



GUANG PING
YANG T'AI CHI ASSOCIATION

The Universal Post



Nonprofit Organization

Volume 14 Issue 3

September 2011

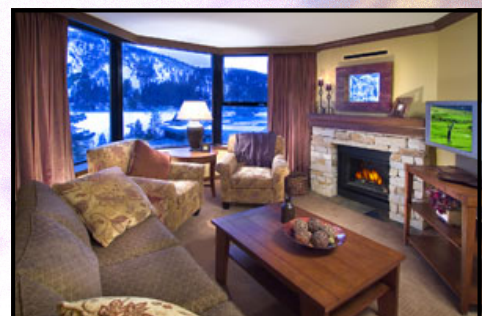
October 28-30 2011 **GUANG PING YANG TAI CHI CHUAN CONFERENCE**

**COME JOIN
THE FUN!!!**
SEE INSIDE
FOR MORE DETAILS

Squaw Creek Resort
400 Squaw Creek Road
Squaw Valley, CA 96146
800-327-3353
www.squawcreek.com

Conference Registration Website:
www.guangpingyang.org

Room Registration Website:
<https://resweb.passkey.com/go/GPYTCA>



WHAT'S INSIDE

Yi Gun Gin (#10-12)	2
Kuo Lien Ying	3
Chin Na—10 Point Locking Drill (#9-10)	4
Kuo Lien Ying (Cont.)	5
GPYTCA Conference 2011—T'ai Chi at the Tahoe	6-8
Guang Ping Yang T'ai Chi Application	9
Calendar of Events	10
Sifu Lawrence Riddle	12

YI GUN GIN (CONT. FROM JULY NEWSLETTER)

Yi Gun Gin

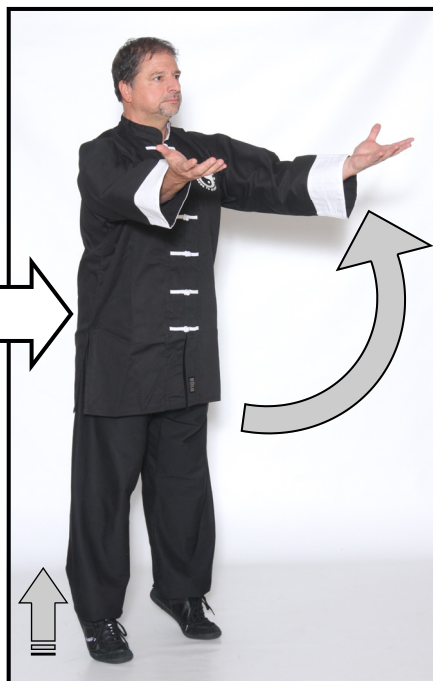
By Master Randy Elia

This is the last of the 3 part series on the 12 exercises of Yi Gun Gin. I hope you enjoyed it. If you have any questions you can speak to me at the conference. Hope to see you there.



Posture 10: Assume natural standing position with feet close together. Form a fist with each hand with the thumbs bent inside the fingers. Lift elbows up and to the side at shoulder height with the fists pointing straight upward, palms facing forward. While inhaling, squeeze the fists tight, and with no actual physical movement, push strongly upward with both arms as if a very heavy weight is being supported. While exhaling, relax. Repeat up to 49 times.

Posture 11: Assume natural standing position with feet close together. Form a fist with each hand, and place them next to the belly, palms facing inward with the thumbs lifting up and pointing to each other about one inch apart. While inhaling, squeeze the fists tight and lift up the thumb as much as possible. At the same time, pull up both fists without any actual physical movement, as if a very heavy weight is being held. While exhaling, relax but keep both thumbs and fists in original position. Repeat up to 49 times.



Posture 12: Assume natural standing position with feet close together, dropping hands naturally to the side. Palms are open and facing forward. While inhaling, with palms facing up, simultaneously lift both arms to shoulder height and lift both heels off the floor. While exhaling, turn palms downward and simultaneously drop arms down to the sides and heels back to the floor. Repeat up to 49 times.

