

Prom Coast Martial Arts

Tai Chi Chuan

天人合一

February 2018



Pictured are PCMA students training at Andy & Karen's home in November 17

Welcome back all to another year of martial art training, 2018 will be a fantastic year to not just improve on what you already know but also to learn new things and continue to grow. Tai Chi is Yin Yang, Yin Yang is the state of constant change, your Tai Chi is of course always changing so what you thought you may have been very good at will continue to develop and maybe not only look a little different but feel very different. This is natural progression and is one of the reasons why your training can never really finish.

The purpose of Tai Chi is to balance Yin Yang, you own balance contributes to your wellbeing but on a larger scale allows you to connect with the greater Yin Yang of the natural world to not just influence your own energy but that of all living beings. If you truly follow the Dao this can be achieved, purpose being to influence a better world in your own way and time.

Andy & Karen being graded to Tai Chi Masters was a definite highlight for 2017. The opportunity to continue to train with our own master, Yang Dong Bao, is something we feel very privileged to be able to undertake and the fact that we have the title of Tai Chi Masters makes no difference to our pursuit of progression in our skill and understanding. 2018 will see Andy & Karen travel to Quangxi province twice to continue this wonderful instruction

from a true master of martial arts. We will be taking a student group to visit Quangxi province and train with Master Yang this year, we had hoped to depart in August but now approximate dates for travel are October 11 to 26. We will arrange a meeting within the next 2-3 weeks to discuss this trip and finalise details.

Training will commence Monday 5/2/18 for ex Foster class (see notes below) and Tuesday 6/2/18 for the Inverloch class

2018 will see changes to times & duration, venue and cost, so please take note:

Inverloch class: Changes are to times, duration and cost, details are below.

New start time for Yang class is 6.00 p.m. and finishing at 7.00 p.m., cost is \$15.

Chen class runs for 30 min, s starting at 7.05 p.m. and finishing at 7.35 p.m., cost is \$10. This class usually be in two groups covering Chen 18, 74 & 64

Those wanting to train in both classes from 6.00 p.m. until 7.35 p.m., cost is \$20

Foster class: Changes are to Venue, times, duration and cost, details are below.

We will not be training in the PC Aged care building and are currently negotiating with Fish Creek Hall committee to return to this very nice space to practice in. Trying to keep to Monday nights but Wednesday could be an alternative night we have to look at. We are hoping to be able to confirm Fish Creek as a venue shortly however in the interim this class will be held in our Dojo at home commencing 5/2/18. We will advise when these changes.

Class commences at 6.00 p.m. and finishes at 7.00 p.m., cost is \$15.

Chen class runs for 30 min, s starting at 7.05 p.m. and finishing at 7.35 p.m., cost is \$10. This class is for students training in Chen 64 only

Those wanting to train in both classes from 6.00 p.m. until 7.35 p.m., cost is \$20.

*We do not like to see increases in cost for students, we have tried to avoid a price increase for long as possible but now is the time. As always, we are more concerned about you continuing to enjoy your Tai Chi journey, if cost is ever the sole cause of discontinuing this journey please speak with Karen or myself.

Karen and I will be attending the Celestial Tai Chi College annual banquet on Sunday March 4th in Melbourne. Grandmaster Eng Chor Khor has once again invited all PCMA club students to attend, and would love to see old friends and meet any new ones. If you are free on that evening and would like to join us please let Karen or I know and we can book table for us all. Date for this year's event has been changed to coincide with the Chinese New Year celebrations. As always, the food will be great and Masters will perform demonstrations. Usually this is event attended by around 2 to 3 hundred Tai Chi enthusiasts just like you! Hoping you can join us.

Term dates for 2018:

Intend to update this with more detail shortly as we plan to have several workshop type weekend training days throughout this year particularly for weapons training and perhaps a visit from Grandmaster at some stage.

But at the moment here is what we know.

Training -February 5 to April 24

Break - May 1 to 18 – Andy & Karen China trip

Training - May 21 to July 24

Break? -August 1 to Sept 7 – A & K away – either break from training or perhaps senior students may take reduced class?

Training - Sept 10 to Oct 9

Break - October 10 to 26 – PCMA club China trip

Training - Oct 29 to Dec 11

Please pass this email onto anyone who may be interested in joining us, if you know of anyone wanting to try Tai Chi the start of a new year is always a good time so invite them to come along. We don't do a lot of advertising (advertising extremely expensive for a small club like ours) so word of mouth is how we keep going.

Also a reminder, do not reply to this email as it is a group email and everyone will receive it!

Contact details for Karen and myself are.

Andy – andymlaw62@gmail.com 0409 871 305

Karen – karenmlaw61@gmail.com 0438 871 188

PCMA Club website: www.promcoastmartialartsclub.com.au