



**GUANG PING**  
YANG TAI CHI ASSOCIATION

# The Universal Post

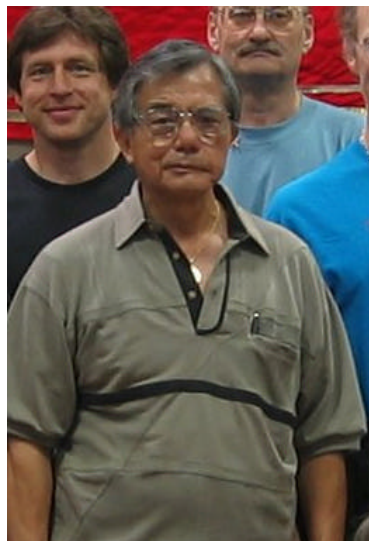


*Nonprofit Organization*

*Volume 7 Issue 1*

*February 2004*

## Grandmaster Henry Look named MAN OF THE YEAR



In February, Grandmaster Henry Look was named Inside Kung-Fu “2004 Man of the Year” for his outstanding and continuing dedication to the martial arts.

For more than 40 years Grandmaster Look has been studying and teaching Chinese martial arts. His training includes Guang Ping Yang T’ai Chi, I-Chuan, Hsing-I and Ba Gua.

For those readers who may not know, Grandmaster Look is also the driving force behind the creation and supplies ongoing support for the Guang Ping Yang T’ai Chi Association.

As part of being named “Man of the Year,” Grandmaster Look also writes a monthly column for Inside Kung-Fu called “Lost Generation.” Be sure to check it out!

***Congratulations Grandmaster Look!***



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## From Your President

First, I would like to thank everyone for their good wishes and support as I embark on this new adventure. I only hope I can be as successful as my predecessors in this most prestigious position. So let me take some time to fill you in on what has been happening since the last issue of the Universal Post.

You have been hearing about our teachers certification program, so perhaps, we need to fill you in on where we are. As we enter the next stage, we are working on a certificate design. This will be followed by the posting of all certification procedures on the website. Then, we will move ahead and start to issue certificates to all those who are actively teaching or organizational members meeting the criteria. But don't worry, if you are a teacher but have a regular membership, we will be contacting you to offer the opportunity to upgrade that membership and receive your certification. If you haven't renewed your membership and are a teacher, be sure to upgrade your membership so we can include you in this process.

Then we will be relying on you, the membership, to help us contact those individuals who we have identified but have not been a part of the Association at any-time, and see if they would like to participate and support the Association in the certification program. It will take some time to complete these steps, but we will act promptly, so please be patient. It will be worth the wait.

We again are at that time of year when memberships are due. Why is this especially important this year? We will use the 2004 membership list for starting the process of certification. So, make sure your membership dues are paid up. If you are a teacher, be sure to indicate this on your membership form so you are included in the certification program.

Next, it is that time again and we are starting to plan the 2004 Conference. First, mark your calendars and make your plans to attend this year's conference planned for October 15, 16, 17, 2004 in Lake San Marcos, CA. Second, if you have a topic you would like to present; there is a topic you want someone to present; or you would like to suggest a topic for us to find

*(Continued on page 10)*

## JUST IN TIME FOR THE CHINESE NEW YEAR— A PERFECT GIFT FOR YOUR TAI CHI FRIENDS



- Kao Lien Ting
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## Greetings from the New Editor

Hello Everyone!

I'd like to start by saying many thanks to Dominick Ruggieri for all his hard work as Editor of the Universal Post. Many of you are probably not aware how much multi-tasking he had to do. He was not just the newsletter editor, but he was also Vice President-Elect of the Board of Directors and the webmaster for the GPYTCA website (check it out, it's awesome!). Wow, that's a hand-ful!

Now as he steps into the role of President of the Board of Directors, I am happy to take over his role as newsletter editor so that it frees up some of his time for his Presidential duties. But don't worry, you'll still hear plenty from Dominick and yes, he will be hearing a lot from me.