“KUO LIEN YING”

Kuo Lien Ying

(Excerpted from the upcoming book, *Kung Fu Woman*, by Marilyn Cooper)

Kuo was from pre-revolutionary China, and Inner Mongolia to boot, another world and time when there really was such a thing as a Kung Fu Man. He was called a “Flower Monk” alluding to his womanizing and drinking. Many military men of his era, including Chiang Kai Shek himself, had similar habits. I never heard that he had spent any time in a monastery, but his training regime was indeed austere.

Much of Sifu’s personal history is well-known. His father was a silk merchant in Inner Mongolia. Kuo had learned Tan Tui (a Muslim form called Springing Leg) at the age of twelve, and his internal training began in his twenties. He established his reputation and proved his abilities to the world by going from village to village, challenging all comers to fight him.

Sifu was hired by merchants to guard their goods from bands of thieves. Just like the scene from *Crouching Tiger, Hidden Dragon*, Sifu rode his horse alongside the camel trains going across the Gobi Desert, his rope dart tied under his jacket, ready to fling at bandits with a single pull. Sifu was larger-than-life, or at least larger than the life he now led as an elderly instructor, teaching a rag-tag bunch of Americans Kung Fu from a Chinatown storefront.

After a year of training in three different Kung Fu schools, I went to Kuo’s Academy exclusively. None of the other Masters taught standing meditation, held training at dawn, or lived behind his own Kung Fu school, which was open for training from the pre-dawn darkness until ten at night, seven days a week, three-hundred sixty-five days a year.

When we exited our cars in the semi-darkness, we were greeted with his hearty “Tsou Shang!” as his rope-dart came whizzing out of the mist within an inch of our noses. If I missed a morning session, I could come in later and train twice as hard to make up for it. After all, as Sifu told us, “Miss one day, go back one hundred.” Kung Fu was now my world. I felt that I had finally found something important that I was meant to do for the rest of my life.

Sifu taught very few forms, although he himself had learned many systems, and from the most famed masters of dynastic China. My training there mostly consisted of city block long lines of Tan Tui (Springing Leg form, which is considered foundational training for the rest of

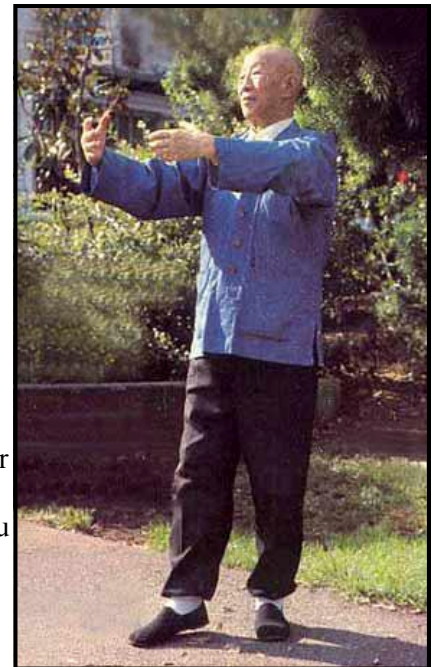
Kung Fu) through Portsmouth Square Park in Chinatown, one hour long Horse and Universal Post posture, lots of one-handed push hands, lots and lots of stretching, and mimicking the elders doing the T'ai Chi form as a cool-down. At night, I dreamed I was flying through space and leaping over rooftops. Sometimes I would kick in my sleep and wake up on the floor.

Our academy was a destination point for the guided tour buses that came through Chinatown. The guide would bring folks in and gesture to us, telling the tourists in hushed tones that we were practicing the ancient art of Chinese Kung Fu with Master Kuo Lien Ying. The odd assortment of students, standing motionless along the mirrors meditating, while others did their forms in the center of the floor must have been incomprehensible to the general public, but to me it was home-base.

The studio and its members were certainly conspicuous. Sifu wore his long robes over his street clothes and a sort of Chinese yarmulke. Many of the more serious students shaved their heads like him. We frequented the banquet halls of Chinatown restaurants, whenever Sifu would summon us to dinner. Kung Fu students are always hungry.

