

World Tai Chi & Chi Kung Day in Doncaster

On Sunday 30 April, a small crowd of Melburnians gathered in Doncaster to celebrate World Tai Chi & Chi Kung Day in Doncaster's Ruffey Lake Park just off George Street in conjunction with thousands of Tai Chi & Chi Kung enthusiasts all across the world. Email invitations had been sent out to various Tai Chi groups and the website of World Tai Chi & Qigong Day and Tao of Tai Chi Chuan Institute had carried the advertisement for months.

The weather forecast of 'thundery showers' and then 'showers clearing' would have deterred most, but not these small number of enthusiasts from all walks of life and age and from as far as Moorabin and Connecticut (USA). They were out there blissfully enjoying their graceful deep breathing meditative movements which are known to help with all sorts of chronic maladies ranging from digestive disorders to asthma to arthritis to cardiac disorders, and basically any poor health.

The event organiser Sifu John Chow, a local Doncaster resident with 30 years experience in teaching Tai Chi Chuan, lead the attendees in performing Tai Chi and Chi Kung exercises before lunch. Attendees were taught Sifu John Chow's special warming-up exercises and Tai Chi & Chi Kung for the elderly and people suffering from arthritis.

After a nice barbecue lunch, Sifu John Chow's daughter, Melysa, gave a short demonstration of the applications of the Tai Chi quarter staff. Sifu John Chow, who is also an expert in the Filipino martial art of Arnis or Eskrima, thrilled the gathering by his inspiring demonstration of the Tai Chi sword and fan.

Another lively session of Tai Chi and Chi Kung followed.

Brendan Whittingham and Yang Chow practised the applications of the Tai Chi quarter staff under the watchful eyes of Sifu John Chow. They had just learnt the quarter staff on Friday – barely 2 days ago but displayed proficiency that is the level of 1 or 2 years practice! This is because Sifu John Chow had trimmed all unnecessary techniques and moves from the quarter staff to enable easy and quick learning.

Nicholas Chow and Yang Chow performed a duet demonstration of the Siu Lim Tao form of Wing Chun Kung Fu.



Some enthusiasts welding their weapons.



Sifu John Chow demonstrating application of Tai Chi sword – cutting the wrist of the attacker.



Master John Chow's 80 year old mother with his elder brother Geoff





Master John Chow demonstrating the Tai Chi fan



Sifu John Chow demonstrating a cut to the throat



Jogging Chi Kung exercise



Yang Chow and Nicholas Chow demonstrating Siu Lin Tao form of Wing Chun Kung Fu

