



TAIJI POST

Newsletter
of the
Peng You Taiji Quan Association

Vol. 10 No. 2 April 2008

Board of Directors

President

Peng Youlian
768-0827

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Treasurer

David Linklater

Secretary

Jean Noble

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Bruce Adderly
Marg Bilbrough
Wayne Bilbrough
Marguerite Maki
Doug Rabb
Mary Lou Rabb
Oliver Reimer
Muriel Stokes
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Regional

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Tom Reirson
Duluth, MN
Chuck & Danielle Stone
Ely, MN
Duncan MacKay
Terrace Bay, ON
Jean Wong
Ottawa, ON

Editor Taiji Post

Doug Rabb (This issue)

Photos

Mary Lou Rabb &
Janet Fuchek (This issue)

Annual General Meeting once again to be held on World Taiji Day!. Come and participate in this International Event, playing Taiji with people across the globe and then have tea and cookies while attending our annual Meeting. You might even consider joining the executive committee and help to keep the Association on track.

TENTH ANNIVERSARY

World Tai Chi & Qigong Day

Saturday, April, 26th, 2008

Tai Chi fills the streets of the world!!



**Join the Peng You Taiji Quan Association
for World Taiji Day**

April 26, 2008

in the 55 Plus Centre Auditorium

1-2 pm Taiji practice

2-3 pm Annual General Meeting

Everyone welcome!

Some Current Taiji Classes taught by The Association

Taiji for Arthritis and Taiji Qigong at Frank Murphy Community Centre, Peng You with Doug and Mary Lou Rabb, Mondays 12 noon to 1p.m.



Advanced Taiji for health, Frank Murphy Community Centre, Peng with the Rabbs. We do both standing and sitting Taiji Qigong as well as Taiji for Arthritis and adaptations of other forms . Mondays 1:15 - 2:15.

West Arthur Community Centre, Advanced Taiji Class with Jean Noble, 8, 16, 24, 48 and Fan Forms

Wed. & Fri. 11-12 Noon



Master Peng and his Class at Kakabeka Falls
Wed & Fri. 9:30 - 10:30 am



Master Peng's Chen Class, Frank Murphy Community Centre Mondays, 2:30 - 4:00



Marguerite Maki's Class at Frank Murphy Community Centre Thursday evening.





Longest running Taiji Class at Frank Murphy Community Centre. Started by Helen ,Cox now with Marg Bilbrough.



Headquarters for the Peng You Taiji Quan Association is the 55 Plus Centre Thunder Bay. Classes at all levels given throughout the day and evenings



FOR CONSIDERATION AT THE ANNUAL GENERAL MEETING

Peng You Taiji Quan Association

CONSTITUTION (proposed revision 2008)

NOTE: The full constitution with details of changes can be found on our web site (www.pengyou-taiji.ca) and in the 55 Plus Centre library and posted in the auditorium. Basically, the changes make Master Peng President for life and also ensure that the Association can continue long after Peng. We also make clear that any member of the Association who wishes to attend meetings of the Executive is most welcome to do so. We also attempt to clarify the relation of Regional Representatives to the Association Executive.

Article 1: Name

The name of the Association shall be: Peng You Taiji Quan Association

Article 2: Objectives

- 2.1 To form an organization to teach and promote Taijiquan.
- 2.2 To foster health by promoting Taiji Quan as a means of attaining health benefits for all.
- 2.3 To promote friendship, by means of social interaction within the Association.
- 2.4 To foster happiness through a feeling of self worth.
- 2.5 To participate in cultural exchange.
- 2.6 To work to develop qualified Taiji instructors.
- 2.7 To form relationships with local, regional, national and international organizations with similar goals.

Article 3: Head Office

The Head Office of the Association shall be in the City of Thunder bay in the District of Thunder Bay at such place to be determined by the Directors of the Association.

Article 4: Remuneration

- 4.1 The Association shall be carried on without the purpose of gain for its members and any profits to the Association shall be used in promoting and fulfilling its objectives.
- 4.2 The Directors shall serve as such without remuneration and no Director shall directly or indirectly receive any profit from his/her position as such; provided that a Director may be paid reasonable expenses incurred by him/her on behalf or in the performance of the Association duties.

Article 5: Dissolution

Upon the dissolution of the Association and after payment of all debts and liabilities, its remaining property shall be distributed or disposed of to other Taiji Quan associations, Organizations or Clubs, whose objectives closely reflect those of the Association, as pre-determined by the Directors.

Peng You Taiji Quan Association - By-Laws (proposed revisions, March 2008)

By-Law 1: Membership

Membership in the Peng You Taiji Quan Association is open to anyone interested in learning, or promoting the practice of Taiji Quan; and who agrees to be a member in good standing by paying the annual membership fee.

By-Law 2: Meeting of the Membership

- 2.1 Meeting of the Membership shall be held each year on a date and at a place chosen by the Board of Directors.
- 2.2 Association issues will be voted on by the general membership, providing there is a quorum of the Board of Directors and at least 15 regular members. All members may vote by proxy.