Sometimes Chinese dignitaries from Taiwan would visit and Sifu would bring us all to a banquet, where he join in toasts, throwing down little cups of warm sake with the meal. Afterwards the tipsy students would stagger back to the studio, following Sifu through the streets of Chinatown. There he would beat a rousing, repetitive rhythm on the giant red Chinese drum and make us do forms, bellies swollen from food and half of us drunk or exhausted.

The other Chinese people there regarded him with a mixture of awe and curiosity -- the old master from a bygone era, whose Chinese dialect was so obscure that they couldn’t understand him much better than we could.



(Continued on page 5)

CHIN NA - 10 POINT LOCKING DRILL

10 Point Locking Drill

By Sifu Tom Carney

Below are the last two techniques or the one side. In the next issue, I will show the transition to switch sides. Both practitioners get a chance to do the techniques without stopping, plus depending on the transition done, can reverse (mirror image) sides. This drill has been put on this year's conference schedule. Look forward to seeing you there.

Technique #9

When partner (Tom Dolcelli) tries to fold his arm and pull down from Technique #8c (below & in last newsletter), Sifu Tom Carney maintains pressure on shoulder with left arm,



and grabs his partner's wrist with his right arm. Pressure is maintained on the shoulder blade, and the partner's wrist is pulled across his back. Be careful, this technique can cause injury if forced. This technique is very effective and similar to Technique #5.



Technique #10

When partner tries stand up, Sifu Tom releases the arm and swings his right arm around to a choke using the bone of his forearm to press partner's neck against the side of his rib cage. Sifu Tom arches his back slightly to increase pressure. Do not try to reach all the way around opponent's neck, it's not necessary. Use caution and do not hold to long or your opponent will pass out.



“KUO LIEN YING” (CONT.)

(Continued from page 3)

When confusion arose with local shopkeepers, he would just yell louder, as if they were at fault for not understanding him.

Sifu had a one-hundred day chin-to-toe stretch exercise for the hamstring. This was easy for a seventeen year old girl who had been exercising like mad already. I got my chin to my toe in three days, no problem.

The reward for this feat was learning another form. One student, a lanky Chinese guy, wore sneakers three sizes too large, and yelled over to Sifu one morning to watch him touch his chin to toe. We all knew his ruse, but between Sifu's old eyes and the fog, he looked at his shadowy form and yelled over to me to teach him the next few moves. I kept his secret and he learned handily, despite his clumsy clown shoes.

As if this wasn't funny enough, one girl pointed out the profile of a prominent hard-on protruding from his baggy grey sweat pants while he did his hip circles. We would stand far enough away so he couldn't hear us giggle, and glance sidelong at him as we did our warm-ups together.

Sifu used to check our standing meditation postures as we faced east toward the foggy sunrise. Even the best students were subjected to teasing. He would pantomime snoring and sleeping while standing next to my training partner Bing -- as if anyone could really sleep in that position! Bing was devoted to training there, and Sifu was a true father-figure for him.

Bing's bald head would exude steam during hard training, as heat rose off his sweaty brow and met the chill morning air. Sometimes the first rays of sunlight would stream through his personal cloud. This was inspiring for all of us in our struggle to overcome our physical bodies, merge with nature, and achieve a higher state of awareness through the training.



One day, a man from L.A. came to the studio with a movie script for us to read. It took place in the old Wild West, when the Chinese were imported to work on the railroad. The main character was a half-Chinese Shaolin monk.

Warner Brothers sent plane tickets for Sifu and his two top students to come to Hollywood.

Even in the airport, Sifu took command. He strode up, robes flying, to the front of the ticket line, yelling short phrases at the clerk in his impossible Mongolian dialect. Magically, the lines parted and a flight attendant squirmed us on the plane first as if we were royalty; maybe it was just to keep a measure of decorum in the ticket line, but the force of his personality was evident to all, and the crowd parted obsequiously.

