



PCMA club members practicing Chen style Tai Chi Chuan with Master Yang.



Prom Coast Martial Arts club logo is the characters from an old Chinese poem which translates the meaning of connecting the body (body ,mind & spirit) with heaven and earth. Top character is heaven next is man (body) next is earth and single stroke is connecting together. If you wondered what that was on our tee shirts and windcheaters now you know!

Hope your training has been going well .

Some thoughts with martial art training.

Sometimes we do not progress as we would like , however we should always look inward if we have these thoughts. Your instructors are relaying the thoughts and principles it is up to you to interpret and put into practice the techniques and theory. Do not try to over analysis your training , just stick to the basics , work as hard as you can when practicing and be patient, All martial arts whether internal or external style take many many years to become proficient , there is always much more to learn . No matter how advanced your training maybe though , never forget to work on and constantly review and train in all your basic techniques and principles.

Congratulations to students that have obtained grading to date in 2011.

Karate : Karen Law—Brown Belt

Pete De Garis—Blue Belt

Nicole Cooper—Blue Belt

Tai Chi : Michael Adamek—Beijing 24

PCMA students recently returned from training/sightseeing trip to Guangxi province China , you can read Gabby's notes on the trip on the next page!

Tai Chi Chuan

Training venues , dates , times.

- Monday mornings: Sandy Pt Community Hall (on beach if weather suitable) @ 9 till 10 am.
- Monday evening : Foster High School Gym Hall @ 6 till 7 pm
- Tuesday evening : Inverloch Community Hub Centre @ 7 till 8 pm
- Thursday : Toora Hall @ 6.30 Till 7.30 pm

Shotokan Karate

- Monday evening : Foster Hall , Junior class @ 6 till 6.45 pm and Adult class @ 7 till 8 pm.

Sensei Scott Griggs 3rd Dan

2011 Term Date

- Term 3— July 18th till Sept 23rd
- Term 4—Oct 10th till Dec 15th

Shotokan Karate and Tai Chi lessons as of end of term 2 are no longer available at Fish Creek hall, Students from these classes will be able to attend one of the other venues.

Private Tai Chi lessons:

For beginners or advanced are available just ask Andy or Karen for details if this may suit your needs.

Ni Hao from Yangshou, south China, what an amazing out of this world place! There were 8 of us who ventured to this wonderful location with our teachers Andy and Karen Law to meet and train daily with the lovely Master Yang, whose smile lit up the often grey and misty sky of Yangshou.

We didn't realize that over the next two and a half weeks all of our senses would be tested and tantalized amongst this very different culture. We saw sights we wouldn't dream of seeing, ate things we would never eat, smells, sounds, they were all ignited, a real cultural and spiritual awakening.

As soon as we reached the Riverside retreat in Dong Ling village we knew there was something special here. It had something to do with the abundant mountain range, Karste mountains as they are called, surrounding villages for as far as the eye can see. Straight up and down, all sizes with meandering rivers of the Li and Yuulong throughout.

The village people were very warm and friendly, but the language barrier quite enormous. I would have loved to converse with those old Chinese men and women who smile even though they have very little.

We were quite the celebrities in busy West Street, the main tourist area of Yangshou. We met Chinese students learning English wanting to converse a take photo's with us, making us feel special.

But back to the scenery and stories. The retreat had a beautiful view of Yangshou city, surrounded by these crazy landforms and at night strategically placed coloured lights on the mountains created a Vegas look alike city in the middle of country China. What a sight to go to bed with every night!

We practiced the Chen 18 with Master Yang in the central park of Yangshou- a great start to the day. We then filled in the rest of the day (with not enough hours) with activities. Here are a few highlights.

A magical light show on the Li River, dancing dragons with a Chinese opera, visits to ancient villages, a muscle breaking hike out of Dragon back Mountain(The terraced fields of Longhi), meeting different tribes of hard working people, congee for breakfast, cruising down the Yuulong river in Bamboo rafts, visiting the purple bamboo Buddhists temple where we were lunch guests, smiling locals who say "hello" when we say "nihao", the business of West Street, the serenity of the retreat, the 1000 year old turtle, the coloured reed flute caves, the daily practice of tai chi, the bike rides around the rivers and villages and through the busiest roundabout in Yangshou, the crazy yet orderly traffic, our guide Wendy, good Chinese massage, not so good tasting Chinese medicine, very good Chinese beer, fortune telling, laughing kids, good fresh food, the physical presence of the mountains and scenery, the conversion rate of the AUD, the beautiful girls at the minority cafe's.

These are just a few of the memories of the trip. But too many recollections to mention all of them. It's truly a place that is hard to describe. It's more of a "had to be there "to really know.

Thankyou Karen and Andy for sharing your world with us.

Xie Xie

By Gabby



Jen Cocksedge enjoying the view on the hike down Dragonback mountain

Tai Chi travels /events 2011:

Andy attended International event in Estonia earlier this year to perform with our Grandmaster and two other Tai Chi students , The performance was very well received by the broader martial art community and was another fantastic experience that the martial arts can bring to the individual.

PCMA students attended 3 week training trip to Guangxi province as per Gabby's notes on page 2.

Grandmaster Eng Chor Khor,s yearly trip is on again in Sept/Oct 2011 , this time to Vietnam and Malaysia where the students will perform a demonstration. PCMA students always are invited to attend any of the Grandmasters Tai Chi events , which include lessons, retreats , overseas travels etc , if anyone wants to go with Grandmaster in Sept/Oct for 2 weeks just ask Andy for the details.

The Celestial Tai Chi College (Grandmasters College) will be holding the yearly weekend Tai Chi retreat in the Bacchus Marsh area in November anyone wanting to attend just ask Andy or Karen for details or check out the college webpage on www.celestialtaichi.com.

Places for the May 2012 China PCMA club trip have now been filled and everyone is looking forward to enjoying the sights and sounds of rural China.

To contact PCMA club instructors :

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Karen Law on 0438 871 188 or email karenl@activ8.net.au.

Andy & Karen home 0458 871 305

Scott Griggs on 0429 139 937 or home on 56 871387

Ancient Tai Chi saying !!!!!

Be still like the mountain

Move like the flowing river