

World T'ai Chi &  
Qigong Day  
Patchogue



**Saturday**  
**April 28, 2007**  
**9:00 AM — 12:00 PM**

Shorefront Park  
Patchogue, New York

Sponsored by  
Patchogue Parks & Recreation  
Water Tiger School of T'ai Chi Ch'uan  
[www.worldtaichiday.org](http://www.worldtaichiday.org)

# WORLD TAI CHI & QIGONG DAY

10:00 AM; Saturday April 28, 2007  
worldwide



One World... One Breath...

*"If we want to make something truly spectacular of our world, there is nothing whatsoever that can stop us."*  
- Rainer Maria Rilke

*This global wave of goodwill provides a vision of hope and healing to a world hungry for such visions. Each year, through photos and video, we witness people from different cultures, religions, and from every corner of the earth doing nothing more than breathing together in this global Tai Chi and Qigong event. The experience is profound.*

*We see people's faces conveying the well-being that Qi cultivates through their minds and bodies when they take the time to breathe, and to allow calmness to pervade.*

*When we see that look in faces from so many different lands, we cannot help but to deeply realize that we are indeed "one world . . . one breath."*

*We see the tangible evidence that we are all connected by a single field of energy that physicists are now acknowledging permeates all existence.*

*When we all immerse ourselves in this field of energy, we open ourselves to the awareness that we are all truly connected, that we are all part of the web of life. And, by cultivating and growing this awareness personally and globally, we may help in a subtle and quiet way to usher in a more elegant future that nurtures us all in ways we cannot yet even imagine.*

*Thank you for making this extraordinary event and health movement possible through your participation this year and, for some, every year.*

*Bill Douglas & Angela Wong Douglas  
Principal Co-Founders of World Tai Chi & Qigong Day  
April 2007\**

\* Edited for content and clarity from an email dated April 23, 2007.



## IN APPRECIATION

We would like to extend our deepest thanks to all of our facilitators and to

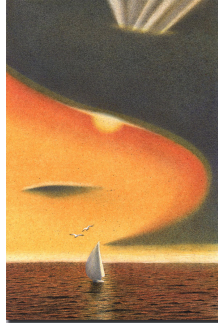
Assemblywoman Patricia Eddington  
New York State Assembly — 3rd District

The Honorable Steve Levy  
Suffolk County Executive

The Honorable Paul V. Pontieri, Jr., Mayor, and  
The Village of Patchogue Trustees

William Hilton, Maria Hendrickson, and Lu-Ann Lategano &  
The Village of Patchogue Department of Parks & Recreation

# ☯ T'AI CHI IN THE PARK ☯



A Free Event Sponsored by the  
Patchogue Department of Parks and Recreation

**ALL STYLES  
ALL LEVELS OF STUDY  
COME, MEET, CHAT, PRACTICE**

Where:

**Shorefront Park – Patchogue**  
**Rider Avenue and Smith Street**  
(Near the Band Shell Construction Site)

When:

**Saturdays**  
**May 5<sup>th</sup> through May 26<sup>th</sup>**  
**9:00 – 11:00 a.m.**

Questions: Contact Laurince;  
631-475-5730 or [WaterTigerTC@optonline.net](mailto:WaterTigerTC@optonline.net)  
[www.WaterTigerTaiChi.com/EventsAndNews.htm](http://www.WaterTigerTaiChi.com/EventsAndNews.htm)



## CONTACT INFORMATION

Bill Donnelly

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Sifu Michael Evans

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Laurince McElroy

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[www.WaterTigerTaiChi.com](http://www.WaterTigerTaiChi.com)

Sifu Tyrone "Wei" Wicksman

Zhang Style Tai Chi  
631-902-1368

*Some addresses are mail contact only, please call before visiting a listed program.*

## FACILITATORS

**Bill Donnelly** is a student and teaching member of *Green Cloud Kung Fu* in Holbrook. For the past eight years, he has studied internal and external martial arts with Sifu Gus Kaparos, who holds a master ranking under Sifu Chan Tai San in addition to Black Belt rankings in ten other martial arts systems. Mr. Donnelly will be presenting a Walking T'ai Chi Set, designed to assist the beginner through repetition and deepen the concentration of Qi for the experienced practitioner.

