



TAIJI POST

Newsletter of the Peng You Taiji Quan Association
Volume 21, No. 1 - November 2017

Christmas 2017 Edition

Thirteen taiji friends from Mexico traveled to Thunder Bay to participate in our Taiji Fan Performance celebrating Canada Day 2017. We wish we had had an American flag for this photo as well because Taiji friends from Duluth also participated, making this celebration a truly international event.



Here is a letter from Mexican Taiji Friend Daniel Corona, which appeared in the Chronicle Journal November 11, 2017.

THANK YOU THUNDER BAY

In June thirteen Mexican visitors associated with the Shaolin Temple of Mexico were pleased to accept an invitation from the Peng You Taiji Quan Association to come to Thunder Bay to participate in Taiji Training and the Canada Day celebrations. We took part in the Taiji Fan performance at Marina Park where the big 150 was spelled out by the participants in their formation celebrating Canada's 150th birthday. We have an ongoing connection with Thunder Bay because Grand Master Peng Youlian travels regularly to Mexico to train teachers in Taiji Qigong, an ancient Chinese system for promoting health.

Our group was awed by the vast boreal forest surrounding Thunder Bay, and enjoyed a sailboat ride on the harbour, lunch at the Hoito and excursions to Kakabeka Falls, the Terry Fox Monument, Trowbridge Falls area and Fort William Historical Park. The International Taiji Park with its beautiful moongate is a delightful place to practise Taiji. We found the citizens of Thunder Bay very welcoming.

In October when a powerful earthquake struck Mexico,

the Shaolin Temple in Mexico City found itself in one of the hardest hit areas. Although our headquarters were spared, others in the neighbourhood were not so lucky. The Temple immediately opened its doors as a collection and distribution centre for the relief effort. There has been a big need for all sorts of supplies. The motto of the Peng You Taiji Association is "Health, Friendship and Happiness", and proving that their friends are part of a large Taiji Family that knows no borders, the Association organized a fund-raising luncheon to help us out. We thank our "amigos" in Thunder Bay for sending us a generous donation of one thousand dollars, which we will put to good use here to relieve the suffering of our people. Thank you to all who have contributed. Thank you, Thunder Bay, for your hospitality as well.

Daniel Corona

Master Peng will be leading a 10 Day Taiji Retreat to visit our Mexican friends in Cancun, January 28 - February 6, 2018. The cost is \$1800 CAN round trip from Thunder Bay. This offer is open only to members of the Peng You Taiji Quan Association. Contact Peng if you are interested in going.



photo credits: Mike Richardson and Rick Perkins

Connections with Chen Village, the Birthplace of Taiji, Strengthened.

Since August 2007 our Master Peng You has been inside student of Grandmaster Chen Zhenglei 19th generation inheritor of the Chen family and 11th generation direct-line successor of Chen Style Taijiquan. Grandmaster Chen, who was born in 1949 in the Chen Village (Chenjiagou), is a regular visitor to Thunder Bay. Peng has also taken a group to China to visit the Chen Village. Many of us have had the privilege of taking workshops conducted by Grandmaster Chen during his visits here. The Chinese State Government has officially recognized him as one of the Top Ten Martial Arts Masters in China today. He has been the Principal and Head Instructor of the famous Chen Village Taijiquan School. In May of this year our connection with the Chen Village, the birthplace of Taiji, became even stronger. The city of Thunder Bay has signed a Sister City Agreement with the city of Jiaozuo in China. The

Chen Village, (Chenjiagou), is part of Jiaozuo in much the same way as Port Arthur is part of Thunder Bay. Incidentally, it may be more than coincidence that our Master Peng has made his Canadian home here in Thunder Bay. Master Peng's hometown in China is Dalian. It was once named Port Arthur after William C. Arthur who surveyed the harbor in the British gunboat HMS Algerine in August 1860.

Jiaozuo is Thunder Bay's fifth sister city, joining Gifu City, Japan, Seinajoki, Finland, and next door in Minnesota, Little Canada and Duluth.

To celebrate the Sister City Agreement Lakehead University (LU) will host a Taiji Academic Conference in cooperation with Jiaozuo's Henan Polytechnic University (HPU) and the two sister cities. Many Scholars from China are expected to participate. The official language of the conference is English, so members of the Peng You Taiji Quan Association can look forward to attending. The International Taiji Academic Conference will run from September 25th to the 28th, 2018.





Holiday Taiji drop in classes at the Academy:
 Tuesday Dec 19th 2:30 - 4 pm, Friday Dec 22 & 29 10 -11:30 am.
 Drop in Fee is only \$5,00.
 The first 2018 Taiji Open House at the Academy is
 Thursday January 4, 2:30 - 6 pm.

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Tai Chi Is a Promising Exercise Option for Patients With Coronary Heart Disease Declining Cardiac Rehabilitation (Originally published 2017 *Journal of the American Heart Association*) Authors: Elena Salmoirago-Blotcher, Peter M. Wayne, Shira Dunsiger, Julie Krol, Christopher Breault, Beth C. Bock, Wen-Chih Wu, Gloria Y. Yeh

Abstract by Richard Dyson, Submitted by Bill Climie

Reasons for non-enrollment include dislike of exercise, perception of exercise as tiring or painful, low exercise capacity, travel distance to the cardiac rehabilitation center, high copays, and psychosocial factors, such

as depression and low social support. Cardiac rehabilitation programs have high attrition rates for reasons from limited exercise options to the lack of social interactions during programs. Options to improve physical activity and other risk factors in these high-risk individuals are limited.

Approximately 1 of 4 survivors of an acute coronary event will experience another cardiovascular event or die within the following 5 years. This unfavorable prognosis is avoidable. The aftermath of an acute coronary event can represent a critical window for behavioral change. Tai chi could be an effective option to improve physical activity in this high-risk population.

In this sample of patients with coronary heart disease declining enrollment in cardiac rehabilitation, a 6-month tai chi program was safe and improved physical activity, weight, and quality of life compared with a 3-month intervention. Tai chi is a promising and safe exercise alternative for patients with coronary heart disease who are unable or unwilling to attend traditional cardiac rehabilitation.

Tai chi, is a traditional Chinese martial art based on gentle body movements, relaxation and breathing.

The exercise intensity during tai chi can be adjusted by varying session duration, body

More than 60% of patients decline participation in cardiac rehabilitation after a myocardial infarction.

position during practice, and training style to meet the needs of elderly and deconditioned individuals.

Because tai chi is safe even in high-risk patients, it can be offered in community centers thus overcoming

transportation barriers associated with cardiac rehabilitation.

Tai chi gentle training may be particularly attractive for women, who are less likely than men to attend cardiac rehabilitation and typically dislike the type of exercise offered at cardiac rehabilitation.

Tai chi energy expenditure can reach moderate-intensity aerobic activity and has been shown to improve self-reported respiratory fitness and other coronary risk factors.

The emphasis placed on breathing and relaxation exercises during tai chi may improve psychological distress.

Research has shown that the integration of stress reduction within a comprehensive cardiac rehabilitation program results in additional clinical benefits compared with cardiac rehabilitation alone.

In sum, tai chi is a promising and safe exercise alternative for patients with coronary heart disease who are unable or unwilling to attend traditional CR, in particular for older people, women, and deconditioned individuals.

(The purpose of sharing this research is NOT to discourage people from attending cardiac rehabilitation. This information may be relevant to those seeking gentle exercise options in the community after cardiac rehabilitation.)

<http://jaha.ahajournals.org/content/6/10/e006603>