

We present our thanks, in the respectful Chinese manner, with both hands extended, to the many people whose contributions are making the International Taiji Park a special part of the Marina.

# TAIJI POST

健康 友誼 幸福  
THE PENG YOU TAIJI QUAN ASSOCIATION

## Special Taiji Park Edition

Newsletter of the Peng You Taiji Quan Association  
Volume 15, No. 1 - September 2011



Wednesday, September 7, 2011 - the sun rising, the Sleeping Giant still snoozing, our qi flowing and the moongate nearing completion, we practice taijiquan on the yin-yang pad in the Taiji Park - our last Wednesday morning of taiji exercises till next spring.





The idea for the International Taiji Park was developed as a result of the 2006 International Forum on Taiji-quan which was held here in Thunder Bay hosted by The Peng You Taij Quan Association. This was the first time the International Forum was held outside of China.

In the early morning hours of Wednesday, July 19th 2006 the foremost Taiji Grandmasters representing the major family styles of Taiji, Yang, Chen, Sun, Wu and Wu Hao as well as the Modern Taiji styles, led morning exercises on the shore of Lake Superior at beautiful Marina Park. Free Wednesday morning exercises are a regular summer activity of The Peng You Taiji Quan Association, and on this occasion the numbers swelled to almost 400 people of all ages.

The weather was perfect with the sun rising over the Sleeping Giant into a clear blue sky as the mist lifted off the lake. Given magnificent Lake Superior, the clear air, the nearby forests and mountains in the background, the Chinese Grandmasters declared Thunder Bay's Marina Park the best place in the world to do Taiji. Thus was borne the idea for the first ever International Taiji Park. Thanks to hundreds of donors, in partnership with the City of Thunder Bay, the Park has finally become a reality adding a truly international aspect to the waterfront redevelopment.

The Taiji pad represents the well-known yin-yang symbol of two fish circling each other, which is an ancient symbol for the way things change. It is also connected to the way we think about health and Taijiquan, the art of balance and tranquility

Our moongate, a tradition in Chinese classical gardens is a vertical stone circle that frames Lake Superior and the Sleeping Giant. Not only will the moongate become a favorite location for wedding and tourist photographs, but, since the Sleeping Giant can be seen through the gate, it will be a constant reminder of the International Taiji Forum. One of the principal purposes of the academic part of Forum was to bring together Traditional Chinese Medicine and North American Native Healing practices. Chinese Masters and academics met Native Elders and Artists as well as Native academics. The Sleeping Giant is also known as Nanabijou, an Ojibwa Manitou. The tree covered mountain looming in the distance beside the park that so impressed the Taiji Masters is part of the Fort William First Nation Indian Reserve. Though called Mount McKay by most residence of Thunder Bay, it is known by the Ojibwa people as Animiki Wadjiw, the home of the

Thunder Bird, and is the true origin of the name of both the city and the bay. These unique landmarks, clearly visible from our new Taiji Park will be a constant reminder to those who participated in the 2006 International Forum of the experience of power and serenity generated by both Native American Ceremony and Traditional Chinese Medicine, including Taiji Therapy.

We thank all those who donated to this project. We are also grateful to the city of Thunder Bay for matching all donations.

**F**und raising continues. We are close to our final goal. We need an additional \$30,000. This amount will then be matched by the City of Thunder Bay.



**Photographs:**

**Right:** Two views through the moongate.

**Below:** The ground breaking ceremony. In the white hard hat - Wayne Bilbrough. To his right - Councillor Aldo Ruberto and to his left - Councillor Ken Boshcoff.

**Bottom:** Cranes Flying in the Clouds. By the time you are looking at this newsletter the moongate should be complete.



**W**e gratefully acknowledge the the generous people whose financial contributions have made this project possible and the volunteers who are making it happen.

**Diamond  
\$1500+**

- Luba Cargill
- Bill Climie
- Wendy Huang and Jim Taylor
- Mary Lou and Doug Rabb
- Muriel and Roy Stokes
- Thunder Bay Chinese Canadian Association
- Peng You Tai Chi Academy
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