



**GUANG PING**  
YANG T'AI CHI ASSOCIATION

# The Universal Post



*Nonprofit Organization*

*Volume 9 Issue 2*

*June 2006*

## FROM THE PRESIDENT



As President of the Guang Ping Yang T'ai Chi Association I am excited and proud to be at the helm for our 10-year anniversary! To celebrate, this year's conference near San Diego on September 15-17 will be a very special weekend attended by many of the top presenters in the field of Guang Ping Yang T'ai Chi.

The connection of mind, body, and spirit is our overall theme and goal, and to this end we will have workshops that accommodate all levels--ranging from the beginning student to the intermediate student to the experienced teacher. I promise this year will be a unique venue that will have a workshop for everyone.

As one of the workshop presenters I will help you open your mind (yi) to cultivate your spirit (shen) and move power (chi) in the Guang Ping Yang T'ai Chi form. Joining me at the conference will also be the following accomplished presenters:

- Grandmaster Henry Look will, as always, share his strong enthusiasm for and skillful understanding of the Chinese martial arts in the unique and fun way that only Grandmaster Look can.
- Grandmaster David Chin has agreed to share the rare form he learned from Grandmaster Kuo Lien Ying.
- Master Yang Fu Kui, who comes from a long family history of involvement in martial arts, will provide us with an understanding of the five element theory energies and how we may propagate them

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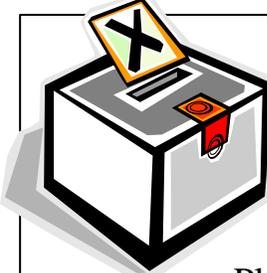


10th Annual  
**GUANG PING YANG**  
T'ai Chi Conference

**September 15, 16, and 17, 2006**  
**Lake San Marcos, California**

See page 4 for details.

**Page 5 is a poster; feel free to make copies and hand-out or post. You may also download a copy from the GPYTCA website—[www.guangpingyang.org](http://www.guangpingyang.org)**



*It's Election Time !!*

It's time to re-elect members to the GPYTCA Board.

Please complete and return the enclosed ballot by July 10, 2006

Thank you.

WHAT'S INSIDE	
From The President	1
From Within . . .	3
The Essence of Qigong	3
10th Annual Conference	4
World T'ai Chi & Qigong Day	6
Out of Nick's Library	8

## FROM THE PRESIDENT (CONT.)

(Continued from page 1)

in the body for better health and internal martial arts using qi gong.

- Master FuTung Cheng is back again for a command performance of his Effortless Flow in Guang Ping Yang T'ai Chi and T'ai Chi Sword sessions.
- Masters Donald Rubbo and Cheryl Lynne Rubbo will share both their knowledge and skills of t'ai chi and also their experiences from their recent visit to India.
- Sifu Diane Rabinowitz will offer her presentation of fan boxing, which she has also taught in a very popular seminar at my school, Peter Kwok's Kung Fu Academy, in New Jersey.

Please don't miss this rare opportunity to help support the Guang Ping Yang T'ai Chi Association by attending this year's 10-year anniversary conference in San Diego on September 15-17. And don't forget, as GPYTCA members your personal contributions to the conference are just as valuable as the workshop presenters to making it a successful conference for all of us.

We look forward to seeing you all there.

Sincerely,

Randy Elia  
President, GPYTCA

## CHECK IT OUT!

If you get a chance, pick up the July/August 2006 issue of *Kung Fu Tai Chi* magazine.

The cover story, written by Gene Ching, is about Grandmaster David Chin and is entitled—“Keeping Secrets—Grandmaster David Chin's Legacy of Hop Gar Rebels and Guang Ping Tai Chi Revolutionaries.” The article includes history, philosophy and stories for both styles.

One of the quotes in the article says it all, “Guang Ping stance work is very boring looking, but if you want to know the true meaning of martial arts start here.”

## THANK YOU MARY

The GPYTCA Board would like to thank Mary Sturtevant for the time she dedicated to being a member of the Board of Directors. We wish you the best and thank you.



## WANTED-TEACHER IN ARKANSAS

If anyone knows of a t'ai chi teacher in Arkansas, close to Little Rock, please email Lucy Bartimole at [lucy@guangpingyang.org](mailto:lucy@guangpingyang.org).