After our performance at the movie lot, we were taken to David Carradine's office. He stood alongside his desk, freshly shaved head shining, and told us he really wanted us, especially Sifu, to be in his show. Sifu responded to the translator's Mandarin with just one short statement, and since we had been studying Mandarin, we made out the gist of what he replied: "I will not debase my art by appearing on your lowly television show." We just looked at each other, rolled our eyes in amazement, and followed him obediently through the door as he strode out of the office.

I didn't understand why we went down there in the first place. Did he just feel like taking a little trip? What could be wrong with finally earning some money after all our years of hard work at this? Sifu had taught Monkey Kung Fu in Beijing to the Chinese Opera Co., and even taught T'ai Chi at the Actors Conservatory Theater in San Francisco. Did he feel that commercializing his art would destroy his legacy? Later he even had a role in a Hollywood movie himself. Maybe it was the fact that if we took roles as actors in Hollywood, we wouldn't have been able to keep coming to morning practice in Chinatown?

In the past half century, Kung Fu has become a stock routine for many action movies, and more style than substance. Hollywood actors are coached and choreographed in Kung Fu for their fight scenes, and a few actually practice it regularly for their own edification. Teaching Kung Fu today, I often find myself struggling to get young students who are amped up on Bruce Lee and Kung Fu Panda to settle down and concentrate on real movements. In such moments, I am often reminded of Sifu heading straight for the door in Hollywood.

We returned to our regime of daily training as if Hollywood had never happened.



Grandmaster Henry Look

Applications of the Guang Ping Yang T'ai Chi

Grandmaster Henry Look will teach and share the usage and martial applications, by correlation of the 64 postures. This information illuminating and valuable and help you to understand the purpose of each posture—be it "step back repulse the monkey" or "stork cools its wings"—and will give you a deeper feeling of the various movements. It is also an excellent learning tool for those who have difficulty remembering the form.



Master Randy Elia

Hsing-I Five Elements

In Hsing-I Chuan, the five basic patterns are related to the Five Elements, phases of Chinese philosophy and medicine. However, they are also five devastating moving martial arts postures in which Yi "the mind" creates a will of motion—"intention"—directing the body without any distraction, and delivering a true potential energy or "jing." It is believed that the movements of each of these five postures benefits the health of the internal organ.



Master Jiang Jianye

Wuji 8-Section Brocade

Wuji is a state of nothingness/emptiness, the beginning of the beginning. In Chinese symbolism, first there was wuji—nothingness, emptiness, from which T'ai Chi evolved completeness, fullness, and balance. You can get endless health benefits.

T'ai Chi 9 Circles for Joints and Health

This stationary T'ai Chi form is very simple but highly effective. It helps keep the joints flexible, improves blood circulation, and allows Qi to flow more effectively.



Sifu Paul Taylor

Wave Hands Like Clouds

During this workshop we will investigate and determine the structure and dynamics of 'Wave Hands Like Clouds' in the Guang Ping Yang form through a series of pattern drills and interactive exercises.



Jarl Forsman & Steve Sekhon

Principles of T'ai Chi as Metaphors for Right Living

Kuo Lien Ying once said, "If you do the form with the right spirit, everything you need to know will come through naturally." We will explore the way in which embodying these principles can bring you wisdom, health, a meditative mind, and the highest form of self-defense: Integration (of the physical, mental, and spiritual aspects).



Marilyn Cooper

Four Hands

Marilyn Cooper will offer a workshop on "Four Hands," a moving push hands drill from Yang style that, when practiced with a training partner on a regular basis, will produce highly concentrated, conditioned responses to force. Once proficient, one partner will be making larger steps and be on the outside, while the inside partner's circles will be smaller.



