

# **Tai Chi, Wushu & Qigong in Today's World**



**Conference Programme**

**Macquarie University  
Sydney  
21 - 22 September  
2019**

TAI CHI, WUSHU & QIGONG IN TODAY'S WORLD 2019

***Tai Chi, Wushu & Qigong in Today's World  
2019***



***Macquarie University  
Building C5C  
Forum***

***Saturday 21 September - Sunday 22 September 2019  
10.00 am - 5.30 pm***

Conference  
**Tai Chi, Wushu & Qigong in Today's World  
2019**

**Programme of the Conference  
(subject to additions and changes)**

*The Organising Committee welcomes everyone interested in Tai Chi, Qigong and Wushu to take part in the forthcoming inter/multidisciplinary Conference in Sydney at Macquarie University on Tai Chi, Wushu and Qigong in Today's World.*

*The aim of the Conference is to provide a venue for an interdisciplinary forum with the intentionally broad scope to bring together Australian and international scholars, practitioners and teachers from different fields and various directions including, but not limited to cultural, literary, philosophy and social studies, sports and medicine. The conference includes paper, poster and video presentations, workshops and seminars by practitioners, teachers and researchers.*

*The round table/forum is also envisaged during the Conference where the challenges and problems will be discussed.*



**Macquarie University  
Building C5C  
Collaborative Forum  
Saturday 21 September - Sunday 22 September 2019  
10.00 am - 5.30 pm**

**Tickets are available from:  
*EVENTBRITE***

**For more information email to:  
*herald@auswushu.com.au***

# Day 1

## Saturday 21 September 2019

9.30 am		Registration open
10.00 am	<b>Dr Khoo Cheng Choo</b> <b>Dr Ineke Vergeer</b> <b>University of Southern Queensland</b>	Conference opening Participation in Tai Chi and Qigong: Who and Where?
11.00 am		Morning tea
	<b>Dr Yagiz Aksoy</b>	Clinical Studies on Tai Chi: What Does the Evidence Say?
	<b>Suzanne Newnham</b>	Using Qi Flow in Taiji to Effect Structural Change
	<b>Sergey Zavaliy</b>	Tension and Relaxation in Tai Chi
	<b>Dr Lara Bereza-Malcolm</b>	Tai Chi for Rheumatoid Arthritis: a Clinical Outlook
	<b>Dr Larissa Koroleva</b>	Professional Development for Instructors: Current Practices, Challenges and Opportunities
1.30 pm		Lunch
	<b>Ahtee Chia</b>	The Secret of Fajing (presentation and workshop)
4.00 pm		Afternoon tea
	<b>Yoann Birling</b>	Tai Chi for Insomnia: Evidence from Research and Insight from Practice
	<b>Dr Khoo Cheng Choo</b>	Journey to the East in Search of Tai Chi Enlightenment
	<b>Rosilah Sani</b>	AromaQi - a Modern Synergy of Ancient Practices
5.45 pm		Closing



## Day 2

### Sunday 22 September 2019

9.30 am		Registration
10.00 am	<b><i>Helen Rivett</i></b>	Wushu & Tai Chi NSW: Year in Review
	<b><i>Alex Galvan</i></b>	The Health Benefits of Tai Chi/Qigong Art & Science
11.00 am		Morning tea
	<b><i>Damon Bramich</i></b>	Ting Jin - the Art of Listening and Sensing (Presentation & Workshop)
	<b><i>Rob Russo</i></b>	Sung and its Relationship to Chi and Jing Cultivation in Tai Chi
1.30 pm		Lunch
	<b><i>Rob Russo</i></b>	Workshop
	<b><i>Gordon Yung &amp; Jervis Tsui</i></b>	Essential Requirements of Bagua Zhang and Modern Teaching Suggestion
	<b><i>Rusel Last</i></b>	Qi Jing Ba Mai – Extra-ordinary Channels Divergence and Discrepancies – Awareness and Activation
4.00 pm		Afternoon tea
		Discussion
	<b><i>Brett Russell</i></b>	Shi Su Xi Shaolin Tung Lung (Praying Mantis) System
5.45 pm		Closing



## Participation in Tai Chi and Qigong: Who and Where?

***Dr Ineke Vergeer***

***The University of Southern Queensland***



**Dr Ineke Vergeer** is a Research Fellow in Physical Activity and Health at the University of Southern Queensland. She has a background in Psychology and a PhD in Sport and Exercise Psychology. Her current research interests focus on holistic movement practices, with particular attention to motivation, prevalence, and participation patterns.