# Volunteers Needed

The Guang Ping Yang T'ai Chi Association is looking for people to fill the following volunteer positions.

### Newsletter Editor

The GPYTCA is looking for a volunteer to compile and distribute the *Universal Post* newsletter. Working knowledge or training in the use of graphic programs is essential. Good grammar and communication skills are desired. Good understanding of t'ai chi, its philosophies, and tournaments are an asset.

### Graphic Arts Designer/Advertising Skills

The GPYTCA is also looking for someone to design convention brochures, flyers, convention or seminar programs, and assist in the creation and distribution of other Association communication as requested.

### **How do you volunteer or learn more?**

Send an email to:

[volunteers@guangpingyang.org](mailto:volunteers@guangpingyang.org)

Please make sure you indicate the volunteer position(s) you are interested in.

## FROM WITHIN . . .

### The Legacy of Grandmaster Peter Kwok

By George Hicswa

In 2004, at the age of 68 and after a hiatus of 25 years, I resumed my studies with Master Randy Elia at Peter Kwok's Kung Fu Academy in order to brush up my T'ai Chi forms and I joined the Guang Ping Yang T'ai Chi Association, of which I am proud to be a member. I have looked for information about Peter Kwok and his particular system of T'ai Chi in both GPYTCA's *Universal Post* and on the internet, and have found there is a dearth of information about this great teacher's contributions to the study of T'ai Chi and Kung Fu in general. His name appears in the Guang Ping Yang Lineage, but the available information about him is very limited. His fine students, some of whom have become Masters in their own right, have continued teaching his methods with much success. I can only relate my own experiences with Grandmaster Kwok, and I hope that some of his former students will add to the information I am sure is out there, waiting to be told.

Peter Kwok's Kung Fu Academy, now in Emerson, New Jersey, was originally located in Peter's home in Wayne, New Jersey—I studied with him from 1977 to 1979. He taught me the T'ai Chi Short Form, 64 Movement Guang Ping Yang Long Form, Yi Gun Gin, Bar Duan, Chin Na and Shaolin Kung Fu up to the intermediate level, but because I was a musician and was not always located in New Jersey, I decided to postpone my T'ai Chi studies. I was always proud that he and I were born on the same day and year (February 15, 1937) and coincidentally were fellow musicians. Twenty-five years after leaving Grandmaster Kwok, I found my way to Master Randy Elia after trying several other T'ai Chi teachers who were closer to home but did not offer the quality of teaching I experienced with Grandmaster Kwok. I found that desired quality in Master Randy Elia, who has not only renewed my previous knowledge and enthusiasm, but has introduced other aspects of T'ai Chi, such as Chi Gung, I Chuan, and T'ai Chi Dao into my program. My attendance at the 2005 Conference in Tannersville, Pennsylvania enabled me to experience even more excellent teachers and ideas, and in particular the classes given by Master Yang Fu Kui and Larry Riddle.

(Continued on page 10)

## THE ESSENCE OF QIGONG

By Mary Sturtevant, M. Ed.

Qigong is a proactive health care system that integrates relaxed physical postures, deep breathing techniques, focused intention, and specific exercise forms. It's all about health and healing, relaxation and letting go. The word Qigong is made up of two Chinese words. Qi is pronounced *chee* and is usually translated to mean the life force or vital energy that flows through the human body and, indeed, through all things in the universe.

The second word, gong, pronounced *gung*, means accomplishment or skill that is cultivated through steady practice. Taken together, Qigong means energy cultivation. In a larger sense, Qigong is a practice of working with the life force energy to improve the circulation of qi for health and harmony of body, mind and spirit. It is a system practiced for health maintenance, healing and increased vitality. Like any other system of health care, Qigong is not a panacea, but it is certainly a highly effective personal health care practice.

