



GUANG PING
YANG TAI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

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October 2003

From Your President

Wow! What a great conference. Thanks to everyone who presented and to everyone who attended. You made our 2003 conference another smashing success. The quality of the workshops was outstanding. The level of camaraderie was unsurpassed. The food was good, and plentiful. The setting terrific. Special thanks are due to Dominick Ruggieri and Randy Elia for searching out and securing the great facilities at The Chateau. And to our non-member special guest presenters, Master Yang Fukui, Jay Dunbar and Rick Barrett, for taking time from your busy schedules to join us and share so generously of your knowledge and experience I want to say a very particular, sincere, and heart felt - "Thank You!"

Of course, all the workshop presenters were terrific and I can only offer my condolences to those of you who couldn't be there to take part in the learning and fun. You missed out, and we missed you. But maybe we'll see you next year? October 15-17, the Quails Inn, Lake San Marcos, CA. Plan for it.

Since this is the last time I will be writing as President of the association, I'd like to take a few lines to thank some folks whose help and support have made the last two years of hard work mostly more joy than pain. So, to Valarie, Lynn, Terry Anne, Pam, all my fellow board members, and especially Grandmaster Look, for all the LARGE and small things you did to help make it work: THANK YOU!

It is my great pleasure to welcome and congratulate our new President, Dominick Ruggieri, who will officially take office at the October 12th board meeting. We're all in good hands. I look forward to being able to lend him my support for the remainder of my term on the board. I just hope I can manage to do half as much for him as he's done for me during his two year term as Executive Vice President./President-elect.

Lastly, I want to repeat the appeal I made at the General Membership meeting during the conference. The association has begun building an archive of materials of all sorts as a resource for study and reference on everything possible that we can gather relating to the history, lineage, teaching, and practice of Guang Ping Yang Style Taijiquan. We're looking for documents, stories, photographs, films, videos, anything at all that will help paint a more complete picture, for us and future generations, of the Guang Ping Family. So, if you have an interesting anecdote or story to tell, write it up or record it on tape and please send it in. You might even want to write some-

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A Conference Concern

There is a less than pleasant aspect of this year's conference that really can't be left unmentioned. Everyone there had a wonderful time and the conference was very successful in most ways. Financially, however, we did not do so well. While making a profit is not, and never has been, a major goal of the conference – the board has always done its best to ensure that all costs were covered. Most years we've managed to end with a small net surplus that has helped to fund things like honoraria for guest presenters, the mini-grant program, etc. This year we will be absorbing a slight loss and you all have a right to know why.

The actual amount we will end up being "in the red" is fairly small (less than \$500), but in contrast with each of the last three years' net surpluses in the \$2,000 range it is very significant. And our potential for loss was even greater. The management of The Chateau Resort didn't hold us to our agreed upon minimum numbers for meals as specified in the contract. Instead they only charged us for the actual number of meals served. This saved us a significant amount of money and is the sole reason why our losses are not in the thousands. The minimum guarantees set in our contract with the hotel were consistent with those from previous conferences, and while we did manage to meet our minimum number for rooms, we did not even come very close for most of the meals. Why?

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Good thing that sword isn't sharp!



Ouch!!



TEACHERS CERTIFICATION PROGRAM

The Guang Ping Yang T'ai Chi Association has been working on the idea of Teacher Certification Program for a long time. We started by answering the question of why do this? We referred back to the Mission Statement of the Guang Ping Yang T'ai Chi Association which states that our purpose is "To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang T'ai Chi Ch'uan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi." We see the teacher certification program as a big step in this and we are excited to announce that the process is almost complete.

This style of t'ai chi is rare and not always well understood. How do we preserve this for future generations to cultivate and to refine in order to make it better? Many of us are teaching t'ai chi to many different types of communities for health benefits in addition to martial benefits. T'ai Chi is becoming more and more popular as the medical community in the west recognizes its benefits. As this spreads, many organizations are asking for qualified instructors and looking for certification of a teacher's skills. The Guang Ping Yang T'ai Chi Association can help promote Guang Ping Yang T'ai Chi by offering this certification.