Now who am I?

My name is Kristina Bung. I work as an Administrative Assistant for a CPA / Accounting firm and have over 9 years of experience. I am a T'ai Chi student of Sifu Larry Riddle of Wisconsin Wen Wu School. Sifu Riddle is a direct student of Master Y.C. Chiang and Vice-President of the GPYTCA Board of Directors. (Yes, there was "gentle" persuasion used in acquiring me as the editor.) I have been doing T'ai Chi since the

*(Continued on page 4)*

## Editor's Corner

Editor: Kristina Bung  
PO Box 386, Schofield, WI 54476  
Email: Editor@GuangPingYang.org

The editor reserves the right to edit any material or article submitted for publication.

***The Universal Post and/or Universal Post, title of the Guang Ping Yang Tai Chi Association's newsletter, copyright 2004©by Guang Ping Yang Tai Chi Association.***

## Membership Reminder

This is just a reminder to pay your 2004 Membership dues. You should receive a renewal form in the mail or you can visit the website at [www.guangpingyang.org](http://www.guangpingyang.org) and print out a form or you may renew online. So many ways to renew!

Printed renewal forms and checks should be sent to the membership coordinator at:

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

Remember, new memberships are welcome anytime during the year. But why wait until later? Encourage your students to sign up now!

Membership benefits include discount on the yearly conference fees, this newsletter and being part of an organization that loves to share.

## Teacher Certification Update

In the October 2003 issue of the UP, the GPYTCA announced it's first round of Certified Teachers.

The Board is still putting the final touches on the program, so please be patient and watch for more updates in future issues.

If you have immediate questions, please contact a Board Member.

Steven Kemps practices and teaches in Chicago. What more can we say?!



## Donations

### Special Thanks

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

- Nick D'Antoni
- John Hall
- Donald Hediger
- Laura J. Iwan
- Steven J. Karpen
- Peter Laudert
- Jeannie B. Miller
- Scott Schneider
- Lynn Sharpe

The above 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!*

*(Continued from page 3)*

fall of 1996. For me it is an easy year to remember. I had only been a student for about a month when Master Y.C. Chiang and his wife Madame Hui Lui came to Wisconsin. They were here for 3 packed days of lectures and corrections. Unfortunately, being new and not knowing anything, I only attended one of the lectures (3 hours plus), but that one lecture gave me a wealth of insight into the philosophy, health and tradition of T'ai Chi. I only had a vague idea what I was getting myself into but after the lecture, I knew I wanted to be a continuing part of the tradition and 7 years later here I am, still learning.

And now as I assemble my first newsletter, I get to combine my editing skills with my T'ai Chi knowledge - I just hope that I can continue in the excellence of my editing predecessors.

Yours in T'ai Chi.

Kristina



*Wisconsin Wen Wu School students/teachers -- Steven Kemps (L) and Roger Parmeter (R) practice chin to toe. Both study T'ai Chi under Sifu Larry Riddle.*

We would love  
to feature  
your submittal  
here!!

Help!!  
Articles Wanted

The above space could be filled with something from or about your school. The Board of Directors has been doing a fantastic job filling these pages with information for years. As Editor, I've taken an Editor's liberty in this issue and added a few items from my school but I'd love to see if we can get more member participation.

This newsletter is for the members—Is there something you would like to see in these pages?

Maybe you have something you would like to submit but are unsure about doing it. Whether it is a letter to the editor, articles on something special your class participated in, tournament news, upcoming events, pictures or if you have a question you've been trying unsuccessfully to find an answer for, send it to the Editor. With the Board of Directors and all their contacts, who knows what we'll come up with.

We look forward to hearing from you!

*See Editor's Corner for contact info.*



## HONORS

We would like to extend congratulations to two of our members for being inducted into the Action Martial Arts Hall Of Fame 2004 this past January. Randy Elia of Peter Kwoks Kung Fu Academy was inducted for "30 Years Of Martial Arts Achievement," Dominick Ruggieri of China Hand Kung Fu Academy was inducted for "Continuance Of Excellence In The Preservation Of Martial Arts." Dominick's student, Khadi Madama, was also inducted for "Outstanding Achievements In Martial Arts."