Sifu Tom Carney

Chin Na—10 Point Locking Drill

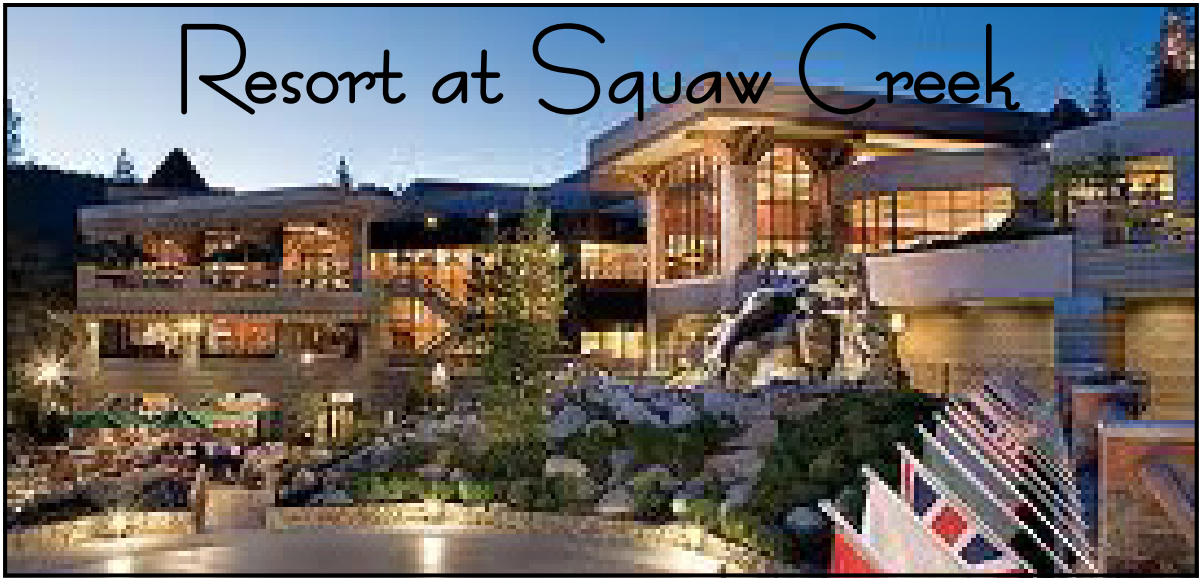
The drill (*shown in The Universal Post newsletter*) shows common effective Chin Na locks that work together, flow from each other, and requires little strength.

Ducking Drill

A simple drill that teaches martial artists how to duck and evade a punch. There are three levels, and it can be performed both stationary and while moving around.



Convention Info 2011



6:30 - 7:50

**STRETCHING AND MORNING FORM (FRI. & SAT) OR
TAI CHI FOR BALANCE AND BONE STRENGTHENING (FRI. ONLY)**

We begin with gentle stretching, focusing on acupuncture meridians to increase your bio energy, which helps supports functioning of your major organs. Then we complete the 12 Classical Tendon Exchange exercises. These exercises develop and strengthen tendons and bones. This specially-designed class incorporates both mind and body, giving us greater understanding of our bodies, increasing balance and energy. These exercises simultaneously reducing stress, strengthening the immune system, plus increase balance, and energy.

FRIDAY SCHEDULE

9:00 - 9:15 (15 min.)	Master Henry Look & Randy Elia Welcome & Opening Comments		
9:15 - 11:50 (2 hr. 35 min.)	Jiang Jianye Wuji 8-Section Brocade	Paul Taylor Wave Hands Like Clouds	Marilyn Cooper Four Hands
12:00-1:00	Lunch on your own		
1:10 - 3:10 (2 hrs.)	Jarl Forsman & Steve Sekhon Principles of T'ai Chi as Metaphors for Right Living	Tom Carney Chin Na - 10 Point Locking Drill	Henry Look Application of the Guang Ping T'ai Chi
3:20 - 5:20 (2 hrs.)	Jiang Jianye T'ai Chi 9 Circles For Joints and Health	Tom Carney Ducking Drill	Randy Elia Hsing-I Five Elements

