

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

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

The Organising Committee is inviting 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 will include 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
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***

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.



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.

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 Taiji 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 Taiji.

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.



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 rebalancing practice until Dec 2007 when extreme hypersensitivity to sounds impacted every aspect of life.

Ting Jin - the Art of Listening and Sensing

Damon Bramich
Newcastle, NSW

Damon Bramich (Fu Wu Xia) started 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.



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 Taiji Quan Training.

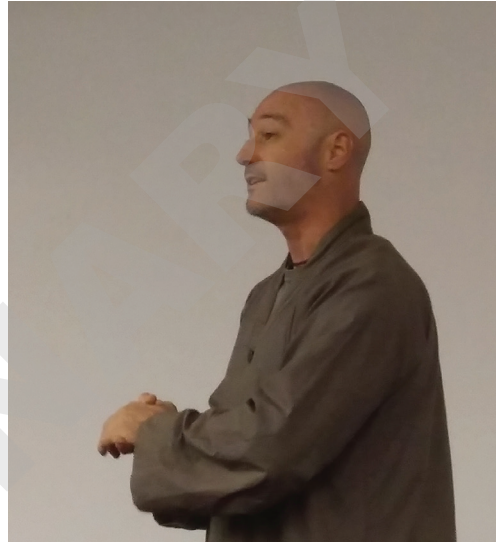
Ahtee is continuing his research into the 5 Stages of Taiji Training and expanding on the practical training methods to allow students to attain the highest level of skill efficiently and effectively through physical and mental discipline of concentration, mindfulness and pure contemplation.

Shi Su Xi Shaolin Tung Lung (Praying Mantis) System

Brett Russell

Shaolin Monk Martial Arts, Sydney

Brett Russell 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 Chanwu Association of Australia and an Australian representative for the Chinese Wushu Association.



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.

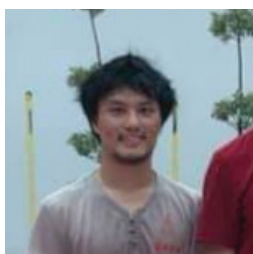
His interest was prompted by a desire for an improved personal lifestyle both in general fitness and bringing together the mind and body and spirit.

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.

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 student in UTS since 2010. He was trained in Fu style Bagua Zhang from 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 KungFu 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.

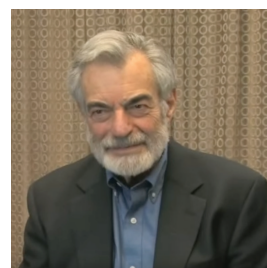
Alert Hypnosis with Tai Chi Movement for Trauma Resolution (poster presentation)

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.



AromaQi - a Modern Synergy of Ancient Practices (video presentation)

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.