



Pictured is students practicing lotus qigong on a peak of Dragon Back mountain on the 2012 China trip.

All the best for the New Year , hope you have been able to have a good break , catch up with family or friends and are refreshed to continue your martial art training whether it be Tai Chi Chuan /Qigong or Karate.

For Tai Chi students sometimes we can neglect or even be completely unaware that what we practice is primarily a martial art.. Some clubs teach Tai Chi as a health exercise only and neglect the martial spirit and applications , while this is still quite good it in itself can become too yin and yang is neglected to a certain degree. To be trained as a whole and extract the full benefits from our training we need to have proper yin yang balance. This is why training with too much yin is often called Tai Chi dance and is not really recognised as Tai Chi Chuan (yin yang fist) by traditional masters. When training we must always have in our mind the spirit and intent of the true martial artist , this year we need to put a little more time so as everyone (especially the more experienced student) understands this philosophy and is able to incorporate it into ones own training. To gain better health and understanding this is important.

## Tai Chi Chuan

### Training venues , dates , times.

- Monday evening : Commencing 4/2/2013 @ Foster High School Gym Hall @ 6 till 7 pm (Yang style) 7 till 7.30 (Chen style)
- Tuesday evening : Commencing 5/2/2013 @ Inverloch Community Hub Centre @ 7 till 8 pm (yang style) & 8 till 8.30 (Chen style)
- Thursday : Commencing 7/2/2013 @ Foster High School Gym Hall @ 6 till 7 pm

## Shotokan Karate

Monday evening : Commencing 4/2/2013@ Foster Hall , Junior class @ 6 till 6.45 pm and Adult class @ 7 till 8 pm.

Sensei Scott Griggs 3rd Dan

### Private Tai Chi lessons:

For beginners or advanced.

Cost—\$25 per hour

Venue— Andy & Karen's Dojo at Waratah Nth

## **2013 Term Dates**

- **Term 1 — February 4th till April 15th**
- **Term 2 — May 6th till September 19th**
- **Term 3 — October 7th till December 12th**

Tai Chi travel & events 2013:

This year PCMA students will again be off to China to train in the beautiful surrounds of Guanxi Province. Karen , Andy and 8 students will leave Oz for China on the 16th of April and return to Oz on the 30th of April. As usual we will have daily Chen style Tai Chi and Qigong practice. Anyone interested in PCMA China trips just ask Karen or myself for more info.

We have been asked by Grandmaster to perform at opening ceremony of the International Martial Art Games to be held in Melbourne this year from 9th May. This is a high honour and we will need to perform well on what is an international stage. Footage from this night will be seen around the globe via the web and possibly local TV. The list of students performing has not been finalised yet but somewhere between 6 and 10 students will be required. Training sessions for this event will commence mid February (i will notify those participating).

Grandmaster Eng Chor Khor will again be taking Celestial Tai Chi College students on a trip throughout China , this year I believe the trip will include parts of the famous Silk Road. Grandmaster is very happy to take any PCMA students along, if you want any information contact Grandmaster directly or we will help and you can always check out the Celestial Tai Chi college website at [www.celestialtaichi.com](http://www.celestialtaichi.com).

Hopefully we can arrange with Grandmaster to come down at some stage in March this year. This will be a combined Training/Demonstration and Grading day , at either an indoor or outdoor venue. Will try and make sure it happens this year !!!!

**2013 Memberships are due for all students at the start of February , membership fees will be \$30 per year.**

**(Fees go towards insurance and affiliation costs)**

To contact PCMA club instructors :

Andy Law on 0409 871 305 or Karen Law on 0438 871 188.

Scott Griggs on 0429 139 937 or home on 56 871387

Or visit PCMA [website](http://www.promcoastmartialartsclub.com)

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**Ancient Tai Chi saying !!!!!**

Tai Chi is rooted in the feet ,  
transverses through the legs,  
waist and spine and issued  
through the hands