The gentle, rhythmic movements of Qigong reduce stress, enhance relaxation, build stamina, increase vitality, and stimulate the immune system. In addition, it has been determined that Qigong improves cardiovas-

(Continued on page 10)

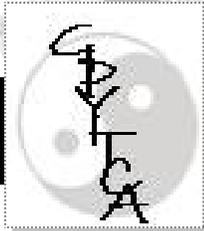
## HONOR RECEIVED

By Master Randy Elia

Tom Carney started training at Peter Kwok's Kung Fu Academy in 1984 under my personal instruction. Throughout the years he has repeatedly proven to me that his training and loyalty and love for the martial arts is his life. Tom is one of just a few who has completed all four systems in this Academy, showing great dedication and encouragement to all who train under him. It is my pleasure to promote Tom to the title of Sifu.

Congratulations,  
Sifu Tom Carney





# 10<sup>TH</sup> ANNUAL GUANGPINGYANG

## taijiquan conference

**September 15, 16, 17, 2006**  
**Lake San Marcos Resort**  
**Lake San Marcos, CA**

**Register BEFORE July 15 and SAVE!!**

**Additional savings if you register four people - the fifth person will attend for FREE!**  
**See the back of the enclosed registration form for details.**

*This year's presenters include:*

Grandmaster Henry Look	Grandmaster David Chin
Master Yang Fu Kui	Master Donald Rubbo
Master Fu Tung Cheng	Master Cheryl Lynne Rubbo
Master Randy Elia	Sifu Diane Rabinowitz
and more	

*Workshop topics:*

Check out the Letter from the President for a preview of what will be presented, then watch your mail for full details.

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

Take advantage of the savings.

Return the enclosed registration form today.

Need more forms? Visit [www.guangpingyang.org](http://www.guangpingyang.org).

This year's Conference 2006 prices are as follows:

Registration	Member Price *	Non-member Price*
<b>By July 15, 2006</b>	<b>\$250.00</b>	<b>\$300.00</b>
<b>July 16 through August 21, 2006</b>	<b>\$275.00</b>	<b>\$325.00</b>
<b>August 22, 2006 &amp; Later</b>	<b>\$300.00</b>	<b>\$350.00</b>
<b>Single Day with meals</b>	<b>\$150.00</b>	<b>\$185.00</b>
<b>NON-Participating Guests (Meals Only)</b>	<b>\$175.00</b>	

*\* Note: Conference fees include meals only—hotel rooms are a separate cost.  
 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.*



Lake San Marcos Resort  
 (formerly Quails Inn Resort)  
 1025 La Bonita Drive  
 Lake San Marcos, CA 92069  
 760 744-0120 phone  
 800 447-6556 toll free  
[www.lakesanmarcosresort.com](http://www.lakesanmarcosresort.com)

The cost of hotel rooms are separate from the conference fee.  
 Reserve rooms directly with the resort.



**Master Lien-Ying Kuo**

# **10<sup>TH</sup> ANNUAL GUANGPINGYANG**

**taijiquan conference**

workshops with:  
Grandmaster **Henry Look**  
Grandmaster **David Chin**  
Master **Yang Fu Kui**  
Master **Fu Tung Cheng**  
Master **Randy Elia**  
Master **Donald Rubbo**  
Master **Cheryl Lynne Rubbo**  
Sifu **Diane Rabinowitz**  
and more

september **15-17**, 2006  
lakesanmarcos  
california

registration and more information:  
[www.guangpingyang.org](http://www.guangpingyang.org)

# World T'ai Chi & April 29, 2006

## World T'ai Chi & Qigong Day in Walla Walla, Washington By Nick D'Antoni



Jefferson Park under sunny skies was a beautiful setting on a fantastic day for the Fifth Annual World T'ai Chi & Qigong Day celebration here, in Walla Walla, Washington. Gathering early for warm-ups, we proceeded to some qigong exercises just before 10:00 and followed with a session of the taiji form. Nick D'Antoni, Lynn Sharp, and Sandi Wicher led the group. Nearly all of the approximately 30 or so folks who came took an active part in

playing our taiji and qigong games. A good time was had by all, even those who just watched. After the group practice there were demonstrations of Guang Ping Yang, Yang Long, Cheng Man-ch'ing, and Sun styles, as well as taiji straight sword, cane, and saber. Throughout the activities, Walla Walla's newest member of the GPYTCA, David Sprunger, could be seen proudly showing off his brand new membership card and encouraging other students to join.



