

A record breaker like no other this year. This was true even with the heavy and steady rain that forced our event indoors! We had eight facilitators from across Long Island (previous record: Seven). Over 90 people attended the various workshops (previous record: 70).



The NYS Assembly recognizes the benefits of T'ai Chi & Qigong.

We were also visited by Assemblywoman Patricia Eddington, NY State Assembly 3rd District and the Honorable Brian X. Foley, Suffolk County Legislation 7th District.

Ms. Eddington presented us with a resolution from the NYS Assembly commemorating the Fifth Anniversary of World T'ai Chi and Qigong Day in Patchogue on April 30, 2005. The resolution also recognizes T'ai Chi and Qigong as Chinese methods of relaxation and rejuvenation, and cites the use of these arts for help with arthritis, chronic pain, allergies, asthma, stress reduction, digestive disorders, blood pressure, balance and coordination flexibility, and lower body strength. Given Laoshi's history in attempting to secure recognition of the event on the state-level through

the governor's office, he was quite pleased with the resolution and with Ms. Eddington's presence.

Mr. Foley presented us with a second proclamation from the NY Suffolk County Legislature; the first was in 2003. During his presentation, Mr. Foley pointed out that Patchogue's participation in this worldwide event is a good example of the concept "Think Global, Act Local" that reminds us that we're all interconnected, and he applauded the effort of all involved. The proclamation points to many of the ways in which T'ai Chi and Qigong benefit stress reduction, breathing capacity, blood pressure, immune system function, balance and coordination, and the slowing of the aging process.

Although not in attendance the Honorable Paul V. Pontieri, Jr., the mayor of Patchogue, issued a supporting proclamation from the village. This is the third proclamation we have received from Patchogue's mayor and trustees in as many years. The previous mayor, the Honorable Edward A. Ihne, issued the first in 2003.

Copies of all past and present honors are currently available on the [Archives](#) page at WaterTigerTaiChi.com. As we go to press, we have been told that Laoshi and Water Tiger's WebElf, Francesca DeStefano, are in the initial stages of developing a new World T'ai Chi & Qigong Day – Patchogue section for the website.

Many participants and facilitators were amazed at the smooth transition not only from outside to inside, but also from program to program throughout the morning. When asked about the compliments, Laoshi replied, "Many T'ai Chi players report that practice of the art helps with organizational skills; I guess this is proof." He also added that he owes a great deal to his students who came early to help set-up and stayed late to help break down.

The morning's programs:

Laoshi presented selected Push Hands exercises including "no touch," symbiotic single-hand, and staff techniques. He tells us that it was not his intention to introduce the single-hand work, "One of the participants made a request, and people seemed receptive to the idea." His decision to go with the flow was well received. Water Tiger student, John Davis, posted on the Virtual Kwoon:

I found pushing hands with strangers to be quite intriguing. I just looked at my partner, shared a greeting, and went to it – most all the communication came through the hand contact. Without words, you could feel the conversation progress, learn about your partner, and within minutes become very calm and comfortable.

Several of the facilitators were also surprised at the complexity and fun of Pushing Staff!

Spencer Gee, Spencer Gee Wellness Corporation of Old Westbury, drew quite a crowd over all three hours. This is Mr. Gee's fourth appearance at the event and he recently returned for his third ABC T'ai Chi seminar in the kwoon on May 15. On the 30th, he once again offered variations on his T'ai Chi Workout. His use of props – bamboo hoops, weighted balls, Pilates balls, furniture skids, etc., is extremely innovative and quite a blast!

Judith Budd-Walsh, Harmonious Movement in Port Jefferson Station, is another annual favorite. This is her third year with us in Patchogue. She introduced participants to various Nei Kung exercises from C. K. Chu and led her group through the first third of the Yang Long Form. Ms. Budd-Walsh is the recipient of the 2004 Recreation Leader Award from the Suffolk Zone of New York State Association for Health, Physical Education, Recreation and Dance. She is also currently working on a project developing T'ai Chi exercises for people with MS. The project was born out of an introduction Laoshi made between her and Dr. Barry Fabrikant, a Plainview Chiropractor, late last year. Many of you know that she credits her own work in T'ai Chi with keeping her own MS in remission for over 10 years.

Phil White of Sea Cliff was one of three new facilitators this year. Laoshi met Mr. White on the MSN T'ai Chi Club and was finally successful with goading him to attend last year's event and with coaxing him to facilitate this year. Mr. White guided people through his original 12-posture, Yang-style T'ai Chi form. His plan to offer Reiki demonstrations throughout the morning seemed to be overshadowed by everything else that was happening in Parish Hall. He did, however, have an opportunity to give a treatment to Sifu Wei. According to Mr. White, "Sifu was very surprised when I was able to tell him where his past injuries were located in his body."

Sifu Tyrone "Wei" Wicksman, Chang Style Tai Chi Chuan in Selden, was another first-timer. Perennial T'ai Chi in the Park participant, Elan Abneri found Sifu Wei and brought him to us. Mr. Abneri tells us, "I've never met anyone with such a deep understanding of T'ai Chi's martial roots." Sifu Wei helped participants to explore various aspects of the Chang-style form, Push Hands, and applications.

Dr. Ron Rebhuhn of Westbury also returned for his fourth year in Patchogue. In his own words, he "shared his love" with various Qigong work, including Invasive Qigong. Many have reported that they found Dr. Rebhuhn's presentation style a bit more informal than that to which they are accustomed. They all quickly have added that the work was not informal at all. Several Water Tiger students are looking forward to his promise to make an appearance at T'ai Chi in the Park.



The energy we felt in St. Francis De Sales Parish Hall was undeniable, deep, and phenomenally strong.

David Alexander, Internal Tai Chi Chuan of New York of Great Neck, returned for his second year. Mr. Alexander led an exploration of T'ai Chi principles through form movements and focused martial art applications based on his experience in the Cheng Man-Ch'ing lineage. Unfortunately we have heard from Laoshi

that Mr. Alexander will be seeking an event next year closer to his base of operations in Nassau County.

Stephen Lee, Harmony Within, Inc., of Islip, was the final first-timer this year. He introduced participants to the Qigong form, Dance of the Taiji Circle. Many students continue to talk about the grace and difficulty of the form and are hoping Mr. Lee will join us in Shorefront in the weeks ahead.

We may not have had the view of Patchogue Bay and the Great South Bay of Long Island that we normally have in the village's Shorefront Park, but the energy we felt in St. Francis De Sales Parish Hall was undeniable, deep, and phenomenally strong. And, as Francesca DeStefano posted to the Virtual Kwoon, "It was nice to work with other instructors, [but] it felt really great to come home to Water Tiger School!"