*Congratulations and keep up the good work!*



*Randy Elia*



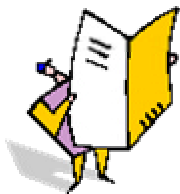
*Dominick Ruggieri*



*Khadi Madama*

## In the News

Grandmaster David Chin from North Carolina was the focus of an article called "Revealing the Secret Small Circle Application Form of Guang Ping Yang Tai Chi" written by Janine Chin Fowlds and printed in the February 2004 issue of Kung Fu Tai Chi magazine.



The article talks about the Kuo Lien-Ying Tai Chi form which emphasizes application and energy (fa jing).

Check it out if you get a chance.

## New School Grand Opening

The Guang Ping Yang T'ai Chi Association would like to offer its' best wishes to Diane Hoxmeier on the opening of the New England Tai Chi Union Wing Wen Wu School located at 31 Railroad Avenue, Warren, Rhode Island. Diane has been teaching Guang Ping Yang T'ai Chi Ch'uan for 22 years and is a student of Grandmaster Yun Chung Chiang of El Cerrito, CA.

So, if you are in the area, visit Diane at the New England Tai Chi Union Wing Wen Wu School or give her a call at (401) 253-0642.

Congratulations again and good luck from all of us at the Guang Ping Yang T'ai Chi Association.

## GPYTCA Conference 2004

**It's never too early to start planning for the 2004 GPYTCA Conference.**

**Date:** October 15, 16, & 17, 2004. (This is a Friday, Saturday, and Sunday.)

**Place:** Quails Inn Hotel  
 Lake San Marcos, San Diego, CA  
 Room rate will be \$99.00 per night.  
 760 744-0120 phone  
 760 744-0748 fax  
 800 447-6556 toll free  
 email: [info@quailsinn.com](mailto:info@quailsinn.com)  
 Web: <http://www.quailsinn.com/quailsinn/>



**What are the topics?** Good Question!

What would you like to see offered at this year's Conference?

Is there something that hasn't been offered at a conference that makes you say, "If only they had a workshop on . . . then I would go"?

Let the Board of Directors know! The Board is looking for topic suggestions, suggestions for presenters or, better yet, your offer to present a workshop.

They already have a few top-notch presenters in place but more are always needed and always welcome.

**How:** Not sure how to get your comments and suggestions to the Board.  
 There are lots of options!

1. Via the website: [www.guangpingyang.org](http://www.guangpingyang.org)
2. Send an email to any member of the board (see the list of board members on page 10 for addresses)
3. Call the President of the Board, Dominick, at 732-920-0605
4. Or, if this is all too much electronics for you, send it via snail mail to: Kristina Bung, Editor, c/o Wis Wen Wu School, PO Box 386, Schofield, WI 54476-0386

### Frequent Flyer Miles



Do you have extra frequent flyer miles that you know you won't use?

Consider donating them to the GPYTCA to share with someone who may not otherwise be able to attend the conference.

If you have miles you would like to donate, please contact a Board member.

## Tai Chi Around the WWWorld

I found myself intrigued by the results of my “potpourri” approach to the last column, so I’m trying it out again. This time with a bit of a twist. I picked a few topics, not necessarily closely related, and searched for some interesting websites for each. 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. There are always many more sites available than are mentioned here, so I encourage you to explore a little on your own. If you do, I’ve accomplished what I set out to do. Meantime... ENJOY!

### ☉ **The Eight Gates and Five Steps**

<http://www.wuwei.org/Taiji/classics/yang1.html>

Located on the Wuwei Foundation’s website, this page includes a clear and simple diagram illustrating the basic associations between the eight gates (pa-men), or ching, of t’ai chi, the eight primary trigrams (pa-kua) of the I-ching, and the compass points. There is also a short paragraph describing these relationships as well as the connection between the five elements and the five directions, or steps, of t’ai chi.