This year's very successful WTCQD celebration in Jefferson Park also served as the opening activity in a weekend long open house at the newly built Many Waters Wellness Center which is also the new home of the Walla Walla Wen Wu School of T'ai Chi. Set at the edge of the park, the center serves as a community hub with treatment rooms for alternative and energy healing practitioners as well as two beautiful studios for classes in taiji, yoga, meditation, and Pilates. The proximity of the center allowed us to make a smooth segue from our WTCQD event to the other information and demonstration sessions (acupuncture, cranial sacral therapy, massage therapy, Pilates, reflexology, Reiki, and of course taiji!) that were part of the all afternoon open house. At the end of the day full of good energy, relaxing fun, and information, everyone was wearing a smile and looking forward to next year.

**Walla Walla  
Washington**



# Qigong Day

## World T'ai Chi & Qigong Day in Merrill, Wisconsin

By Kristina Riddle

Despite the breezy and cold Wisconsin day, Wisconsin Wen Wu School of T'ai Chi Chuan held free classes at the Center for Creative Wellness to introduce the community to the benefits of t'ai chi and qigong.



The day started at 9:00 am with Sifu Larry Riddle leading basic stretches. At 10:00 am everyone, visitors and students alike, joined in doing a Guang Ping Yang T'ai Chi set and a Dayan (Wild Goose) Qigong set.

World T'ai Chi & Qigong Day was a great opportunity not only to share the benefits of t'ai chi and qigong with Merrill residents but also to share various other movement arts that the Center for Creative Wellness offers. Participative demonstrations of Nia and Aikido were also done along with a discussion of the benefits of Reiki, aromatherapy and herbals.

The day was a huge success with many of the over 40 people in attendance staying to see and experience all the different styles of movement and energy.

By 1:00 pm when all the events of the day were over, all the teachers and students were buzzing from the high energy, friendship, and peace that was experienced during the day and starting to talk about what next year's event could be like.

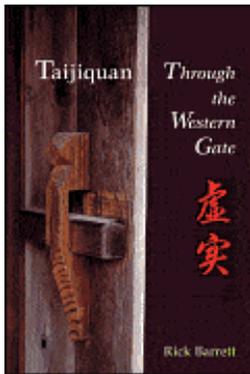


**Merrill  
Wisconsin**

*One World ... One Breath ...*

## OUT OF NICK'S LIBRARY

**A Book Review**  
**By Nick D'Antoni**



Taijiquan:  
Through the Western Gate  
 by: Rick Barrett, © 2006  
 Publisher: Blue Snake  
 Frog, Ltd.; Berkeley, CA  
 ISBN: 1-58394-139-8

I, along with many other members of the GPYTCA, have known that

Rick Barrett's book was "on the way" for some time now. And since it's not everyday that someone I know, or have learned from, publishes a new book on taiji, I have to confess to having a good deal of curiosity about what it would be like. Well, I was very pleased to find that only about a third of the way into Rick's book I could no longer resist the temptation to send him a congratulatory email. Between what I'd seen when I quickly scanned it and what I'd read so far, at that point I already knew that here was a book that would be important to both my teaching and my personal practice. And that should tip you off to what I'll have to say in the rest of this review.

Some of the material Rick presents in the book will certainly be familiar to GPYTCA members who've attended any of the workshops that he and Nina Sugawara have presented at several of our annual conferences. In fact, when Rick replied to my message (in addition to being gracious enough to say that he actually reads these reviews—a nice thing to hear) he wanted to be sure that I understood the importance of Nina's contribution to the book, and the extent of his gratitude to her, so I want to pass that along as well. But there's a good deal more here than what many of us have already been treated to, and even in the familiar places there's often new detail or greater depth explored.

Rick follows on, and cites, the work of scientists in several fields, but especially those studying the bodies energy fields and states of "*enhanced energetic coherence*" in the natural world. He postulates that the first step in the journey toward the heart of our art is to become aware of and experience heightened energetic coherence in our own bodies. According to Rick, both the athlete who is operating "*in the zone*" can't seem to miss her shot and the advanced martial arts practitioner are essentially tapping into the same phenomenon and

operating from a state of heightened energetic coherence. One of his major objectives in the book is not only to help his readers understand the ideas behind what he presents, but to help his readers begin to develop the ability to access a state of being which exhibits a high level of energetic coherence.

