



Newsletter - April 2019

Upcoming Workshops & events

- **Sunday 28th April. Workshop.** Session 1: 11am – 1.30pm, Session 2: 2pm – 4.30pm. Break for refreshments, theory & discussion 1.30-2 (bring your own supplies). Location: De Chene reserve oval, opposite #1 tram street on junction of Nicholson St. Fee – one session: \$30, both sessions \$40. Workshop is open to all, club members or not, and content will depend on who is there on the day.
- **Saturday 4th May.** Replacement Saturday class (from March 2nd) – usual Sat time and place

ChangeSkill custom T-shirt

There is a club T-shirt available – just let me know if you would like to order and I'll get a batch. It features the logos of the club and of Practical Tai Chi Chuan International (PTCCI), and the notorious back lettering of 'Practical Tai Chi Chuan' which made fame across Europe in the late 80s-early 90s. White or Black (for Inside door students). Let me know if you're interested – fees & size guide available (\$30-\$40 depending on size & style).



Melbourne Push Hands Open

This will be a push hands competition, open to anyone, that is planned for this year (although it was supposed to be 2015, life got in the way). Initially, it will be small scale, with only one competition format (moving step but with no throws). We are looking for expressions of interest, if you'd like to be 1. competitor, 2. official (referee, timekeeper, etc.), 3. 'other' (administration, marketing, etc.). Would you like to help? Tell us! Check the Facebook page:

<https://www.facebook.com/melbourne.pushhandsopen.9>

The competition date is fixed for **Sunday 8th September 2019**. Location is yet to be locked in.

There will be regular **practice sessions** for people to enjoy pushing hands and learn to judge. The first of these is Saturday 27th April, at Bayou Wing Chun, 280A Balaclava Rd, Caulfield North VIC 3161.

Pushclub and push hands practice groups

To progress your practical skills in any of the partnered work (really, pushing hands and applications/fighting), you need to practice outside the classes. Pushclub (For those interested in freestyle pushing hands, you would also enjoy Pushclub: <http://www.meetup.com/pushclub/>) is a monthly group to practice push hands, and there is a similar group meeting on Mondays ~6pm in Carlton gardens behind the museum.



Qigong and Neigong

Neither the qigong nor the neigong training is taught or practiced in the public courses. Nor are students invited to partake in the training. It is demand-driven: if someone feels that they would like to undertake the qigong or neigong training, then they should ask the instructor. It's that simple!

For Neigong, and the initiating 'bai shi' ceremony by which students 'enter the door', the minimal qualification laid down by Dan Docherty is at least short form and sabre form (pre-supposing practice of all the other stuff in the time it takes to learn them). In addition to that, students should have a good record of class attendance, a good grasp of basic theory and culture, and the ability to perform the preparatory internal exercises that I teach from time to time in the classes.

So, if you're interested, just ask.

Reading

There are lots of Tai Chi books worth reading, and some a little less so. My teacher has some books and PTCCI products available on his website <https://www.taichichuan.co.uk/products-books.html>.

The Hong Kong Tai Chi Association still seem to have copies of books by Cheng Tin Hung (and Dan Docherty), though the weapons one is sold out: <https://en.hktaichi.com/p/books.html>.

Classes

Public courses

Saturday morning, De Chene reserve, East Coburg (Near Bell st., opposite junction with Nicholson St., next to Merri Creek). 10.30am - 12.30pm. Alternate Saturdays (2019 – 13/04, 27/04 etc. ...).

Tuesday/Thursday evening, Holy Trinity Church Hall, 520 Sydney road, Coburg. 6.30pm - 8.30pm.

Private courses

On demand – please see fees on the website.

Train well, Phil