

# WORLD T'AI CHI & QIGONG DAY PATCHOGUE



Saturday  
April 30, 2005  
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 T'ai Chi & QIGONG DAY



10:00 AM; Saturday April 30, 2005  
worldwide

What is World T'ai Chi & Qigong Day!?!?

On Saturday, April 30, 2005, at 10 am, beginning in the Earth's earliest time zone, a peaceful soothing event will unfold, and change the world forever, as it blooms around the Earth throughout the entire day – time zone by time zone. Gently and effortlessly the world will breathe together in a T'ai Chi and Qigong relay of calm. We have all experienced the soothing calm of witnessing others doing T'ai Chi or Qigong and on World T'ai Chi & Qigong Day the entire planet will have that opportunity.

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

- Rainer Maria Rilke

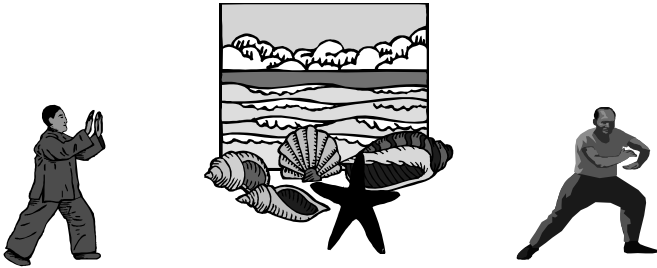
Bill Douglas

Founder; World T'ai Chi & Qigong Day  
From the website [www.worldtaichiday.org](http://www.worldtaichiday.org)

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Schedule of Workshops	Casual Workshops Throughout the Morning Formal Workshops as Scheduled		
9:00—9:30	Judith Budd-Walsh ↓	Spencer Gee ↓	Laurince McElroy ↓
9:30-10:00			
10:00-10:30	Philip White ↓	Sifu Tyrone Wicksman ↓	Ron Rebhuhn ↓
10:30-11:00			
11:00-11:30	Stephen Lee ↓	Spencer Gee ↓	David Alexander ↓
11:30-12:00			

# [ 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 Bandshell)

When:  
**Saturdays**  
**May 7<sup>th</sup> through June 11<sup>th</sup>**  
**9:00 – 11:00 a.m.**

SPECIAL LOCATION

**June 4<sup>th</sup> ONLY**

Village of Patchogue  
Pool & Beach House  
28 Maiden Lane  
*Park in the lot behind  
Nancy's Crab Shack  
at Maiden & S.  
Ocean*

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

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Judith Budd-Walsh  
Harmonious Movement  
Post Office Box 5942; Hauppauge 11788  
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Spencer Gee  
Spencer Gee Wellness Corporation  
35 Clock Tower Lane; Old Westbury 11568  
516-996-1694

Stephen Lee  
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Laurince McElroy  
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Ron Rebhuhn, Ph.D.  
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Philip White  
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Chang Style Tai Chi  
Koga Fitness  
321 Middle Country Road; Selden 11784  
Sifu Tyrone "Wei" Wicksman  
631-891-9311 or  
John Pittarese  
631-495-3023

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

## FACILITATORS

David Alexander has been teaching since 1992, through adult education programs and through his own offerings that are now available in Great Neck under the name Internal Tai Chi Chuan of New York. His approach emphasizes the unity of internal and external motion, integrating martial arts applications with mental and physical health benefits. Mr. Alexander began studying with Herman Kauz in 1978 and with William CC Chen in 1982, was assistant teacher with William Chen for three years, and continues to participate in occasional workshops with both of them. He will be facilitating an exploration of T'ai Chi principles through form movements and focused martial art applications during his workshop this morning.

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 recently created Harmonious Movement Tai Chi as owner and instructor. 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 Nei Dan exercises from C. K. Chu and the Yang Long Form – first third.

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 of Pankration; and, under Professor Amante P. Marinas, he is also a Master of Pananandata, the Filipino art of weapons. Mr. Gee is currently studying Brazilian Capoeira and Gracie Jujitsu and will be leading A T'ai Chi Workout for his two workshops this morning.

Stephen Lee, Harmony Within, Inc., has been teaching T'ai Chi for over 15 years and has been a practicing martial artist for over 30 years with additional experience in Tai Kwon Do, Hung Gar, and Wing Chun. He has studied T'ai Chi under Grandmaster Jou Tsung Hwa and Master David Yee, and credits the skill he has developed as a teacher to his study with Joi Eden and Betty Sun, the founders of Stillness In Motion, Inc. Stephen teaches Yang and Chen Styles as well as Baqua Zhang. He also teaches Yang sword and Push Hands, as well as various Qigong routines, including various kinds of breathing techniques. His session will focus on the Qigong routine "Dance of the Taiji Circle."

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 six years, he was recently recognized by Bill Douglas 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. Water Tiger School will present a selection of push hands exercises, including no touch and staff techniques.

Ron Rebhuhn has been teaching in the Westbury area for over ten years. He is also a tennis pro and a psychotherapist. Dr. Rebhuhn will be leading a workshop on various Qigong exercises with a focus on the Beginning Yin Yang Medical Qigong set.

Philip White is a teacher of Yang-style T'ai Chi Ch'uan. He has also studied Chen-style. A life-long martial artist he wears a Shodan in Kendo. He has additional experience in Gen Shi Rye Karate and Western fencing (saber and foil). He is Reiki Master (a disciple of Kate Scott) and practices privately on Long Island. His workshop will focus on a 12-posture, Yang-style T'ai Chi form; and he will be offering Reiki demonstrations at various times during the morning.

Sifu Tyrone "Wei" Wicksman, Chang 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 there was little hope for normal function and even doubted that he would regain any use of the leg. 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. His approach is based upon traditional T'ai Chi Ch'uan and blends the development of martial skill with the cultivation of health benefits. Chang-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 Chang-style form, Push Hands, and applications.

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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 Brian X. Foley  
Suffolk County Legislature — 7th District

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

The Village of Patchogue Trustees

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

Father Kevin Smith and Donna  
St. Francis De Sales Parish Hall