

# VALE OF YORK T'AI CHI QIGONG ASSOCIATION



## NEWSLETTER SPRING 2009

### Celebrations

March this year has seen two major celebrations. First, on Sunday 8<sup>th</sup> March, some of us travelled to Grassmoor to be part of the Derbyshire grading. Sue, Andrea and Annie assisted in grading at the earlier levels, and Pat graded the blue sash level. We were also able to witness the successful grading to Black Sash of Sue and Heather both members of Harmony. They are the first black sashes in Harmony, and the first of Master Box's students to gain it since Lynne and Pat in 2003. Others are within striking distance.

Successful too was **Ro**, who performed her second Wu with grace and elegance. She had elected to grade there as she was not able to be at the Vale of York grading.

However, that wasn't all, because after a lunch break and a beautiful performance of the Old Unnamed form by the instructor trainees, and a dazzling display by Lynne Auckinson of fan and sword forms, the people who had recently completed their three year instructor training with Master Box received their certificates. This has been a long and at times arduous journey, and we congratulate and acclaim them for their achievement. We now have two new fully qualified instructors in this area, **Annie** and **Sue Dixon**. **Andrea** also gained her certificate for the course, which she studied for personal development and interest, but will not be teaching. There is much learning in this training, and it is a vehicle for personal growth as well as a preparation for teaching. We also extend congratulations to the Derbyshire students, Sue, Lindsay and Roy. Sue P. was also awarded the title Sifu, as she has achieved her black sash, and has taught students to grading standard.

Finally, and a bit of a surprise, three seniors were honoured with certificates of Honorary Lifetime Membership of Harmony, in recognition of their contributions to instructor training. These seniors were Lynne Auckinson, Pat Brooks and Linda Settle. All have black sashes and the title Sifu, and all have contributed greatly to the growth and health of T'ai Chi Qigong in the North Yorkshire area.

And then, on Saturday 21<sup>st</sup> March, we had the Vale of York grading in Thirsk Town Hall. It was good to have supporters from the Thursday class to cheer on **Ann**, our only candidate. She was grading from yellow to green after an interval of six months. Undaunted by being the only one on the floor Ann performed a lengthy programme with style and grace, and well deserved her green sash and the warm congratulations of

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everyone. Master Box was very pleased with her performance and so were we all. Well done, Ann.

## **Changes**

After many years of frequent visits to the Vale of York for regular training and workshops, as well as for grading practice and grading, Master Alan Box has decided that he no longer wants this level of commitment. This is very understandable in light of a very heavy workload in Derbyshire, and his changed personal circumstances. We are appreciative of all he has done for us, and all the teaching he has imparted, and we shall keep some level of contact in the future.

For the time being we are making contingency plans to make sure we have the regular training on a monthly basis.

We will make sure that arrangements are publicised in the Association as soon as possible.

Although nothing else is finalised we have some possibilities to explore. Sue Dixon has offered to teach the Old Unnamed Form. Lynne Auckinson is willing to come and teach us some of the Tai Chi she is learning, possibly a fan form. Stuart Agars, from the National Centre for Contact Martial Arts, based in Harrogate, is interested in coming and doing some qigong training. We also have links to follow up in York and Scarborough, and if anyone hears of any others, either follow them up and let us know, or give the details to one of the committee to look into.

At the moment this may be rather piecemeal, but we are exploring what resources there are in the more local area, hoping to establish some coherent pattern of training. While doing this we remain mindful of Master Box's part in our training, and hope he will still, though not in the same regular way, be part of our training programme, as he remains our Qigong Master. Anyone who wants to has the opportunity to train with him in Derbyshire, as a full or associate member of Harmony.

Pat Brooks  
Editor