In order to recognize the established teachers and teaching members who we know already meet the criteria for certification in the program, the Board decided to create a "**grandfather**" status and award Teacher Certificates without formal application through the program. At the 2003 Conference just held in September, the Board announced our Teacher Certification Program and presented the first group of certificates to those grandfathered teachers who were in attendance.

Within the next few months, the complete program will be rolled out. This will include a complete description of how the program was formulated, how to administer the program, criteria for grandfathering, and the final stage will present the criteria for those who choose to ask the Association to grant them teacher certification.

We will soon be contacting all those qualified instructors who are currently members. We will also encourage those we know of who are not members or are inactive members to support the Guang Ping Yang T'ai Chi Association and participate in this Teacher Certification Program. So look out for more information, ask your teachers, contact the board members and get involved. If you'd like to apply for teaching status, or know someone who you think should be granted grandfather status, let us know. This is your organization and it has to benefit you.

Without further ado, we are proud to announce those teachers who were awarded certification at the conference.

GUANG PING YANG T'AI CHI CH'UAN CERTIFIED TEACHERS

Lucy Bartimole	Patricia Boucher	Kristina Bung	Jeff Burton
Nick D'Antoni	Randy Elia	Dennis Glanfield	Nina Hopkins-Sugawara
Henry Look	Marilyn Mathews	Dan Murphy	Lawrence Riddle
Dominick Ruggieri	Lynn Sharp	Jonathan Shear	Patricia Shear
Peggy Simone	Paki Sukwattana	Gary Torres	

CONGRATULATIONS!!!

Membership Renewal Time

Don't forget, the end of the year is coming, so that means your membership will expire on December 31, 2003. So, keep us in the back of your mind as we get into January and the new year begins. This just a reminder to pay your 2004 Membership. Like always you can do it through the website at www.guangpingyang.org and you can mail a check to our membership coordinator at:

Membership Coordinator

Terry Ann Barman
P.O. Box 686
Laguna Beach, CA 92652

**A
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Do you have an article that you would like to submit to be published in the Universal Post? Perhaps some photos of your class working out? Maybe just something funny or amusing you said or a student told you? How about sharing a story of a student who benefited from T'ai Chi?

There is no topic too silly or serious to share with the membership. We want to hear from you, so please send in those articles and photos.

On another note, this will be the last issue where I am editor of the Universal Post. However, I am glad to announce our new editor, a very gracious person, Kristina Bung. She will take over the undaunting task of Editor of the Universal Post. I will be moving on to other duties as president of the association, so all I can say is a big thanks to Kristina. I am sure you will do great.

Let's all support her and provide her with pages of information to make her job easier in compiling the newsletter each quarter.

Don't forget, you can email all your articles to editor@guangpingyang.org and it will get to where it has to go.

Thanks!

Below: The honorable delegation from Ohio!



Conference 2004 Update

Well, here we are again. We have barely let the dust settle from our 2003 Conference, and lo and behold, we are starting to work on the 2004 Conference. So, let's tell you what little we do know now:

- ➔ We have locked in our date of October 15, 16, & 17, 2004. This will be a Friday, Saturday, and Sunday.
- ➔ It will be hosted once more at Lake San Marcos, San Diego, CA.
- ➔ Our rooms rates are \$99.00 per night.

So go now, mark your calendar, arrange your schedule, and make plans to join us at this spectacular weekend of workshops.

Now, here is what we don't know and where we need your help!

- ◆ Suggestions for topics...if there is a topic you want to see, tell us.
- ◆ Suggestions for presenters...if there is a presenter you want us to invite or invite back from a previous conference, tell us.
- ◆ If you want to present a topic, tell us.

Simply go to the website at www.guangpingyang.org and click on workshop proposal, complete the form with as much detail as possible, click submit...you are done—painless.