By-Law 3: Board of Directors

- 3.1 The President of the Association shall be Master Peng Youlian. The role of President will end at such time that Peng Youlian for whatever reason leaves the Association and/or Thunder Bay.
- 3.2 The affairs of the Association shall be administered by a Board of 12 Directors who may exercise all such powers and do all such acts as may be exercised by the Association, on behalf of the Association. Such issues may include, but are not exclusive to hiring instructors or expert speakers by honorarium, establishing policies, developing fund-raising activities.
- 3.3 Members of the Executive of the Board of Directors will be exclusively responsible for the everyday business of the Association which does not require decisions by the whole Board.
- 3.4 It shall be the responsibility of each individual Board member to be familiar with and carry out duties specifically assigned by the Board.
- 3.5 It shall be the responsibility of each individual Board member to attend regular meetings of the Board of Directors as established by the Board of Directors.
- 3.6 It shall be the responsibility of the Board to be familiar with and carry out acts in accordance with the objectives of the Association.
- 3.7 The Executive of the Board of Directors shall include the offices of President, Chair, Vice-Chair, Secretary, Treasurer.

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3.8 The Board of Directors is elected from the membership of the Association. Election of the Board of Directors will take place every two years at the Annual General Meeting.

3.9 Vacancies of offices on the Board of Directors may be filled by the Directors from among the membership of the Association.

3.10 The Board may name Corresponding Members, an honorary position with no voting rights, who are entitled to attend Board meetings and who will receive minutes of meetings.

3.11 Board meetings shall be open to members who wish to attend as observers.

By-Law 4: Quorum of the Board of Directors

The Quorum for meetings of the Board of Directors shall be no less than 50% of the members of the board of Directors, inclusive of the Chair or Vice-Chair.

By-Law 5: Duties of the Executive of the Board

5.1 President

The President shall be the official representative of the Board of Directors.

5.2 Chair

It shall be the responsibility of the Chair to carry out duties normally associated with the office of Chair, including: chairing board meetings, calling meetings of the Board and setting agendas for the meetings, being a signing officer.

5.3 Vice-Chair

It shall be the responsibility of the Vice-Chair to serve the Board in the capacity of Chair, in the absence of the Chair.

5.4 Secretary

It shall be the responsibility of the Secretary to carry out duties normally associated with the office of Secretary including: recording all business of the meeting of the Board of Directors, or any other meetings as indicated by the Association, preparing minutes of the meetings and distributing a copy of the minutes to the Directors, and any other duties assigned by the Board of Directors.

5.5 Treasurer

It shall be the responsibility of the Treasurer to carry out duties normally associated with the office of Treasurer, including: monitoring the financial affairs of the Association, preparing financial statements as required by the Board of Directors, submitting an annual financial report, having custody of the funds, undertaking other financial duties as assigned by the Board.

By-Law 6: Amendment

Any and all amendments, including but not exclusive to inclusions, omissions, and revisions, to the Constitution of the Association or the By-Laws of the Association shall require three readings at three different occasions and passed by a quorum of the membership of the Association. The three readings may include publication in the Taiji Post or other newsletter available to the membership and posting on the Association's Web Site and at the 55 Plus Centre.

By-Law 7: Elections

7.1 Members in good standing who wish to run for the board of directors should apply to the secretary at least one week before the AGM. Nominations will be accepted from the floor at the AGM.

7.2 Election of the Board of Directors will take place at the general meeting in even numbered years.

(7.3 Election of the Executive of the Board of Directors

The Board of Directors will elect the Chair, Vice-Chair, Secretary and Treasurer at the first meeting following the AGM and will fill vacant positions as necessary.)



LEARN TAIJI HOCKEY STICK
Video soon available
Ask Peng You



Workshop

Chen Style Taiji Sword

Essential 18 Forms
with Master Jack Yan

June 14 & 15, 2008



Chen Style Taiji Single Sword belongs to Tai Chi short weapons. The traditional routine consists of 49 movements. Basic actions and techniques include: STAB, CHOP, UPPER CUT, PARRY, POINT, SLICE, UPPER BLOCK, SWEEP, CROSS CUT, THRUST AND PUSH. The Chen Style Sword maintains the natural graceful flow of Taiji motions, perfectly poised body positions and flexible and steady footwork. Practical sword techniques are the main characteristics of this routine. Just like the boxing form, Chen Style Taiji Sword techniques show the perfect balance of explosive power and gentle flow of softness.

The Chen Style Taiji Sword Essential 18 Forms is a condensed form of the Traditional 49 Forms Routine. In 2005, when Master Chen Zhenglei was giving a seminar in Toronto, we requested him to compile a simplified routine for Chen Style Taiji Sword to provide many practitioners with a manageable number of moves. For many, the enjoyment and benefit of doing Taiji lies in the repetition of a short form rather than learning many new moves. From the original 49 moves Master Chen derived a list of 18 forms as a manageable short form.

This routine includes all the fundamental sword techniques and maintains the original sequence and requirements. For people who are interested in continuing the Traditional 49 Forms routine, it is just a matter of carrying on. Therefore, this routine can be called Chen Style Taiji Sword First 18 Forms.

Registration Contact Peng You 768-0827 e-mail: taichi@tbaytel.net

Location: Masonic Hall, 1600 Dease St, (across from the Conservatory) Thunder Bay

Time: Saturday June 14 & Sunday June 15 9:30 am- 4:00 pm

Cost: \$180. members \$200. non-members (includes lunch and dinner party)

Dinner Party 6:30 pm Saturday June 14 \$20. members \$25. non-members
Dinner Party includes Chinese Dumplings, Chinese Music and Taiji Demonstrations
Everybody Welcome, this to celebrate the 60th birthday of Grandmaster Chen Zhenglei