Using well-researched illustrations from the work of an eclectic array of martial artists, scholars, scientists, and thinkers from the past and present he introduces and explains the connections between such unaccustomed terms as *energetic coherence*, *tensegrity* (the notion of a unique form of structural strength and stability named by Buckminster Fuller), the body's network of supportive and connective tissue, and more familiar terms in a taiji context as intention (*yi*), power (*jin*), and the relaxed fullness of *song*, the relationship between insubstantial (*xu*) and substantial (*shi*), and more. Rick includes just enough interesting factoids from his "outside" sources and sprinkles in a nice sampling of anecdotal examples and personal stories to keep the tone friendly and conversational. He moves carefully and methodically, effectively leading his readers at a comfortable pace and allowing them to arrive where he wants them, and seemingly without breaking a literary sweat. And, for those who want to delve more deeply into the sources of his conclusions - his examples and chapter notes provide a clear trail to follow. Sound like good taiji? Well, it is!

I found the image of *the Western Gate*, and Rick's approach to investigating the phenomena at the heart of our art, intriguing and from the beginning. But I came to appreciate the metaphor even more as I slowly read through the rest of the book. Not slowly because it was difficult to read or too dense, in fact it's actually quite a comfortable read, and I was frequently drawn to sit and spend time with the book. At the same time, I found myself delightfully moved to read a little and then to spend some energy really thinking about what I'd just read, mull it over, test it in my own mind and practice. I found myself carrying the book around with me in my bag so I could read, and/or re-read bits as I had time to think on them. The margins are becoming completely scrawled with my own notes, comments, questions, and reactions. And while it's true that I'm a hopeless marginaliator, I am not so pleasantly and thoughtfully affected by the vast majority of books on taiji or internal arts on my overladen bookshelves, just those I would call the brighter gems.

(Continued on page 9)

## OUT OF NICK'S LIBRARY

(Continued from page 8)

The image of the *Western Gate* seems so appropriate, once it's there in front of you that you may at first feel a response akin to "Well, that's obvious, isn't it?" We are westerners after all, studying, playing, and trying to master, each in our own way, an art that is derived from a way of thinking and being that is fundamentally so different from anything in the west. And Taiji and its cousins, the other internal martial and energetic healing arts, are so quintessentially eastern. So what could be more obvious than that we are all approaching it from our western point of view, the *Western Gate*. Ah. But Barrett leads his readers to understand his meaning in so much more than the obvious ways as he carefully exposes the strata of complexity and seemingly effortlessly uncovers underlying layers of subtlety.

The *Western Gate* is more than simply the place from which the westerner enters into the world of taiji and learns to give consideration to the insubstantial (*xu*), it is a metaphor for our way of looking at and being in the world, thinking about and living in our bodies, going about our daily affairs, and much more. And Mr. Barrett draws on new science and research being done in the west to help us understand how the limitations of the predominant western way are being swept away by the results of this work. He shows how it could quite possibly be that only now is our western tradition of the scientific method capable of detecting, measuring, and beginning to "explain/understand" things known about and studied by the ancients who were willing to trust in their subjective experience, even when it occasionally presented them with solutions that seemed at crossed purposes with the rational mind.

While the focus in the book I reviewed last newsletter, Da Liu's T'ai Chi Ch'uan & Meditation, is very entirely on the health/spiritual side of taiji practice, and Rick's clear intention is to help his readers understand how to access the real power of taiji (the energetic power of *jin* as opposed to the muscular force of *li*). The two books make an interesting and complementary pair. In spite of his feeling that the present day focus of t'ai chi should abandon the martial, Da Liu provides many useful exercises and ideas that can help one achieve and sustain what Rick describes as states of heightened coherence. Barrett's clear position is that the state of heightened "*energetic coherence*" is essential to the pursuit of **both** one's martial and

health/spiritual objectives in practicing taiji. Taken together the two are an excellent mix of traditional and new ways of thinking, and talking about internal energies.