### ☉ **The Thirteen Gates**

<http://www.egreenway.com/taichichuan/powers13.htm>

Here’s someone who’s taken a somewhat non-traditional approach to presenting a discussion of the thirteen postures of t’ai chi.

### ☉ **Eight Gates**

[http://www2.gol.com/users/ddh/eng/f\\_04\\_eightgates.html](http://www2.gol.com/users/ddh/eng/f_04_eightgates.html)

This page is from Daniel Harrington’s “Guang Ping Yang Tai Chi Chuan Japan” site and presents what I think is a very thorough and well written discussion that also makes use of material from Master Kuo.

For those interested in more information regarding Guang Ping history and lineage, here are several links to check out. And don’t forget the pages on the Association’s website! You may find some inconsistencies, even apparent contradictions, in what’s posted in these pages. As with much of history, what wasn’t actually documented may remain matter for conjecture and discussion indefinitely. And who really knows of all the stories told which are accurate and which are apocryphal? And is it really important always to know what is literal fact and what merely captures the spirit or essence of a moment or individual? As one of my wise old Roman ancestors once said, “Caveat emptor!”

### ☉ **Tai Chi Chuan Lineage**

[http://www2.gol.com/users/ddh/eng/f\\_12\\_notes.html#Anchor-23240](http://www2.gol.com/users/ddh/eng/f_12_notes.html#Anchor-23240)

Daniel Harrington

### ☉ **Grandmaster Kuo**

[http://www.geocities.com/ctcca\\_home/art12.html](http://www.geocities.com/ctcca_home/art12.html)

Harvey Kurland

### ☉ **The Popular Modern Styles of Taijiquan**

<http://web.singnet.com.sg/~limttk/historg9.htm>

Peter Lim Tian Tek

### ☉ **A Short History of Quang Ping Yang Tai- chi Ch’uan**

<http://pw1.netcom.com/~drpounds/history.html>

David R. Pounds

### ☉ **The Living Legend of San Francisco Chinatown - Lien Ying Kuo**

[http://www.chinahand.com/tai\\_chi/history/kuo\\_lien\\_ying.htm](http://www.chinahand.com/tai_chi/history/kuo_lien_ying.htm)

Article from December 1976 “Inside Kung Fu” magazine.

## Tai Chi Around the WWWorld (cont.)

- ☉ **Tai Chi Chuan An Introduction**  
[http://www.chinahand.com/tai\\_chi/history/kuo\\_lien\\_ying.htm](http://www.chinahand.com/tai_chi/history/kuo_lien_ying.htm)  
 Dominick Ruggieri
- ☉ **The Development of T'ai Chi Ch'uan Styles**  
[www3.sympatico.ca/alduncan/Styles.doc](http://www3.sympatico.ca/alduncan/Styles.doc)  
 \*\* NOTE \*\* this link opens a Microsoft Word document. It has some very detailed lineage charts for various styles.
- ☉ **GRANDMASTER KUO LIEN YING: Kuang Ping Style T'ai Chi Ch'uan**  
<http://www.dotaichi.com/Articles/InMatteroftastethereisnodispute.htm>  
 Internal Wushu Arts Newsletter, November/December 1998

And for teachers who may be interested in T'ai chi as it is being taught in an academic setting, potential breakdowns of materia l, etc., here are a few links to web pages at colleges and universities.

