



TAIJI POST

Newsletter of the Peng You Taiji Quan Association
Vol. 12 No. 1, November 2009

Thunder Bay International Taiji Park Fund Raising Campaign In Full Swing.

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Our goal is to raise 100,000.00 in matching funds. We are working closely with the City of Thunder Bay which recognizes that the Taiji Park will become a significant tourist attraction. We look forward to

w e d d i n g photos being taken under the moongate with Lake Superior and the Sleeping Giant in the background.

The City even provides tax receipts for each donation, so cheques should be made out

to the City of Thunder Bay.

Donations to date have reached over \$11,000.

Donation forms are available at the Taiji Academy on Windsor street or from instructors. It is a good idea to use the official form to make sure you get a tax receipt. Donations can also be made online through PayPal. There is a special fund raising committee which is coming up with good ideas on a regular basis. For example a Taiji Park Gala is being planned for April

10, 2010 at the Victoria Inn.

Various levels of donation are being recognized since a number of companies and organizations have indicated they would like to support this exciting venture. These levels

include Diamond for donations of \$1,500 or more; Gold, \$1000 to \$1499; Silver \$500 to \$999; Amethyst \$101 to 499. or you can buy a flagstone in the Yin-Yang pad for \$100 or a brick in the moongate for \$50, or just be a friend for \$20.



T-shirt design by Brian Nieminen

Each kind of donation comes with various levels of recognition from having your name recorded in a commemorative edition of The Taiji Post to having your name or, that of your corporation, on a permanent sign at the International Taiji Park. If you have ideas for fundraising or would like to join the fund raising committee feel free to contact the Chair, Luba Cargill at 629-6615.





Left: Graduating Class, Taiji Qigong Six Forms For Health, Instructor Certification Course, July 18-19, 2009



Right: a mirror image of the class doing "Crane Flying in the Clouds"

Taiji Open House - BBQ - AGM

A very successful BBQ and launch for the fund raising campaign for Taiji Park combined with the Annual General Meeting of our Association was held on September 20th at the Peng You International Tai Chi Academy. The 74 people in attendance more than made up the quorum needed to hold the AGM and update our constitution. Everybody enjoyed viewing the beautiful plans for the Taiji Park, as well as doing some Taiji. A special thank you goes out to Mary Lou Rabb,



MacKenzie, Lynda Pontisso, Del Crowley, Marguerite Maki and Wayne and Marg Bilbrough for the wonderful food they made and supplied, which was enjoyed by all. Special thanks to Marg for the decorations, giving the Taiji studio a real party atmosphere. An additional thank you goes to Holsum Bakery for supplying the buns brought by Brian Nieminen. Everyone seemed to enjoy this format so much that it will set a precedent for future AGMs giving further meaning to our motto Health Friendship and Happiness.

Canada Day 2009 in Marina Park





Grandmaster Chen Zhenglei gave a workshop on Chen Style fundamentals in the last weekend of August in the Boys and Girls Club gym. After the workshop Peng You and Brian Nieminen took him fishing. Roberta Adderley was a workshop participant. Master Chen was assisted by Frank Iorianni in his push hands demonstration.

Yang Family International Tai Chi Chuan Symposium

International Yang Family Tai Chi Chuan Association Celebrated 10 year anniversary in the USA by holding An International Tai Chi Chuan Symposium from July 2nd to 11th, 2009 in Nashville, Tennessee.

Master Peng was invited to attend joining the world's foremost authorities on each of the five Traditional Chinese Family Schools of Taijiquan. These are of course Master Peng's old friends who visited Thunder Bay for our International Forum on Taijiquan 2006: Master Wu Wenhan, Master Yang Zhenduo, Master Chen Zhenglei, Master Sun Yongtian, Master Zeng Nailiang, and Master Ma Hailong. Both The Yang Family Taiji Symposium and our Taiji Forum were modeled on the first International Forum on Taijiquan held at South China Normal University, Guangzhou in 2003. The Yang Family Taiji Symposium was the first in the United States. Ours was the first in North America. All three have drawn world wide attention to the proven health benefits of Taijiquan and the on going scientific research corroborating these benefits.



VIPs at the International Tai Chi Chuan Symposium from July 2nd to 11th, 2009 in Nashville, Tennessee.



In the picture to the left, is Peng You :

- a) ordering more beer?
- b) making a phone call?
- c) teaching people to count?
- d) all of the above?

Taiji Retreat at Red Rock

Dr. Doug Rabb, Professor Emeritus Lakehead University, conducting a seminar on The History, Philosophy and Science of Taijiquan on the water front at our Red Rock Taiji Retreat. The picture he is holding is of Daoist monk



Zhang Sanfeng (Chang San-feng) who is thought to have lived sometime around 1391 to 1459. The picture shows him watching a magpie fighting with a snake. It is said that inspired by his observation of this encounter he created

taijiquan, though he certainly did not use the term.

The story is that every time the bird tried to grab the snake with its beak the snake would neutralize the attack simply by turning its head or moving from side to side. Whether the bird tried to bite the snake or beat it with its wings the snake could always counter the attack just by accepting it and moving out of the way before returning the attack, only to find that the magpie could also avoid being bitten by either stepping or flying out of the way. This sort of neutralizing and yielding is the essence of the internal martial art that came to be known as taijiquan. We can experience this kind of neutralizing and soft attack in the taiji move called grasp birds tail when we roll back press withdraw and push. The original painting depicting the magpie and snake fighting while Zhang Sanfeng looks on is by the famous Taiji Master T. T. Liang who used to teach in St. Cloud Minnesota just south of Thunder Bay.

Our Taiji Retreat in conjunction with the Red Rock Lifestyle Expo for Healthy Aging was held on Saturday June 20th, 2009. We held various workshops and did Taiji on the Red Rock water front and in the historic Red Rock Inn. Some of our members stayed overnight at the Inn and danced the night away.

Taiji and Qigong tip:

When you put the tip of your tongue on the roof of your mouth just behind the front teeth, not only do you connect the renmai and the dumai, the qi channels on your front and back, you also relax the muscles in your jaw, neck, and back .



Taiji pose on the Red Rock waterfront



Master Peng ready to set sail for Red Rock to conduct Taiji Retreat last June in conjunction with their Lifestyle Expo for Healthy Aging

Taiji Christmas Party



Saturday December 5, 6:00 p.m.
Polish Alliance Hall, 102 Court St. South

This year the food will be brought right to your table – no need to stand in line.

Tickets \$25 members (\$30 nonmembers)

Order from Wayne Billbrough 345-2626 or available from instructors