Finally, I believe Rick Barrett's book will come to be seen as a very important contribution to the taiji literature, and to writings on internal arts in general. It is a concise and precise, thoughtful and original interpretation of the essence of taiji. It brings to the conversation elements from a wide range of fields such as "hard" sciences like physics and quantum theory, philosophy, neuroscience, and newer fields such as bioenergetics. He shares his own insights freely and assembles it all in easy to read language and readily chewable bite-sized chunks of information. The result is admirable. Rick gives his readers the results of his own ongoing exploration in search of the key to taiji's hidden potential, supporting it all with just enough background and detail to facilitate our ability to absorb and understand his results. And he provides ample opportunities for readers to come to understanding through personal experience by including a large number of well designed and clearly explained exercises to perform. These allow the reader to test out the ideas as presented.

Go out now and get it. Make your local bookstore order it for you if they don't have it or get it online at Amazon, but...Buy it. Read it. Think about it. And I think most important to Rick... TRY IT. I think you'll like it.

Rating: ★★★★★ (out of 5)



## Honorary Chairmen

**Y. C. Chiang, CA**

**Henry Look, CA**

## Past Presidents

**Dominick Ruggieri, NJ**  
October 2003-October 2005

**Nick D'Antoni, WA**  
October 2001-October 2003

**Nina Sugawara, CA**  
March 2000-October 2001

**Donald Rubbo, CA**  
October 1998-March 2000

**Henry Look, CA**  
February 1996-October 1998

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*From Within . . . (Continued from page 3)*

I wished that Grandmaster Kwok had been there to join the many capable teachers and participants to demonstrate his teaching excellence and his performance abilities. Unfortunately, Peter Kwok disappeared in 1984 and to my knowledge, no one seems to know why, or where he went. He is missed as a great teacher and practitioner of Kung Fu. Studying with him was a privilege which I have come to greatly appreciate and I feel very fortunate that I can continue to study at that same level with Master Randy Elia.



*The Essence of Qigong . . . (Continued from page 3)*

cular, respiratory, circulatory, lymphatic and digestive functions. There is considerable research available that supports the efficacy of Qigong as a healthful and healing modality. For further information, please visit one of the following websites:

[www.qigonginstitute.org](http://www.qigonginstitute.org)

[www.nqa.org](http://www.nqa.org)

[www.qigonghealing.com](http://www.qigonghealing.com)

There are a wide variety of Qigong practices. It has been estimated that there are probably thousands of forms of Qigong and these are usually classified as medical (healing), spiritual, or martial. An experienced Qigong teacher can assist students in selecting from this variety of forms to match their personal needs.



### *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.

## 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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## Calendar of Events

**International Forum  
On Taijiquan2006**  
July 17 - 21, 2006  
Thunder Bay, Ontario  
[www.taijiforum2006.ca](http://www.taijiforum2006.ca)

**10th Annual  
Guang Ping Yang  
T'ai Chi Association Conference**  
September 15—17, 2006  
Lake San Marcos, California  
[www.guangpingyang.org](http://www.guangpingyang.org)

**2006 Newsletter Deadlines**  
August 1  
November 1

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

## Upcoming Tournaments



**8th Annual Internal Chinese  
Martial Arts Championship**  
June 9, 10, 11, 2006  
Orlando, Florida  
[www.kungfuchampionship.com](http://www.kungfuchampionship.com)

**USAWKF National  
Championships and  
4th International Chicago  
Wushu-Gong Fu Tournament**  
June 23, 24, 25, 2006  
Skokie, Illinois  
[www.zhangtaiji.com](http://www.zhangtaiji.com)

**2006 U.S. International  
Kuoshu (Kung Fu)  
Championship Tournament**  
July 22, 23, 2006  
Hunt Valley, Maryland  
[www.uskuoshu.org](http://www.uskuoshu.org)

*Disclaimer: This list is in no way all inclusive of all tournaments. The above tournaments, even though they may include a Guang Ping division, are listed as a resource. They are not sponsored or endorsed by the GPYTCA.*



**GUANG PING  
YANG T'AI CHI ASSOCIATION**

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Photo and description taken from:  
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By: Kuo Lien Ying

***FAN THROUGH ARM***  
**( Shan Tung Pei )**