It doesn't matter if you want to present or just make a suggestion, we will take it from there. If you can't get access to the website, just call me (Dominick) at 732-920-0605, or any other board member, and we will send you a paper version of the workshop proposal form.

It's your conference, so please put in your two cents worth.

By Dominick Ruggieri

AN IMPRESSION

Nothing JoAnna told us about Master Chiang--all wonderful and amazing-- prepared us for actually meeting him.

At 81, Master Chiang is strong, dynamic. He stands tall with (seemingly) no effort. He stood and lectured for 3 hours while we in the mostly younger audience, began sitting in ever increasing numbers. Pride (or perhaps stubbornness) getting the better of me, I refused to join them, thinking, if Master Chiang can stand all this time, I should be able to. I succeeded, but barely.

Master Chiang demonstrated each of the 64 movements with balance and grace. His kicks were high and controlled-- awe inspiring. And physical strength aside, his face and hands were amazingly smooth. "Soft like a woman's" he said. I found myself comparing my wrinkled hands to his. Other attendees confided they did the same.

Master Chiang is a living testament to the benefits of Tai Chi--an inspiration to all of us who's efforts fall short. I can't imagine anyone at our seminar not resolving to do more and better; to make Tai Chi a daily practice. Master Chiang had to be experienced first hand. Nothing JoAnna told us could have prepared us for meeting him.

By JoAnn Donoghy

Tricia says
"NO MORE PLEASE!"



Editors Corner

Editor: Kristina Bung
Email: Editor@guangpingyang.org

The editors reserve the right to edit any material or article submitted for publication.

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Special Thanks Donations

The Association would like to take time to give special thanks to:

➡ Peter Laudert

The above has contributed donations to the association in addition to their annual membership or just to support the organization.

Thank you again for your thoughts and support!

Discussing high level T'ai Chi concepts?



Working out hard!



MORE CONVENTION 2003 CANDIDS



Tai Chi Around The WWWorld

I decided to take a bit of a whimsical approach this time around, and so I've assembled here an assortment - a smorgasbord of delights, if you will - of websites relating to aspects of Chinese culture and/or martial arts that are loosely connected by this theme: I found them fun and/or interesting in some way. Some of these websites are good resources for Ahard information, while others are included Ajust for the heck of it. I hope you enjoy this little excursion!

As usual, neither I nor the Guang Ping Yang T'ai Chi Association makes any editorial statement of support for the pages listed here and we are not responsible for the quality or accuracy of any of the content at any of these sites. Also, obviously there are many more sites available than are listed below. I encourage you to explore a little on your own. If you do, then I've accomplished what I set out to do. ENJOY!

On-line Chinese Tools

<http://cgibin.erols.com/mandarintools/>

There are a host of sites with programs, computer/printer fonts, links to various resources for those who are studying, or just interested in, Chinese, both Mandarin and Cantonese. While exploring along these lines one day I came across this site which includes serious resources for those interested in learning Mandarin, but also contains a link to a [Chinese Namer](#). This page will generate a Ajust for fun@ Chinese name for you based on some simple information you provide by filling in the form. There are also links to [Character Flashcards](#), a [Western/Chinese Calendar Converter](#), and a [Chinese/English Dictionary](#), among others. There's even an [On-line Abacus](#) link in the China Reference Tools section.

Babelfish

<http://babelfish.altavista.com/babelfish/>

While were on the subject of languages, Douglas Adams fans will find this site of particular interest just because of its name, let alone its capabilities. You can connect to this site and receive a free translation of either a website OR a block of text up to 150 words long. No guarantees that you won't start any intergalactic conflicts if you rely on these translations for your sensitive off-planet correspondence, but sort of fun nonetheless! And 19 or 20 languages to pick translate to/from, too.

