

World T'ai Chi &  
Qigong Day  
Patchogue



**Saturday**  
**April 26, 2008**  
**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 26, 2008

worldwide



*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.*

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

*- Rainer Maria Rilke*

*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 now acknowledge 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.*

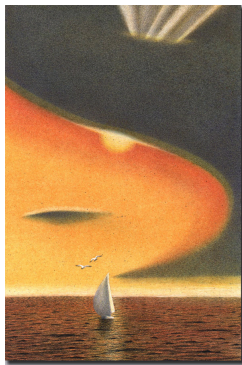
*Bill Douglas & Angela Wong Douglas  
Principal Co-Founders of World Tai Chi & Qigong Day  
April 2008\**

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\* Edited for content and clarity from an email dated January 1, 2008.

Schedule of Workshops	<i>Workshops, Demonstrations, and Conversations Throughout the Morning – Schedule is Provisional</i>				
9:00–9:30	Sifu Michael Evans		Bob Klein		Judith Budd-Walsh
9:30-10:00	↓	Spencer Gee	↓	Sifu Tyrone Wicksman	↓
10:00-10:30	Presentation Ceremony & Facilitators' Demonstrations				
10:30-11:00	Nancy Fiano	Spencer Gee	Bob Klein	Sifu Tyrone Wicksman	Laoshi Laurince McElroy
11:00-11:30	↓	↓	↓		↓
11:30-12:00		↓			

## ☯ T'AI CHI IN THE PARK ☯



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

When:  
**Saturdays**  
**May 3<sup>rd</sup> through May 24<sup>th</sup>**  
**9:00 – 11:00 a.m.**

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



## CONTACT INFORMATION

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Nancy Fiano  
Dojo of the Dancing Dragon  
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Spencer Gee  
Spencer Gee Wellness Corporation  
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Bob Klein and Jean Goulet  
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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

**Judith Budd-Walsh** gives classes in T'ai Chi exercise across the Island and at Physical Educators' conferences throughout New York State. She received her T'ai Chi certification from American Tai Chi Association and her certification as Instructor of T'ai Chi for Arthritis from Dr. Paul Lam. She is the owner of and instructor for *Harmonious Movement Tai Chi*. She is the recent recipient of the 2004 Recreation Leader Award from the Suffolk Zone of New York State Association for Health, Physical Education, Recreation and Dance. Her workshop today will be on selections of Qigong from Nei Kung, Xi Jing Jing, Taoist breathing, and Bau Jing; and the Yang Long Form – first third.

**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 focus on play with the spear (qiang), known as "the King of Weapons."

**Nancy Fiano**, *Dojo of the Dancing Dragon*, is an instructor of T'ai Chi and a Feng Shui Consultant. She teaches a range of approaches to open-hand T'ai Chi, as well as T'ai Chi sword and a variety of Qigong. She will be bringing to the morning a focus on balance, alignment and the opening and closing of the energy gates through Silk Reeling Exercises, and will also be leading some various approaches to Qigong with Fukien Nine, Golden Ball, and Eight Immortals.

**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 T'ai-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 *T'ai Chi*. Mr. Klein will be assisted by **Jean Goulet**

and their workshops will be “An Introduction to T'ai Chi for Beginners” and “Zookinesis: Age Reversal Chi-Gung.”

**Laurince McElroy**, *Water Tiger School of T'ai Chi Ch'uan*, has been an instructor of Yang-style T'ai Chi since 1991. For coordinating *World T'ai 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 and Qigong into the corporate environment through *Water Tiger Services* and its **WARRIOR WELLNESS™** programs. McElroy Laoshi will explore the a foundational Water Tiger walking exercise known as T'ai Chi Flying.

**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.



## IN APPRECIATION

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

Senator Caesar Trunzo  
New York State Senate — 3<sup>rd</sup> District

The Honorable Steve Levy  
Suffolk County Executive

The Honorable Jack Eddington  
Suffolk County Legislature — 7<sup>th</sup> District

The Honorable Timothy P. Mazzei  
Brookhaven Town Council — 5<sup>th</sup> District

The Village of Patchogue Trustees

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