



## **MONTHLY NEWSLETTER      September 2008**

Editor Miriam Rosewarne - Director of International Cheng Ming – Australia

### **Success in September**

Cheng Ming International Championships Tournament 2008

Yes. It is true. Neil and I won 7 medals between us. 1 gold, 3 silver, 3 bronze.

It is with great pride we bring home these medals after winning them in representing Australia and our school at Wattle Glen for competition events in Chinese martial arts and Internal Kung Fu.

The 3 day event was held in Nantou, Taiwan in hot, humid conditions.

Countries represented were Australia, Taiwan, New Zealand, Japan, Israel and America. Around 200 students participated in Tai Chi, Hsing-I, Weapons, Ba Gau and Push Hands events.

It was a male dominated arena with most of the judges being male also.

Categories were mixed male and female with ages ranging from 10 to 70 years.

Scoring was based on knowledge of form, softness of performance and level of skill.

All events that Neil and I entered were individually assessed.

This event brought together many senior and junior students from all over the world in the first International Tournament of the Cheng Ming System of Internal Kung Fu. We expect and hope there will be another one in 2-3 years time.

Every event and participant was videoed, although we were only allowed to take still photos of performances for our own use and the video was not made available to us.

It is still a carefully guarded secret that the system is not opened to those outside.

This system is very much a “teacher to student” practice in order to keep it in its true form as much as possible. This is necessary to protect the Cheng Ming system.

On the fourth day, we all met up at the memorial mountain to pay our respects to the founder of the Cheng Ming system, the legendary Grandmaster Wang Shu Chin, who died in 1984. Each year a service is held there to remember his passing.

Due to the very hot and humid conditions, Master Wang waived the usual performance of demonstrations from the various countries. I think we were all grateful as many students were feeling fatigued and exhausted after the tournament.

At the mountain, Master Huang, spoke to me softly. Holding my hand, she said, Miriam. I am very happy with your improvement and level of skill in your Tai Chi. This is very good for women students to see this. You give me power. Wow. What an honour. Hearing this from her inspires me to keep motivated and keep training and teaching others our Cheng Ming System. Master Huang is the only female Master of the Cheng Ming system today. and takes her place beside Master Wang Fu Lai, who is our teacher and mentor in martial arts. Master Wang is the Chairman and head of International Cheng Ming Chinese Martial Arts Association in Taiwan.



We were all accommodated at the Evergreen Hotel in Taichung, a lovely 5 star hotel that allowed comforts and rest during our stay in Taiwan.

We were transported by bus after breakfast each day to the Youth Village in Nantou and would remain there from 9.a.m to 6p.m each day. We were provided with lunch box and drink, then in the evening would be taken to a restaurant for dinner before being transported back to our Hotel. It was all very civilised, enjoyable and well organised by the many volunteers that gave their time freely.

After our last event night, some of us had a small party in Jiro's room, (one of our Japanese Kung Fu brothers) to socialise to relax. It was great to see some of the other Japanese students attend and mix in as they are usually so very serious.

Master Jibiki, the head Chairman of the Japan branch was a VIP of the tournament as was his daughter Hiroko (vice president). Hiroko gave me a personal invitation to attend their Annual Demonstration and perform Tai Chi. She was very impressed with my level of skill and gave me many compliments. She is a really lovely person and will head the Japan branch when her elderly father finally steps down. It is a great honour for me to be complimented in the way. Unfortunately, I am unable to attend. Master Ozawa Shoji from the Fuchu branch of Cheng Ming was also among the VIP guests and his group of 7 students did very well in tournament also.

Next month, Master Wang and Master Huang will again visit our home in Australia for our personal training. I will bring them to our classes so you will get to meet and train with two of the world's top martial artists of Internal Kung Fu.

Also, in October, I will be holding 2 classes in Self Defence for Women and I encourage you all to attend one or both of the classes. These will be based on using the Tai Chi form and its applications to demonstrate self defence techniques. You will develop a sense of awareness to potential threat to your person and learn a technique that will help to protect from injury or assault. Many thanks to Mochizuki my Kung Fu nephew for helping and advising me on the use of techniques.

If they are popular, they may continue for the long term.

Phone reception to book your place.

Miriam's classes	Self Defence for Women
Dates	6 <sup>th</sup> and 13 <sup>th</sup> . of October
Time	7-9p.m
Cost	\$15 per class
Venue	YMCA Eltham Leisure Centre Bolton St. Eltham.
Phone	439 2266

I welcome any feedback, comments or suggestions at any time.

I look forward to next term to continue training my students and encourage new students to come along and give it a try.

Until next month. Take care, keep safe.

Regards Miriam – Chief Instructor International Cheng Ming