Ancient China

<http://www.crystalinks.com/china.html>

A nice photo of a section of the Great Wall heads this apparently sparse web page, but don't be fooled by the simplicity. Follow links for nice, concise historical sketches on a host of subjects relating to China and Chinese culture and religion/philosophical thought. Titles include: Artifacts - Archaeology - Pyramids - Tombs - Dunhuang Caves, Astrology, Buddha, Buddhism, Confucianism, Confucius - Famous Sayings, Dragons, Dynasties, Feng Shui, I Ching, Inventions and Remedies, and lots more!

Hsing-I Martial Arts Institute: Iron Body Demo

<http://www.hsing-i.com/pics/hammerdem.mpg>

If you haven't seen this video of Mike Patterson being slammed in the stomach with a sledge hammer, you may want to visit this link and check it out. The video is pretty compressed and the image is not large, but it's impressive none the less. And while you're there, go ahead and poke around the rest of his site. There's some good stuff there, Maynard! ps: lots of downloadable vids at [<http://www.hsing-i.com/pics/index.html>](http://www.hsing-i.com/pics/index.html)

A Study of Taiji Push-hands - by: Xiang Kairen

<http://www.nardis.com/~twchan/ph.html>

Following up a bit on activities from our recent conference and taking a turn toward the serious side, I think this well written and thought provoking article is worth taking the time to read.

Push Hands, San Shou and Tai Chi Combat

<http://www.thetaichisite.com/tai-205.htm>

While we're on the subject, this is the T'ai Chi Site.com's push-hands page. Lots of links from here to all sorts of information about choreographed and free-style t'ai chi sparring.

So, I was having so much fun I thought I'd continue to follow-up from the conference and see what came up if I did a Google search on, Master Yang Fu Kui. We'll all be happy - but especially our webmaster - to know that the very first listing in my

Tai Chi Around The WWWorld continued

search results was the link to our own GPYTCA site and our 2003 Conference Workshop descriptions. But the next few listings were intriguing too, although they mostly take a more historical bent. Here, without comment to spoil the surprise, is a sampling for you to explore.

Yang, Lu Chan

www.plumblossom.net/TaiChi/yanluchan.htm

Masters

<http://www.fushengyuan-taichi.com.au/masters.htm>

Original Yang Style Taijiquan

<http://www.geocities.com/oldyangtaijiquan/original1.htm>

Taiji Resource Center

<http://www.hku.hk/cmaclub/english/resource-center/malibrary/taichi-his.htm>

Randy & Yang Fu Kui

http://www.taoistartsorganization.com/Peter%20Kwoks%20Kung%20Fu/Photo%20Gallery/randy_&_yang_fu_kui.htm

ChinaTips.net: Kung Fu

<http://www.chinatips.net/english/culture/kungfu.html>

And here are a couple of places to find that perfect sentiment in Chinese the next time you need to send a greeting card or locate some lucky money envelopes.

Siamese Dream.com

http://www.siamese-dream.com/greeting_cards/greeting_cards.html

Fat Ming, Co.

<http://fatming.com/>

Free Electronic Greeting Cards

<http://www.inet.com.my/postoffice/chinese/>

123Greetings.com [free electronic cards as well]

http://www.123greetings.com/events/chinese_new_year/

Well, I've got to stop myself somewhere. Get me started and I'm dangerous. So, that's it for now.

Don't forget to visit GPYTCA's own website: < <http://www.guangpingyang.org> >. There you can join or renew your membership in the association, order the 2000 conference photos CD, or purchase other conference session videotapes and more!

ATTENTION MEMBERS! If you who have website and want to be sure that it's listed on the "Guang Ping Links" page of the association website, please send me your URL. As always you can send me your comments and suggestions via e-mail at: Nick@guangpingyang.org or by post: Nick D'Antoni, 962 Hobson St., Walla Walla, WA 99362-2479.