- ☉ **Indiana University - Bloomington: Academic T'ai Chi Ch'uan**  
<http://www.indiana.edu/~taichi/>  
 These folks have quite an extensive curriculum listed that includes not only several levels of class, but weapons and push hands as well.
- ☉ **University of Virginia Health System: T'ai Chi Ch'uan**  
<http://www.healthsystem.virginia.edu/internet/stress-reduction/bodywork2.cfm?eventID=4271>  
 Some basic course info.
- ☉ **Ji Hong Wu Shu & Tai Chi College**  
<http://www.taichi.ca/edmonton/edmonton.htm>  
 This college is located in Canada. I couldn't readily discover whether they're accredited or not, but they have a long class list.
- ☉ **Hunter College Continuing Education: T'ai Chi Chuan**  
[http://ce.hunter.cuny.edu/courses/coursedetails.cfm?course\\_webid=1209](http://ce.hunter.cuny.edu/courses/coursedetails.cfm?course_webid=1209)
- ☉ **The University of Oregon Wushu Club**  
[http://www.geocities.com/uowushu/collegiate\\_rules.html](http://www.geocities.com/uowushu/collegiate_rules.html)  
 A large and seemingly very busy and well organized group.
- ☉ **University of California Berkeley Wushu Team**  
<http://www.ocf.berkeley.edu/~calwushu/home.html>  
 This is the home site of what I believe is the oldest and largest university level wushu team in the country.

I hope this is enough to get you started searching around on your own. 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 a 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: [ndantoni@charter.net](mailto:ndantoni@charter.net); 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 Chairmen

**Y. C. Chiang, CA**  
**Henry Look, CA**

## Past Presidents

**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

## Board Members

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President@GuangPingYang.org

### Vice-President Elect:

**Randy Elia, NJ**  
President-Elect@GuangPingYang.org

### Vice-President:

**Lawrence Riddle, WI**  
Vice-President@GuangPingYang.org

### Treasurer:

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Treasurer@GuangPingYang.org

**Fu-Tung Cheng, CA**  
Futung@GuangPingYang.org

**Patricia Boucher, TX**  
Tricia@GuangPingYang.org

**Nina Hopkins Sugawara, CA**  
Nina@GuangPingYang.org

**Nick D'Antoni, WA**  
Nick@GuangPingYang.org

**Lucy Bartimole, OH**  
Lucy@GuangPingYang.org

## National Advisors

**Valerie Prince, Newport Beach, CA**  
**Joanna Schoon, Newport Beach, CA**  
**Daniel Lee, Duarte, CA**

## Membership Coordinator

**Terry Ann Barman**  
P.O. Box 686  
Laguna Beach, CA 92652  
MembershipCoordinator@GuangPingYang.org

## Webmaster

**Dominick Ruggieri**  
Webmaster@GuangPingYang.org

## GPYTCA Welcomes Interim Board Member

Lucy Bartimole from Columbus, Ohio has graciously accepted an interim position as a GPYTCA board member. Lucy is filling a vacant seat until the next official election. Please welcome her.

*(Continued from page 2)*

someone to present, visit the website at [www.guangpingyang.org](http://www.guangpingyang.org) and complete the workshop presentation form. We will do our best to include all presenters, however, depending on the turnout and topic, we will select those workshops which best accommodate this year's conference. Submit your suggestions now to get an early start. You can also book your room now and reserve a room with the best view for only \$99.00. Also airfares are low right now, so if you are flying, you might want to check airfares. Act NOW and make your plans.

On a more personal note, a goal I would like to see the organization reach is one of increased membership. So, my question is how can we, the Board, entice you to help increase membership? We would like all those teachers of Guang Ping to get their students enrolled, but we know that is easier said than done in today's economic times. We need to pass the word that Guang Ping is changing and improving. We need to gain the support of all those who once were members and would like to see the organization flourish as it has in the past. So, let's open a line of communication and start talking. Just email me at [president@guangpingyang.org](mailto:president@guangpingyang.org), or any other board member, and send your suggestions.

Lastly, we also have a new newsletter editor, so let's provide Kristina with all of the articles she can possibly handle and email them to [editor@guangpingyang.org](mailto:editor@guangpingyang.org). It can be short, like the opening of your school or the results of a tournament. It can be long if you want to share a thought, story or T'ai Chi happening. Maybe you know someone that T'ai Chi has helped, or there was a revelation that you had during training; photographs are welcome. We want to share your experiences with the membership. So please, send in the information now. If you don't have email, you can send it to Kristina Bung at PO Box 386, Schofield, WI 54476

Thanks again!