Her background in Chinese martial arts is limited to two long forgotten courses in Tai Chi in 1994 and 1996, and a brief stint training with a Wushu group in Hong Kong in 1995. However, she has recently started learning some White Tiger™ Qigong, as well as the 24-form of Yang Tai Chi.

## Clinical Studies on Tai Chi: What Does the Evidence Say?

***Yagiz Alp Aksoy***

***NSW Health - Office for Health and Medical Research  
Garvan Institute of Medical Research***

As Senior Policy Officer of The Office for Health and Medical Research at NSW Ministry of Health, **Yagiz** manages state-wide and inter-jurisdictional policies on human research ethics, governance and clinical trials under his government portfolio. He has over 10 years experience in medical research. During his PhD research, he developed animal models to study functional role genes associated with motor neuron disease. Yagiz developed cutting-edge genome editing technology applications for the high-throughput screening of novel therapeutics. He is a twice winner of Biobricks Young Researcher Award and holds a joint position as a visiting scientist at Garvan Institute of Medical Research. Currently, Yagiz provides researchers, clinicians and executives with the tools and infrastructure to enable medical research in NSW and to translate research/innovation into policy and practice to create healthier communities.





## Using Qi Flow in Taiji to Effect Structural Change

**Suzanne Newnham**  
**NSW**



**Suzanne Newnham** has been practising Tai Chi and Qigong since 1986 and is the author of *Using Qi Flow in Taiji to Effect Structural Change in Feet and Reduced Pain* published January 2019 in *Life Research*. She is a multi-published writer and columnist, co-founder of Pain Support ACT, pain advocate, and researcher. While she has lived with pain all her life, discovering Tai Chi and Qigong in her twenties opened up many possibilities to go beyond previous limitations.

Suzanne taught Tai Chi for nearly 20 years, won a Tai Chi competition in 1996, and ran her energy re-balancing practice until December 2007 when extreme hypersensitivity to sounds impacted every aspect of life.

## Tension and Relaxation in Tai Chi

**Sergey Zavaliy**  
**Kyiv, Ukraine**

**Sergey Zavaliy** is a Tai Chi and Wushu master from Kyiv, Ukraine. He is a multiple Champion of Ukraine in Sanda (contact Wushu) and Taolu. Sergey was trained with the best masters in China and studied internal fighting techniques in Tibet and India. He is the author of individual programs for security guards, self-defence programs for women and Tai Chi for all ages.

Sergey also specialises in meditation, massage, acupuncture, rehabilitation and gymnastics for joints. One of his favourite multi-functional apparatus is a machine called "Pravilo" which he developed from an ancient prototype used by many generations of Tai Chi practitioners.

He finds some spare time to appear in movies as well - mostly as a "bad guy"!



## **Tai Chi for Rheumatoid Arthritis: a Clinical Outlook**

***Dr Lara Bereza-Malcolm***  
***Henry Langley Research Fellow***  
***Kolling Institute of Medical Research, University of Sydney***



**Lara's** work is focused on Rheumatoid Arthritis and she is part of the Australian Arthritis and Autoimmune Biobank Initiative. Her PhD project was focused on the development of microbial biosensors for the detection of heavy metals in the environment. Her PhD work received second place and people's choice award at the University level during a 3MT competition. In 2016, she was part of the winning team at the Australian-French 24-hour Entrepreneur challenge which allowed her to travel to Paris to undergo a study tour and participate to the week of International Scientific Young Talents. Lara participated in the MedTech-Pharma Pilot of the IMNIS program, in Victoria from 2015-2016. In her free time, she likes to read, drink coffee and eat sushi.

## **Professional Development for Instructors: Current Practices, Challenges and Opportunities**

***Dr Larissa Koroleva***  
***Wushu Council Australia***

**Dr Larissa Koroleva** is working with the Macquarie University Sports Centre (Sydney, Australia) where she was invited to teach Tai Chi. She devotes a lot of her time and efforts to promoting Wushu, Tai Chi and Qigong in Australia and is very often invited as a guest presenter at various corporations and participates in demonstrations and other events in NSW.

She holds the 6th Duan Wei level and additionally, in 2008, Dr Larissa successfully passed the exams and became an International Wushu Judge. Since 2000, Dr Larissa coached many students and instructors who participated in local and international competitions and gradings winning medals and achieving their Duan Wei levels.

