



TAIJI POST

Newsletter of the Peng You Taiji Quan Association

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International Forum on Taijiquan Thunder Bay, Ontario July 17-21, 2006

Over 200 participants came from China, Japan, Australia, Sweden, England, Mexico, 20 States in the US and 6 Provinces and Territories in Canada. A principal theme of the Forum was a comparison of Traditional Chinese Medicine and Native American healing practices. Sessions were held on The Medicine Wheel and the Yin Yang Symbol as well as an inter-cultural panel on healing in Native American and Chinese Cultures.



The Taiji Grandmasters arrive for the Opening Ceremonies at Fort William Historical Park.

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The Peng You Taiji Quan Association

is a non-profit organization dedicated to the promotion of health, friendship and happiness through Taiji. We are a voting member of the Confederation of Canadian Wushu Organizations. Our routines conform to international standards approved and published by the Chinese National Sports Institute.

All our instructors are qualified and personally trained by our Grand Master, Professor Wang Jian Hua, Chairman of the Physical Education Department of Beijing Normal University and by our chief advisor Master Zeng Nailiang, retired head coach of the Chinese National Wushu Team. We offer a variety of programs including special classes for older adults regularly held at:

The Thunder Bay 55 Plus Centre, Herb Carroll Centre, Frank Murphy Community Centre, Anishinabe Mishikiki, Thunder Bay Multicultural Society, Kakabeka Falls 60 Plus Club, and The Canada Games Complex.

The Peng You Taiji Quan Association

55 Plus Centre, 700 River Street,
Thunder Bay, Ontario
Canada P7A 3S6

Website: www.pengyou-taiji.ca



Taiji Post Horse Stance

Photos this issue thanks to: Mary Lou Rabb.

Grand Masters Welcomed at Fort William Historical Park



Front row seated from left to right: Grandmaster Eddie Wu Kwong Yu of Toronto, 5th generation direct descendent and head of the Wu family, Grandmaster Zeng Nailiang representing the Xin (New or Modern) Style Taijiquan, Grandmaster Chen Zhenglei, 11th Generation descendent of the creator of the Chen Style Taijiquan, the earliest form of the Art, Grandmaster Wu Wenhan representing the Wu (Hao) Style, Grandmaster Yang Zhenduo son of Yang Chengfu and great grandson of Yang Luchan, the founder of Yang style Taijiquan, Grandmaster Sun Yongtian of the Sun Style, and finally Eddie Wu's uncle from China Grandmaster Ma Hailong of Shanghai whose grandfather Wu Jingquan, mother Wu Ronghua and father Ma Yueliang are all well-known taiji masters in China who have carried on the Wu Family Taijiquan tradition there.



Grandmasters presented with voyageur sashes.



Master Peng Youlian with Featured Speaker Dr. Lorraine Mayer Cree/Metis Professor of Native Studies, Brandon University, and internationally recognized Ojibwa Artist Ahmoo Angeconeb.

Forum Workshops



Master Yang Jun, 6th generation Yang Family, translates for his grandfather, Grandmaster Yang Zhenduo.



The Sun Taiji Workshop.

Grandmaster Wu Wenhan Teaches Wu(Hao) Style Taiji



The Wu(Hao) Taiji Workshop. In the first row: Featured Speakers Dr. Lorraine Mayer, and Dr. Shin Lin founding director of the International Alliance on Mind/Body Energy Signaling Research,



University of California, Irvine and Visiting Professor at the Shanghai University of Traditional Chinese Medicine flank two important members of the Peng You Taiji Quan Association.

Grandmaster Zeng Nailiang Teaches Taiji Qigong Six Forms for Health, The Sitting Form in the Confederation College Bubble



One of the most memorable highlights of the entire Forum took place in the early morning hours of Wednesday, July 19th.

At 7 a.m. everyone had the opportunity of joining the Grandmasters in morning exercises on the shore of Lake Superior at beautiful Marina Park. Given magnificent Lake Superior, the clear air, the nearby forests and mountains in the background, the Grandmasters declared Thunder Bay's Marina Park the best place in the world to play Taiji.





Internationally recognized Ojibwa Artist and Forum panelist Ahmoo Angecone displays a limited edition print entitled "Thunder Birds Doing T'ai Chi" which he created especially for, and in honour of, the International Forum on Taijiquan.



Peng You Taiji Quan Association

CHRISTMAS PARTY

Everyone Welcome

Saturday December 9
6:00 p.m. - 9:30 p.m.
55 Plus Centre

Tickets \$25 members
(\$30 non-members)
available from instructors