SATURDAY SCHEDULE

9:10 - 11:50 (2 hr. 40 min.)	Jiang Jianye Wuji 8-Section Brocade	Paul Taylor Wave Hands Like Clouds	Marilyn Cooper Four Hands
12:00 - 1:00	Lunch on your own		
1:10 - 3:10 (2 hrs.)	Jarl Forsman & Steve Sekhon Principles of T'ai Chi as Metaphors for Right Living	Tom Carney Chin Na - 10 Point Locking Drill	Henry Look Application of the Guang Ping T'ai Chi
3:20 - 5:20 (2 hrs.)	Jiang Jianye T'ai Chi 9 Circles For Joints and Health	Tom Carney Ducking Drill	Randy Elia Hsing-I Five Elements

SUNDAY SCHEDULE

9:10 - 11:20 (2 hr. 10 min.)	Marilyn Cooper Four Hands	Paul Taylor Wave Hands Like Clouds
11:30 - 12:00 (30 min.)	Randy Elia Closing Set & Closing Comments Monument Peak Room	

ADDITIONAL QPYTCA CONFERENCE INFORMATION

CHECK IN/CHECK OUT TIMES

Check-In Time: 4:00pm

Check-Out Time: 11:00am

Late Checkouts: Please check with Front Desk for late checkout availability and fees.

Parking

Self-Parking is available on a complimentary basis and located in the lower parking lot to the east of the Resort Entrance.

Valet Parking is available 24 Hours per day at the resort Entrance. Valet parking fees are \$17.00 per day in the summer and \$25.00 per day in the winter. This includes unlimited in and out services per day. Self parking is complimentary to all Guests

Driving Directions

To reach the resort by car, follow these easy driving directions:

From San Francisco and Sacramento...

East on I-80 (toward Reno) to Truckee, CA
 South on HWY 89 (toward Squaw Valley and Tahoe City) for 8 miles
 Right on Squaw Valley Road (1/3 mile)
 Left on Squaw Creek Road to resort's porte-cochere

From Reno/Tahoe International Airport...

North on HWY 395
 West on I-80 (Reno/Sacramento exit)
 South on HWY 89 (toward Squaw Valley and Tahoe City) for 8 miles
 Right on Squaw Valley Road (1/3 mile)
 Left on Squaw Creek Road to resort's porte-cochere

From Incline Village, NV...

West on HWY 28 to Tahoe City, CA
 North on HWY 89 (toward Truckee)
 Left on Squaw Valley Road
 Left on Squaw Creek Road to resort's porte-cochere

Nearby Airports

RENO (APPROX. 50 MILES AWAY FROM RSC)

Sacramento APPROX. 120 MILES AWAY FROM RSC)

IMPORTANT NOTE

"REGARDING MEALS AT CONFERENCE: THE DINNER ON FRIDAY AND THE BANQUET ON SATURDAY NIGHT ARE INCLUDED IN THE PRICE OF THE CONFERENCE. ALL OTHER MEALS ARE THE PARTICIPANTS RESPONSIBILITY."



GUANG PING YANG T'AI CHI APPLICATION

15) Green Dragon Dropping Water

by Sifu Tom Carney



Sifu Tom Carney (Left) starts from "Fan Through the Arm" and starts blocking partner's (Pete) punch by...

...pushing down on Pete's arm. Then Sifu Tom can do one of the following.



...and apply fingertip pressure directly down on Pete's Clavicle Notch (cavity on top of the shoulder)

...or Sifu Tom can shoot his right arm under Pete's arm and circle up toward his head...

Sifu Tom can strike to a target area on Pete's face or jaw, and at the same time kick him in the knee or instep of his foot.

Editor's Corner

Editor: **Sifu Thomas Carney**
Email: Editor@GuangPingYang.org

We need articles & pictures from members & especially teachers. Please Email me above.

