



## **MONTHLY NEWSLETTER      June 2008**

Editor Miriam Rosewarne - Director of International Cheng Ming – Australia

Hello Everyone.

June is often the month that sorts the wheat from the chaff. The colder weather keeps people indoors more and it's the dedicated students and those focused on improving the quality of their life that sometimes maintain training and practice.

I have been very rewarded with my current groups of students who have supported my program and shown they are true warriors. Their reward will come in terms of better health and wellbeing and a clarity for pursuing a stronger mindset.

June has been the month for me to commit further to my mentor Master Wang Fu and the Cheng Ming System of Taiwan by choosing to participate at an international level against other martial artists.

The very first Cheng Ming Martial Arts Championships will be held in Taiwan in September this year.

I will represent Australia in several skills competitions including Tai Chi, Hsing-I (Chinese mind boxing) and weapons forms. I have never competed in anything before so it is a huge challenge, but I am sure, will be a rewarding experience.

Never before has the Cheng Ming System been open to displaying some of the more secretive arts to the general public.

Countries competing are Japan, Israel, America, Canada, Italy, Taiwan, England, Australia, New Zealand. Master Wang is opening up the system to make it more accessible and attractive to Westerners.

Our system has never been competitive until now, but with over 5000 thousand students involved, there is a need for change.

Participants will be judged on their skills by judges of other countries and scoring will be a points system on level of softness and flowing movements.

### **Osteoarthritis**

This problem in the hip and knee is rising as our population ages and at the rate of obesity which is a key risk factor, increases.

Many people who benefit from joint replacement surgery can prevent these procedures if they practice Tai Chi and Qi Gong before the problem becomes too advanced. The regular practice increases blood flow to painful joints, but more importantly, will improve muscle mass and strength around those areas.

Regular practice offers improved stability, reducing the risk of falls and injury.

Practice relieves symptoms, improves movement and function of the joints and maintains higher quality of life.

Self management of these symptoms is to live a healthy life. Chronic conditions will be less intolerable with constant activity to promote better health and happier relationships with others. Just 30 minutes a day is not a lot to ask of yourself.

Invest in your health. This is your greatest asset and you are responsible for it.



*International Cheng Ming Chinese Martial Arts*

Miriam Rosewame – Head Instructor

ABN 60 673 380629



### **CURRENT CLASSES**

|  |                      |
|--|----------------------|
| Tuesday – Diabetes Australia<br>Starling St. Briar Hill                  | 8.15a.m – 9.00a.m    |
| Livingstone Community Centre<br>Baptist Church, 1 Livingston St. Ivanhoe | 9.45 a.m – 10.00 a.m |
| Wednesday – Wattle Glen Studio<br>100 Kangaroo Ground Road. Wattle Glen  | 9.30am- 10.30am      |
| Wednesday – Eltham Leisure Centre<br>YMCA Susan Street Eltham            | 12.15 -1.05p.m       |
| Livingston Community Centre<br>(as above)                                | 7.p.m – 8p.m         |
| Thursday - Wattle Glen Studio<br>(as above)                              | 7.p.m-8p.m           |

Private lessons and other forms by prior arrangements.

If you would like an introduction to Tai Chi classes held at your workplace, leisure centre, school, club or even your local neighbourhood, please ask your spokesperson to contact me. I would be happy to discuss my program in further detail.

All inquiries **Miriam 0418 576885** [www.internationaltaichi.com.au](http://www.internationaltaichi.com.au)

Until next month, keep calm, relaxed, healthy and happy.

Regards Miriam  
Chief Instructor



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