



# TAIJI POST

Newsletter of the Peng You Taiji Quan Association

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## WELCOME BACK CHINA TOUR 2004!



On April 10, 2004, The Peng You Taiji Quan Association's China Tour Group participated in a 30,000 person Taiji performance as part of the opening ceremony of the 23rd Peony Festival in Luoyang, China. This established a new world record for mass performance of Taijiquan in the Guinness World Book of Records.

**Inside see photo stories on visits to Shaolin Temple and Chen Village, the birthplace of Taiji.**

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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 Caroll 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  
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**Website: [www.pengyou-taiji.ca](http://www.pengyou-taiji.ca)**



*Taiji Post Horse Stance*

Photos this issue thanks to: Oliver Reimer, and Mary Lou Rabb.

## *World Taiji Day April 24, 2004*



### **Fall Taiji Classes to Start With Visiting Masters**

Masters Zeng and Wei are returning for their third visit to Thunder Bay. September Taiji classes will be postponed two weeks to allow for special enhancement classes with the Masters. There will be something for everyone including the 8, 16, 24, 42 and 48 Forms, 32 and 42 Sword Forms, Fan and Partners Forms, as well as Taiji Qigong Six Forms for Health. Check our web-site or bulletin board for exact times and locations.

## The Chen Village: Birthplace of Taijiquan



The Peng You Taiji Quan Association's China Tour Group by the Taiji Monument in the Chen Village, the birthplace of Taijiquan. The logo of our Association will be added to the Monument so the Peng You Taiji Quan Association of Thunder Bay, Canada will have a permanent place at the birthplace of Taijiquan in Chenjiagou (Chen Village), Henan Province, China.

**Taiji class  
at the  
Chen Village.**





## The Origin of Yang Style Taijiquan



Master Peng performing taiji in front of the house Yang Luchan lived in during the time he studied taiji with the Chen family. Yang Luchan (1799-1872) is the founder of the Yang style of taijiquan. It was popularized by his famous grandson Yang Chengfu (1883-1936), and of course the rest is history.



**Master Peng and Oliver Reimer Study Taiji Weapons and Push Hands at the Chen Village School.**



# Shaolin Temple



Master Peng on the steps of the Shaolin Temple with Shaolin monks and 22 year old martial artist Liu Yanlong (Liu Asian Dragon) who was one of the teachers for the Peng You Taiji Quan Association group during their three day visit to the Temple.

## **Direct from the Temple to You**

Shaolin Qigong Workshop Sat. May 29, 2:00-4:00 p.m. Thunder Bay 55 Plus Centre Auditorium: \$10.00. This is a fund-raiser to help defray the cost of our plaque in the Chen Village; so come out and support our Association's growing international reputation, and learn about Shaolin Qigong from Master Peng.

**Congratulations to Roy Stokes** on his City of Thunder Bay Public Service Award for his ceaseless work on Taiji and Health, the International Taiji Festivals, and welcoming Taiji Masters and visiting dignitaries from China enhancing Thunder Bay's reputation for multiculturalism. We are justly proud of our Chief Instructor.



**Welcome Dr. Paul Lam** and his Workshop Participants June 10-13, 2004. Please join us at our drop-in classes on taiji and qigong: Marina Park June 11, 12 & 13, 7:30-8:30 a.m. Take the pedestrian crosswalk from the Prince Arthur Hotel, turn left and follow the lakefront. All members of the Association and the general public welcome.

On June 11, 7:30 - 9:30 p.m. participants in Dr. Lam's workshops will be taking a special class with Master Peng Youlian on Taiji Qigong Six Forms for Health at the Prince Arthur Hotel.

Members of the Association can meet and perform taiji with and for Dr. Lam on June 12, 7:30 - 9:30 p.m. at the Prince Arthur Hotel. Bring your swords and fans.

### **Summer Drop-In Classes Begin Friday May 28:**

Tuesdays 2:30-4:00 p.m., Fridays 10:00 to 11:30 a.m. at the 55 Plus Centre.

Wednesday Mornings 7:30 to 8:30 a.m. Marina Park.(also June 11, 12 & 13)

June 27, 10:00 a.m.-4:00 p.m. Taiji BBQ, with the Thunder Bay Martial Arts Council, 55 Plus Centre. Usual Fix-It Club Yard Sale as well. Everyone welcome, bring your swords and fans.

Shaolin Qigong Workshop May 29 2:00-4:00 p.m. (see page 7).