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

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CALENDAR OF EVENTS

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Henry Look, CA

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October 2003-October 2005
Nick D'Antoni, WA
October 2001-October 2003
Nina Sugawara, CA
March 2000-October 2001
Donald Rubbo, CA
October 1998-March 2000
Henry Look, CA
February 1996-October 1998

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Daniel Lee, Duarte, CA
Jonathon Shear, Richmond, VA
Paul Taylor, San Francisco, CA

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2nd Annual Golden Gate Martial Arts Tournament (ICMAC)

September 16-18, 2011
Tuscan Suites & Casino
San Francisco, CA

www.kungfuchampionship.com
Phone: 727-734-8222 | Fax: 727-734-2414

ICMAC Calendar

- 3rd Annual Worldwide Circuit National Finals.... Washington, DC | Oct. 7-9, 2011
- World Wide Circuit Championship Orlando, FL | Nov. 4-6, 2011

14th Annual USAWKF National Wushu-Kungfu Championship 2011

December 10-11, 2011

Maryland Ensemble Theatre

1000 Water Street, Jacksonville, FL, 32204

Contact: Kam Lee

www.USAWKFchampionships.com

Workshop with China Qigong Association

April 13, 2012 (Every weekend 4-13 to 5-13)

4 Oxford Road, Building F, Milford, CT, 06460

Contact: Master Aiping Cheng

Phone: 203-795-0203

www.aiping-taichi.com

14th World Tai Chi & Qigong Day

April 28, 2012



Disclaimer: The events listed are provided as a resource. They may/may not be sponsored or endorsed by the GPYTCA



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.

We strive to develop and honor the life-enhancing qualities of respect, humility, integrity, honesty, loyalty, and kindness. We manifest our commitment to this process by honoring our teachers, students, each other, and the practice of Internal Arts.

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Marilyn Mathews Fund:

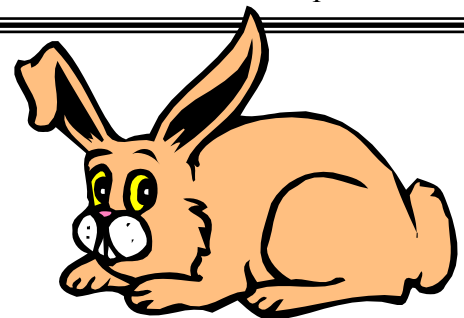
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Year of the
RABBIT

SIFU LAWRENCE RIDDLE

When I met Larry I could tell by his confidence that he had learned something of value. I was indeed lucky to become his student. Usually there are one, or two, good reasons for doing a good thing and several poor reasons stacked against it. It is up to us to recognize and appreciate the true value of a thing. Each facet of a word or action must be studied. As Master Chiang said "you must be the scientist", "Rocks can be found anywhere, diamond is hard to find." He also said something like this 'you need three things, good teacher, good student, and good subject.' I myself am rather old and broken but I was paying attention in class when Larry taught. So after some years I find the greatest value in the peace and quiet that can be found in the Universal Post, Chin to Toe, the Guang Ping set, and Dayan Chi Gung. I was able to appreciate a bit of that Zen.



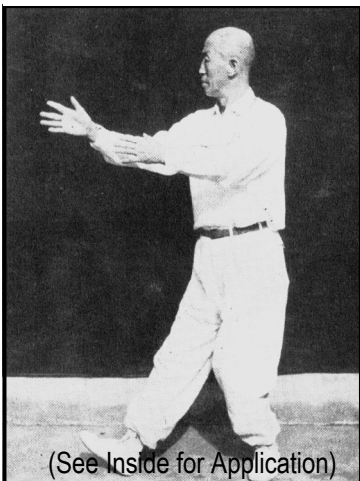
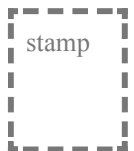
Many people skip over the meaning of the first chapter of Sun Tzu's book The Art of War. Larry did not miss that lesson. You might say Larry brought us several books of great value. One chapter in the book on the Universal Post is about balance, others cover patience, perseverance, etc. However none of that would be of much value without the chapter on kindness to ourselves and others.

Roger Parmeter



GUANG PING
YANG T'AI CHI ASSOCIATION

c/o Peter Kwok's Kung Fu Academy
268 Kinderkamack Road
Emerson, NJ 07630
USA



(See Inside for Application)

Photo and description taken from:
"Tai Chi Chuan in Theory and Practice"
By: Kuo Lien Ying

Movement 15

Green Dragon Dropping Water
Chin Lung Cheu Hsiu