Dominick



## TOURNAMENT NEWS

### Tournament News from Master Gary Torres

This year's 7th Annual Wu Tang International Tournament was held in October in Canton, Ohio. Master David Chin brought 3 competitors, all of whom placed first. Chris Heintzman won his Superfight - San Shou full contact championship over Richard Council at heavyweight, and Keith Carter won his Superfight - San Shou full contact championship over Khalid Abdus Salam at middleweight. Chris Walker won his division in Push Hands, and Tournament Grand Champion in Push Hands. This year there was a large turn out for push hands. All the push hands divisions were run by Chief Judge Master Marilyn Cooper with the help of other masters and instructors. Next year's annual tournament is expected to greatly exceed this year's turnout. Tournament Directors are open to having a separate Guang Ping Division if enough competitors show up.



United States Chinese Kuo Shu Federation Champion Patrick Brady, of the Little River Kung Fu School, represented the United States as it's unlimited weight division Lai Tai Fighter in November in San Palo, Brazil, at the World Kuo Shu Federation World Championship Tournament. Lao Shi Brady beat the Mexican Champion in the quarter finals with a first round TKO when the Mexican competitor failed to return to the platform for the second round. Brady then fought the Paraguayan Champion in the semi-finals winning this fight by a unanimous decision. Brady then fought the home court favorite, the Brazilian Champion, in the finals. This match was by far Brady's most difficult of his Lai Tai fighting career, as evidenced by his losing the first round. Brady recovered and went on to decision the Brazilian Champ to win the World Title and the Gold Medal. This is Lao Shi Brady's 3rd World Lai Tai Fighting Championship Title. Also representing the United States was Chris Walker of David Chin's Kung Fu. Chris competed in the Super Heavy Weight Division Lai Tai Fighting and brought back a Fourth Place Medal. Although the tournament had many participants from around the world, only the Lai Tai Fighting was by merit only. All the Lai Tai fighters were champions of their respective countries. Both fighters attribute some of their skills from practicing Guang Ping Yang T'ai Chi.

### National Tournament News

Recently the President of the AAU changed from Earl Portoy to Nick Scrima. Nick appointed your very own Nina Sugawara to act as Chief of Internal Arts for the AAU-CMA. As you may know, Nina is also on the Executive Committee for the US Wushu Union. Any questions regarding these events can be directed to Nina at [chigrdner@aol.com](mailto:chigrdner@aol.com).

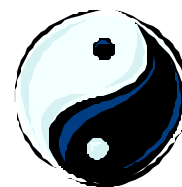
US Wushu Union National  
August 13,14,15 2004  
Pittsburgh Expo Mart  
Pittsburgh,PA  
[www.uswushuunion.com](http://www.uswushuunion.com)

AAUCMA National Championship  
July 2,3,4 2004  
Orlando, Florida  
[www.aucma@mail.com](mailto:www.aucma@mail.com)



### CHECK IT OUT!!!


**Master Gary Torres just published his new website at  
[www.phoenixdragonkungfu.com](http://www.phoenixdragonkungfu.com)**




### Mission Statement Guang Ping Yang T'ai 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.

**WORLD T'AI CHI & QIGONG DAY 2004**  
 April 24, 2004  
 10:00 am



On this day, T'ai Chi and Qigong students will gather together and practice their art. Beginning in the Earth's earliest time zone a moment of peace and calm will travel around the world.



If your school participates in this special day, we'd love to receive articles and photos showing how you celebrated. We'll print as many of them as space allows.



**GUANG PING**  
 YANG TAI CHI ASSOCIATION

c/o Wisconsin Wen Wu School  
 PO Box 386  
 Schofield, WI 54476-0386  
 USA



CARRY TIGER TO MOUNTAIN  
 (Chinese Pao Hu Kwei Shan)