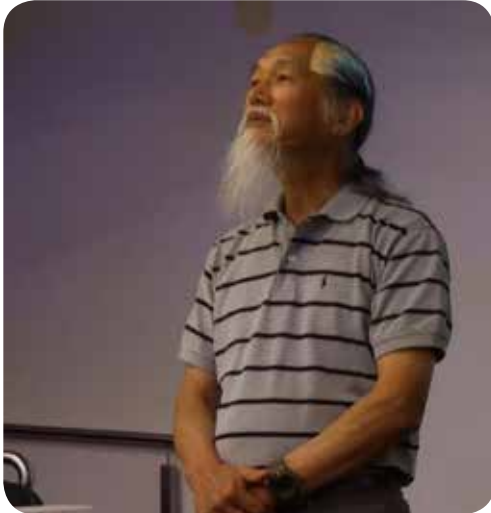
Currently she is serving as one of the Board Directors of the Wushu Council Australia.





## The Secret of Fajing

**Ahtee Chia**  
**Queensland**



Born of Chinese parents who migrated to Malaysia **Ahtee Chia** was brought up steeped in tri-cultural traditions of Daoism, Buddhism, and Confucianism.

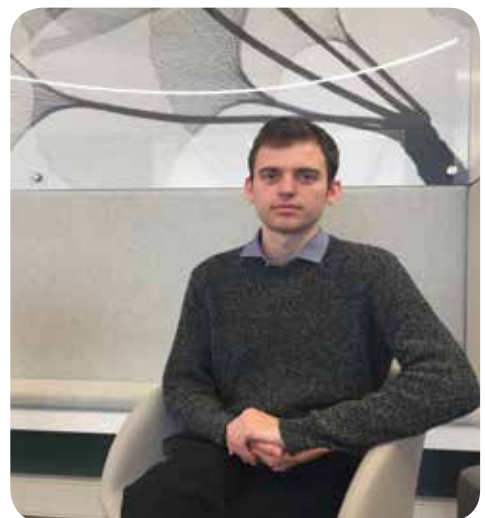
Ahtee was a private student, together with Howard Choy, of Grand Master Chen. It was during this time that Grand Master Chen revealed the secret Chen Family 5 Stages of Taijiquan Training.

Ahtee is continuing his research into the 5 Stages of Taijiquan Training and expanding on the practical training methods to allow students to attain the highest level of skill efficiently and effectively through physical and mental discipline of concentration, mindfulness and pure contemplation.

## Tai Chi for Insomnia: Evidence from Research and Insight from Practice

**Yoann Birling**  
**Western Sydney University**

**Yoann** is a Chinese medicine practitioner, researcher and teacher. He studied and practiced Chinese medicine for ten years in China and is currently undergoing a PhD program at Western Sydney University. His research interests are on Chinese medicine for mental disorders, with a focus on insomnia. Yoann has also been practicing Tai Chi for twelve years.



## **Journey to the East in Search of Tai Chi Enlightenment**

***Dr. Khoo Cheng Choo***  
***Sydney***



**Dr Khoo** is a retired academic and has been learning Tai Chi and Qigong for many years for Health and Lifestyle reasons.

Over the years, she has learnt many Tai Chi forms and routines as well as Qigong. She has attended Tai Chi and Qigong workshops, participated in Competitions and attained Duan Wei certification.

Dr Khoo is the Chief Editor of *the Wushu Herald* and a Committee Member of Wushu & Tai Chi NSW.

## **AromaQi - a Modern Synergy of Ancient Practices**

***Rosilah Sani***  
***Sydney***

After a 35-year career in IT and digital mapping, **Rosilah Sani** is now a student practitioner with the Centre for Aromatherapy Research & Education (CARE), avidly educating herself and others on a practice that dates back to 4500 BC. Her personal journey to wellness through Tai Chi and Aromatherapy fueled a conviction that a synergy exists between these two modalities, not achievable separately. She plans to conduct studies collecting evidence to support this connection and would like to invite collaborators for the project.



## Wushu & Ta Chi NSW: Year in Review

*Helen Rivett*  
*Sydney*



As the current President of the Wushu & Tai Chi NSW, **Helen** takes great pride in being able to work with people of all ages who are interested in Wushu, Tai Chi & Qigong. She spends time organising various events including monthly workshops, demonstrations, talks, fundraising etc. Each year Wushu & Tai Chi NSW helps people to participate in seminars and competitions, both in Australia and overseas. As a member of the Wushu Council, Wushu & Tai Chi NSW encourages all schools and clubs to work together. .

## The Health Benefits of Tai Chi/Qigong Art & Science

*Alex Galvan*  
*Sydney, NSW*

**Alex Galvan** has been Training in Martial Arts, hard and soft for over thirty years, and teaching for more than twenty years.

His interest was prompted by a desire for an improved personal lifestyle both in general fitness and bringing together the mind and body and spirit.

Alex is passionate about Tai Chi as an exercise that increases personal energy, improves health and allows individuals to control both their mental and physical responses to stressful situations. His satisfaction is in being able to share this experience with others.



