Arts Designer/Advertising Skills

The Board is looking for someone with these skills to:

- Design convention brochures
- Flyers
- Programs
- Miscellaneous

If you have the time and talent you'd like to share please contact Dominick Ruggeri.

Flying Lessons . . . (Continued from page 4)

After a few minutes discussing the mechanics of “seal like closed”, we moved on to “pressing the palm, flying up diagonally”. I knew I was ready for this one and launched a mid-torso front kick. Suddenly, the granite mountain that had been standing solidly in front of me just wasn't there! It was a little disturbing and I am sure it showed in my facial expression. I was once again wondering what had just happened. I stood up and brushed myself off while trying to figure out how I was thrown, and where I was hit, when I realized I was once again on the other side of the studio. It was as if a large wave had just taken out any footing I had and sent me sailing, head over heels, down the beach. I attempted to launch a front kick towards Master a couple of more times with the same result. It was becoming painfully obvious that Guang Ping Yang Tai Chi does, in fact, have a very real martial quality to it.

Special thanks to my Shi Gong, Dr. G. S. Torres, for convincing me to learn Tai Chi, he was so right.



Welcome Home . . . (Continued from page 9)

festival intensives will be Grandmaster Henry Look

revealing the power of xingyi and yiquan and Sigong Gary S. Torres offering the secrets of taiji combat principles. Grandmaster Look and Sigong Torres will then be joined by Master Cooper and Grandmaster Chin, along with many other top names in the field, to usher in a newly expanded 3-day Zhang San Feng Festival. Following the Festival, Grandmaster Chin will be offering a 3-day post-Festival workshop with a special focus on the Kuo Style Small Circle Form, the application set that unlocks the power of Guang Ping taijiquan. Later in the summer, Sigong Torres returns with the beginning of a 9-weekend program designed to teach the entire Dragon Heart baguazhang system and Marilyn Cooper will be offering her first full Kungfu Weekend Camp For Kids, spreading gongfu to a new generation of children.

For more information or to register for any of A.S.I.A.'s events please call 973-670-6582 or visit their website at: www.americansocietyofinternalarts.org.



Membership Reminder

This is just a reminder to pay your 2004 Membership dues. You should receive a renewal form in the mail or you can visit the website at www.guangpingyang.org and print out a form or you may renew online. So many ways to renew!

Printed renewal forms and checks should be sent to the membership coordinator at:

Terry Ann Barman
P.O. Box 686
Laguna Beach, CA 92652

Make checks payable to: Guang Ping Yang Tai Chi Association.

Remember, new memberships are welcome anytime during the year. But why wait until later? Encourage your students to sign up now!

Membership benefits include discount on the yearly conference fees, this newsletter and being part of an organization that loves to share.

SLANTING BODY TURN TO THE MOON



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USA



SLANTING BODY TURN TO THE MOON