

TAIJI POST



Newsletter of the Peng You Taiji Quan Association
Volume 19, No. 1 - November 2015

CHINA'S TAIJI GUINNESS WORLD RECORD SUPPORTED BY REMOTE SITES AROUND THE WORLD INCLUDING THUNDER BAY

Jiaozou China, 10 a.m., 18 October, 2015:

On this date in this part of China's Henan Province over 52000 people gathered in various venues to perform taiji thus setting a Guinness World Record. Moral support was provided by "remote sites" around the world, where each performed taiji at 10 a.m. in their time zone bringing the unofficial number of participants to over 1.2 million. Our own Peng You Taiji Quan Association participated, providing a unique contribution. As our International Taiji Park overlooking Lake Superior is on the Traditional Lands of the Anishinabe (Ojibwa) People, we began our session with Ojibwa drummers and dancers from the neighboring Fort William First Nation. They then participated in the taiji performance with the rest of the Association.

These are the same traditional drummers and dancers that plan to accompany Peng to China and dance on the Great Wall. They also hope to participate in the opening ceremonies of Yunnan Normal University's "Sino Canadian Conference of Multiculturalism and Ethnic Education" where distinguished Ojibwa philosopher, Dennis H. McPherson, Chair of the Lakehead University Department of Indigenous Learning and co-author with J. Douglas Rabb of *Indian from the Inside: Native American Philosophy and Cultural Renewal*, has been invited to deliver the Keynote Address.



Guinness World Records awards Henan Province China for largest martial arts display in multiple locations (including Thunder Bay) on Oct. 18, 2015.



CHRISTMAS PARTY 2014



WORLD TAIJI DAY, APRIL 2014



HARVARD MEDICAL SCHOOL GUIDE TO TAI CHI BRINGS TAIJIQUAN ONE STEP CLOSER TO EVIDENCED BASED HEALTH CARE

Peter M. Wayne's Harvard Medical School Guide to Tai Chi (Shambhala Publications 2013) examines recent scientific research on the health benefits of taijiquan and concludes that modern medicine is finally catching up to and actually acknowledging what Taiji Masters have known and taught for hundreds of years. The book cites numerous scientific studies which seem to corroborate the claims that taiji can help to "improve your balance and bones," "ease your aches and pains," "strengthen your heart," "deepen and enrich your breathing," "sharpen your mind," and "enhance psychological well-being and sleep quality." A separate chapter is devoted to each of these claims.

The most useful part of the book turns out to be the "Notes" at the end, which list all the research consulted, including many recent control-group studies. Though many of the studies conclude that more research is required, because for example the sample size could be larger, there is certainly mounting evidence that mainstream medicine should be looking seriously at Taiji. Harvard Medical School seems to be endorsing taiji since the book lists itself as one of the "Harvard Health Publications" of "Harvard Medical School."

The book does contain one glaring error, which though it does not affect the major conclusions, should be of

particular interest to members of our Peng You Taiji Quan Association. The author begins by saying "In July 2009, along with six other ... researchers representing leading US medical schools, I found myself sitting on a panel with five of the most renowned living grand masters of Tai Chi – the equivalents of Dalai Lamas of Tai Chi. This unprecedented meeting between Tai Chi researchers and masters was part of the First International Tai Chi Symposium on the campus of Vanderbilt University Medical School, a landmark event for the world of Tai Chi. For the first time, masters representing all major Tai Chi styles convened in one place to teach and personally share their passion for Tai Chi, show unity across all styles, and speak with one voice about the future of this ancient martial art" (p.1). Now we all know that the first time these grandmasters "convened" together in North America was not at Vanderbilt University in July of 2009. It was rather three years earlier here in Thunder Bay Ontario Canada, July 17-21, 2006, at our International Forum on Taijiquan.

Here are the Grandmasters the book is talking about, plus two others equally esteemed, standing in front of the main gates of Fort William Historical Park, having just paddled up the Kaministiquia River to the Fort in voyager canoes.



From left to right: Master Wu Wenhan, Master Yang Zhenduo, Master Chen Zhenglei, Master Sun Yongtian, Master Zeng Nailiang, Master Ma Hailong and Master Eddie Wu Kwong Yu



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Taiji Christmas Party

Saturday December 5, 6:00 p.m.

Traditional Christmas Dinner

Polish Legion
209 Cumberland Street North

Tickets \$25 members (\$30 non-members)
Order from Wayne Bilbrough 345-2626,
and from instructors



ALZHEIMER SOCIETY TAIJI COFFEE BREAK

On Thursday October 8th our 48 Forms and Sword Taiji Class enjoyed participating in an Alzheimer Society COFFEE BREAK. After our regular morning class we gathered in the Taiji studio and enjoyed coffee, cookies and conversation. Some members of other taiji classes joined us, This was putting our club's motto into action - Health, Friendship, & Happiness.

Best of all it provided a donation to Thunder Bay's Alzheimer Society.