See you next time! Yours in peace and practice - Nick



Honorary Chairman

Y. C. Chiang, CA

Henry Look, CA

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Nick D'Antoni, WA

October 2001 - October 2003

Nina Sugawara, CA

March 2000 - October 2001

Donald Pickens Rubbo, CA

October 1998 - March 2000

Henry Look, CA

February 1996 - October 1998

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thing up for publication in the *Universal Post*. But don't worry if you are intimidated by the idea of writing for "public consumption", just put something down that captures the essence of it and send it along. If you have videotape or photos of the early association conferences, before we began doing our own taping, please send in a copy, information or a story about the early days of Guang Ping in the US? Please consider sharing that as well. Whether you consider it very significant, or merely sort of interesting, we'd like to be able to include it in the collection.

We're not asking you to give away any valuable original materials, unless you'd like to make a gift of them. Good quality copies are certainly sufficient to allow us to help guarantee the preservation of the information they contain. Any materials contributed to the archive will carry an attribution of the source, and of course no commercial use or reproductions for purposes other than research will be made.

The long-term goal of this project is to establish a permanent collection of value that is fully cataloged and accessible for research and reference. So, our motto is "more is better." Plans also include eventually making as much of this archive as possible available online through some form of restricted access to prevent abuse. As with all similar collections, access and use will be strictly governed by research and study criteria to be established by the board prior to opening the archive for use. But in order to build the best possible resource we need to start gathering now, and continue this effort into the future. If you have anything you suspect would be of value to the archive project, please contact me, or any board member to talk about how to proceed. Thank you.

Thanks for "listening" to my commercial, and thanks for a great couple of years!

Yours in Peace and Practice - Nick



!!! Mini-grant -- Mini-Grant? -- Mini-Grant !!!

Let the Guang Ping Yang T'ai Chi Association help you make things happen. GPYTCA mini-grant funds are still available to help sponsor special workshops, teaching residencies, and other t'ai chi events. Why wait? Go to the website <http://www.guangpingyang.org/> and click on the "Grant Program" button for detailed information and application materials.

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Mission Statement Guang Ping Yang Tai Chi Association

To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang style T'ai Chi Chuan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi in honor of the memory of Sifu Kuo Lien Ying, who brought Guang Ping to the United States, and in commemoration of his unselfish sharing of his many skills.

(Continued from page 1)

Well, obviously, the overall attendance at this year's conference was down significantly from prior years. In fact, we had what was perhaps the smallest group ever in attendance this year. But size, as they say, isn't everything and the smallness of the group did nothing to detract from the quality of the experience. It could even be that some of the extra closeness that I heard folks commenting on as events were winding down on Sunday was a direct result of the intimacy of the group. Still, as I look back over attendance for the past three years I begin to worry for the future of this event.

For whatever reasons, fewer of us seem to be willing and/or able to come each year. I see this as potentially problematic in a number of ways. Unless reversed this trend certainly precludes ever being able to bring in presenters who cannot, for whatever reasons, pay their own way and make a gift of their time. It means that the board will continue to be limited in its choices for options to include in the program. If numbers continue to decline, of course, it could eventually bring an end to the conference as we've come to know it. Most certainly, we can't even begin to think about any ideas of expansion.

But to me, at least, it is most troubling if this trend of declining participation is a reflection of how most members feel about the value of the conferences. Please give us your feedback. Get in contact with any board member - by letter, phone call, email, carrier pigeon, however... Write a "letter to the editor" for the newsletter. Let the board know what you think.. what you'd like to see done differently.. what we've missed.. ... I personally am most interested in hearing from some of you who've never attended, or who haven't attended for some time. Why? Is it because the conference programs aren't providing what you need? Is it just because we're all feeling more of a financial pinch right now? Is there something we can do to make the conference more compelling? This is a membership association. This is OUR association, you, me, all of us. We all have a stake in the health of the organization. There is a significant very silent majority of the membership lurking out there and we'd love it if some of you started making a bit of noise. One thing is certain, if the board never hears from you they will certainly never be able to take your opinion/position/request... into account.

Be active. Get in touch. Stay in touch. Participate.
Thanks!

Nick





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STEP UP, APPARENT CLOSE UP

(SHANG PU, JU FENG SHIH PI)