**Sifu Michael Evans**, *Shaolin Kung Fu Studios*, is a student and disciple of Shih Jiao Moses Arocho and teaches a variety of programs for both children and adults. He does this while maintaining a goal of reintroducing the tradition of the martial arts studio as being a central part of the community – a place for martial training, an institute for scholarly pursuits, a center for help in times of need, and a source for healing in times of pain. His workshop this morning will be on the Golden Elixirs, an eight form Qigong set. The motions are the basis of many of today's systems which teach the 18 Hands of the Lohan Qigong set, and are simple enough for the beginner yet contain enough energy work for those with more experience.

**Spencer Gee**, *Spencer Gee Wellness Corporation*, represented the US in 1981 for the first Wushu tour to the People's Republic of China. He is a personal fitness trainer, aerobics instructor, and instructor of traditional Kung-Fu at Two Worlds Fitness Center in Greenvale. He is an instructor, under Eric A. Leigh, in Pankration, the *Martial Art of all Powers*; and, under Professor Amante P. Marinas, he is also a Master of Panandata, the Filipino art of weapons. Mr. Gee is currently studying Brazilian Capoeira and Gracie Jujitsu; and is also serving as a guest professor at Hofstra University, under the auspices of Professor Joe Buebenas, for the Tai Chi and Self-Defense courses given there. He will be leading A T'ai Chi Workout for his extended workshop this morning.

**Bob Klein**, *Long Island School of Tai-Chi-Ch'uan*, is one of the world's best-known T'ai Chi Ch'uan Masters and has been teaching since 1975. He has authored three books on T'ai Chi, has produced many instructional videotapes, and has been featured in such magazines as *Inside Kung-Fu* and *Tai Chi*. Mr. Klein's focus will be on T'ai Chi Ch'uan as "The Grand Ultimate Martial Art" and Age Reversal Qigong.

**Laurince McElroy**, *Water Tiger School of Tai Chi Ch'uan*, has been an instructor of Yang-style T'ai Chi since 1991. For coordinating *World Tai Chi Day* events over the past eight years, he is recognized as a co-creator of the international event. He currently teaches studio classes in Patchogue and public programs through a variety of venues across Suffolk County. He is also a specialist in bringing the benefits of T'ai Chi

Schedule of Workshops	<i>Casual Workshops, Demonstrations, and Conversations Throughout the Morning – Formal Workshops as Scheduled</i>			
9:00–9:30	Bill Donnelly	Spencer Gee	Bob Klein	
9:30-10:00	↓	↓	↓	Sifu Tyrone Wicksman
10:00-10:30	Presentation Ceremony & Facilitators' Demonstrations			
10:30-11:00		Spencer Gee	Bob Klein	Sifu Tyrone Wicksman
11:00-11:30	Sifu Michael Evans	↓	↓	Laoshi Laurince McElroy
11:30-12:00	↓	↓		↓



and Qigong into the corporate environment through *Water Tiger Services* and its **WARRIOR WELLNESS™** programs. McElroy Laoshi will explore the intricate details and meaning of the Opening and Closing moments of the various T'ai Chi forms and related exercises.

**Sifu Tyrone “Wei” Wicksman**, *Zhang Style Tai Chi Chuan*, has an extensive history in the study of hard-style martial arts that was cut short when he was involved in an accident and nearly lost one leg below the knee. Doctors told Tyrone that he should avoid hard contact sports including hard martial arts. He turned to T'ai Chi and was successful in completely rehabilitating the leg. Tyrone's study of T'ai Chi has included work under several masters in Taiwan including the late Master Tong. His approach is based upon traditional T'ai Chi Ch'uan and blends the development of martial skill with the cultivation of health benefits. Zhang-style focuses upon creating a strong foundation through daily practice of the form, push hands study, and applications practice. Tyrone's workshop will explore various aspects of the Zhang-style form, Push Hands, and applications.