



# TAIJI POST

Newsletter of the Peng You Taiji Quan Association

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## China Trip 2005



On their last day in China the group still had energy and enthusiasm to assemble on the Great Wall for this photo shot. See inside for more photos.

In Beijing it was nice to be welcomed by the familiar face of Master Wang who remembers fondly his trips to Thunder Bay. The last time he attended our Summer Taiji Festival was with his son in 1999.



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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 Carroll 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  
Canada P7A 3S6

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



*Taiji Post Horse Stance*

Photos this issue thanks to: Mary Lou Rabb.

## China Trip

Peng You navigated a small Sampan as the group took a side trip through the Lesser Three Gorges. Notice how he puts his heart and back into taking care of us. As we traveled the narrow river enclosed by towering cliffs we felt we were being swallowed by a primeval forest where a family of monkeys played on the shore.



Doing taiji on the top deck of the Dragon Boat tested our balance. Our group was joined by other passengers as Peng You led us through the International 8 Form and Taiji Qigong 6 Forms for Health before breakfast.



## Taiji Qigong Instructor's Workshop

Taiji Qigong: Six Forms for Health Instructors' Workshop was an outstanding success. last June.17-19th. Master Peng was the instructor for the participants who came from many different backgrounds and regions They are now certified to teach this valuable program to their groups in their own communities in Ontario, Manitoba, Minnesota and Wisconsin. For the members from our Association who participated, we enjoyed meeting new friends who appreciated our hospitality and have become part of our group.



Back Row: Jill Coran, Fort Frances: Deah Kinion, Ely, MN: William Temple, Winnipeg: Duncan MacKay, Terrace Bay: Bev Nurmi, Thunder Bay: Sandy MacKenzie, Thunder Bay: Mark Gridley, Milwaukee,WI: Liz Gridley, Milwaukee, WI: Second Row: Anna Cranton, Thunder Bay: Sue Kainulainen, Thunder Bay: Rose Marie Sorochuk, Thunder Bay: Debbie Murray, Fort Frances: Bente Sorensen, Pass Lake: Marina McEachern, Thunder Bay: Sita Holland, Thunder Bay: Annette O'Brien, Kakabeka Falls: Tat Lui, Winnipeg, MB: Tamara Murray, Winnipeg, MB. Front Row: Mary Lou Rabb, Doug Rabb, Jean Noble, Peng You Lian, Grace Roddy, Roy Stokes, Marguerite Maki. Missing from picture Marg Bilbrough, Helen Arpin Thunder Bay.

Participants had the opportunity to practice good teaching strategies with each other. Sue is observing while Tat teaches the second form Open and Close Hands to Liz.



The perfect weather made it possible to enjoy some sessions out of doors.



Two new Taiji classes have begun this fall at Calvary Lutheran Church. Bev Nurmi, Sandy MacKenzie, and Rose Marie Sorochuk who completed

the instructors' workshop in June are sharing their enthusiasm and expertise with Tuesday morning and evening groups. They are teaching Taiji Qigong Six Forms for Health and Paul Lam's Tai Chi for Arthritis.



## Annual Barbeque and Yard Sale



Muriel Stokes organized the volunteers so everyone could enjoy the food and drinks. The Thunder Bay Martial Arts Council assisted with the event and we enjoyed some impressive demonstrations by their younger members.



**Successful Fundraiser!**



Members of our Association enjoyed the September Alzheimer's Coffee Break Fundraising Party and contributed \$333. to the Society.

## **International Forum on Taijiquan Thunder Bay, Ontario July 17-21, 2006**

At the centre of Canada, an historic event is taking shape: the International Forum on Taijiquan 2006, scheduled for July 17-21, 2006 at Confederation College in Thunder Bay, Ontario.

Held for the first time ever in North America, this is a "must" event for anyone interested in any aspect of Taijiquan, from the theoretical to the practical. It is an unprecedented opportunity to interact with six of the world's top Masters.

The Forum will feature presentations by internationally renowned scholars, keynotes by each of the six Masters, workshops, showcases and special events. Participants will also have the opportunity to be adjudicated by one of the Masters and will receive a signed certificate.

Delegates will also be invited to take part in a public showcase at Thunder Bay's beautiful Marina Park on the shores of Lake Superior, the largest freshwater lake in the world. With the distinctive land formation, the Sleeping Giant, as the backdrop and held in conjunction with a popular "Summer in the Parks" concert, the showcase is certain to attract a crowd. It will be a chance to look at the how cultures of North America and China are contributing to one another. It has already been decided that the next Conference following Thunder Bay will be in Hong Kong.

Visit the web site for further details:

<http://www.taijiforum2006.ca/>

### **Master Peng Inducted Into Martial Arts Hall of Fame in New York**

Since our last issue of the Taiji Post, Master Peng has received another award. He was inducted into the Budo International Magazine Martial Arts Hall of Fame in New York in June 2006. He is pictured here with Grandmaster John Pelligrini.



## Memberships

It's time to renew your membership for 2006.

Annual fee is still only \$10.00!

Why not renew your membership when purchasing your ticket for the Christmas Party.



Peng You Taiji Quan Association



# CHRISTMAS PARTY

Everyone Welcome

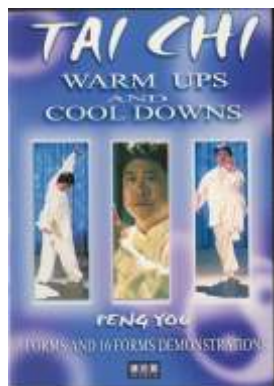
Saturday December 3

6:00 p.m. - 9:30 p.m.

55 Plus Centre



tickets: \$25 members (\$30 non-members)  
available from instructors or Twin Dragons Restaurant



A new DVD Tai Chi Warm Ups and Cool Downs and Demonstrations of the 8 and 16 forms has just been released.

Taiji practice at home can be better than ever because on this DVD Peng gives detailed instruction on how to "warm up" and "cool down" as well as demonstrations of the 8 and 16 forms with explanations for every movement of the 8 Forms.