## Ting Jin - the Art of Listening and Sensing

***Damon Bramich***  
***Newcastle, NSW***



**Damon Bramich (Fu Wu Xia)** started practising Tai Chi in 1982.

In 1991 he started his traditional Tai Chi apprenticeship under the guidance of Fu Sheng Yuan 5th generation patriarch of the Yang Family. Fu Sheng Yuan was the first great grandson of Yang Jian Hao.

Over time Damon became his teacher's leading disciple and was the one that received his final teachings before passing in 2017. He is a recognised 6th generation Yang family member and a former Tai Chi World Champion.

## Sung and its Relationship to Chi and Jing Cultivation in Tai Chi

***Rob Russo***  
***Sydney, NSW***

**Rob Russo** commenced the study of Yang style Tai Chi in 1978 and has been teaching Tai Chi for over 25 years.

Since 1991 he has been practising Cheng Man Ching's Yang style Tai Chi, specifically the system as taught by Master Huang Sheng-Shyan, which has a major emphasis on the refinement of "Sung" - Relaxing and Sinking.



## Essential Requirements of Bagua Zhang and Modern Teaching Suggestion

*Gordon Yung and Jervis Tsui*  
*UTS Kung Fu Club, Sydney*

**Gordon Yung** is one of the founders of UTS Kung Fu Club and has been teaching Bagua Zhang to university students at UTS since 2010. He was trained in Fu style Bagua Zhang by his father and other masters since he was 15. In Australia, he learnt Jiang style Bagua from Sifu William Ho. He also learnt some basic Yin Style Bagua Zhang from Sifu Xu ShiXi in Sydney workshops. He is learning Ma Gui system Bagua Zhang from Li Baohua Laoshi since 2013.



**Jervis Tsui** is one of the founders of UTS Kung Fu Club. He started learning Tai Chi and Bagua Zhang from William Ho. He learnt Ma Gui system Bagua Zhang from Li BaoHua Laoshi. Recently, he is learning Chen Taijiquan practical method system.

## Qi Jing Ba Mai – Extra-ordinary Channels Divergence and Discrepancies – Awareness and Activation

*Dr Rusel Last*  
*NSW*

**Rusel Last** is an Oriental Medicine Practitioner with over 30 years of clinical practice. After training in Northern Wu style Taijiquan from 1979, he has continued to build a comprehensive training regime now encompassing all aspects of the traditional arts of Self-Cultivation, including Southern Shaolin and Nine Fields Qigong, Yang Sword and Push Hands, Chan Shisan Taijiquan.

He is a father of three, a grandfather of three, a published author and poet, and lives on the South Coast sharing with his publisher wife an acre of gardens, orchards and bamboo groves, and their menagerie.





## Shi Su Xi Shaolin Tung Lung (Praying Mantis) System

**Brett Russell**

***Shaolin Monk Martial Arts, Sydney***



**Brett Russell** is a founder of Shaolin Monk Martial Arts – a school that is dedicated to preserving the training and philosophy of Traditional Shaolin Kung Fu. Brett is a 32nd Generation Shaolin Temple Disciple and holds an International rank of 4th Duan Wei from the Chinese Wushu Association. He is also a representative of Chinwu Association of Australia, a representative of Shaolin Temple Chan Wu Association of Australia and an Australian representative for the Chinese Wushu Association.

## Alert Hypnosis with Tai Chi Movement for Trauma Resolution *(poster presentation)*

***Bruce Eads and Dr David Wark***  
***USA***



**Bruce Eads** is a social worker from Salisbury, North Carolina, USA. He says, "Providing clinical therapies for recently returning combat Veterans to allow them the best opportunity we can develop to enjoy success in the life they fought for. No job has ever been so intense nor more worthwhile".

**David Wark, PhD** - his professional life has revolved around his career as a Professor of Psychology at the University of Minnesota (Minneapolis, Minnesota, USA), with a particular and longtime interest in hypnosis. He has been on the forefront of teaching the world the array of psychological and medical goals that can be achieved using the tools that he has helped develop.





## Let's Get this Tai Chi Ball Rolling

*(poster presentation)*

**Brian Corless**  
**NSW**



**Brian Corless** is a Clinical Psychologist on the NSW south coast and practises Tai Yi Tai Chi Chuan under the tutelage of Sifu Wang Yun Kuo, Kungfu Republic Academy, Sydney.

## Getting there:

**Macquarie University** is well serviced by buses and has the *new Sydney Metro trains* in 2019. This is in response to increased demand from commuters to our university, the nearby Macquarie Shopping Centre and the growing business precinct - home to some of Australia's largest employers. To learn more about travelling by bus and train to Macquarie University, see below:

**Timetables** – plan bus and train trips in real time by using the *Transport for NSW trip planner* or download any of *these Trip planning apps*.

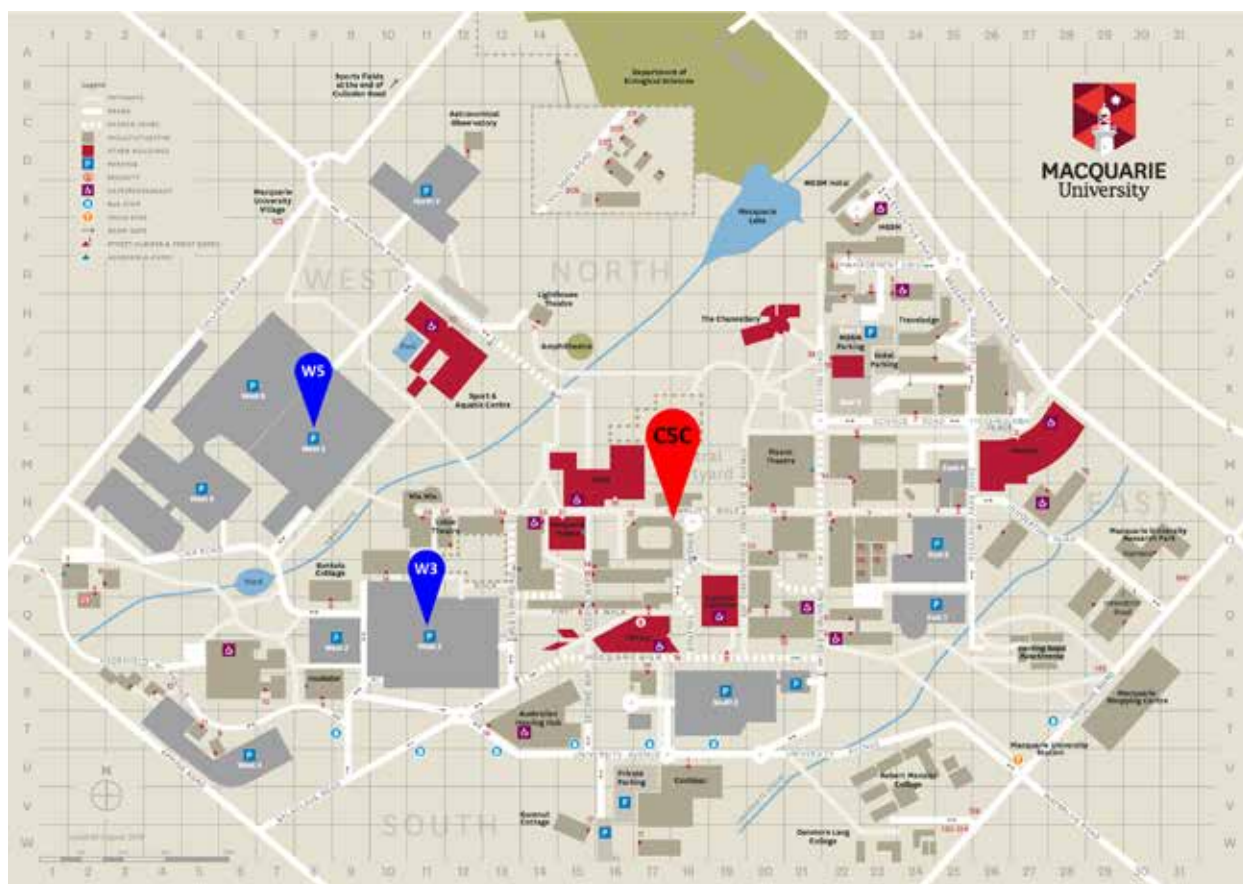
**Payment**– public transport to the university precinct uses the pre-paid Opal card system. The cost to use Sydney's public transport network, where to buy an Opal card, how to use your Opal card and other key information can be found on the *Opal card website*.

**Parking** at Macquarie University is limited, with over 4,500 spaces to accommodate staff, students and visitors. Parking is operated under a Restricted Parking Area scheme and fees apply.

## Sydney Map



## Macquarie University Campus Map



## Building C5C, Forum



- Air Conditioned •
- Wheelchair Accessible •
- Ground Floor Entry •
- Hearing Loop Installed •
- Lectern Type 2 Digital •
- Infrared Hearing Loop •
- Data Projector
- Dual Visualisers
- Public Address System
- Lectern Microphone
- Wireless Microphone
- Computer
- VGA or HDMI Laptop Input



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