



Clonmel County Tipperary Ireland  
(Contact details below )

## YMAA TAI CHI CHUAN AND QI GONG

We currently run Tai chi classes in two locations: - The Martial Arts Academy, Deansgrange, Co. Dublin and St Peter and Pauls primary school, Clonmel, Co. Tipperary under local contact Fred Binchy, & Director Damian Fox.

For information about our Tai Chi Chuan classes please select a location below.



Tai Chi Form

The Tai Chi form is a series of slow moving exercises (postures) which are performed in a smooth and relaxed manner. The body is relaxed and the mind absorbed in each movement.

These classes teach the Yang style classical Tai Chi as well as aspects of Taiji Qigong and Theory, for increased health benefits. It also offers greater scope into the internal arts of YMAA. The classes are structured to suit beginners and more advanced Taiji practitioners.

**CLASS DETAILS & INFORMATION ARE PROVIDED AT END OF THIS NEWSLETTER**

### Benefits of Tai Chi Practice

Reduces stress  
Increases mobility & flexibility  
Increases energy & vitality  
Improves general health  
Helps lower high blood pressure

### Class Contents

Yang style classical form  
Taiji Qigong; - Primary, Coiling, Rocking and moving Sets  
Taiji Circle  
Taiji Ball  
Taijiquan Theory



Clonmel County Tipperary Ireland  
(Contact details below )

### August 2009

2008/2009 was a wonderful inaugural year for the Clonmel YMAA satellite branch!

There is no YMAA teacher in our town, only YMAA students! Which is a little story in itself worth telling. Quite a number of years back a few of us were introduced to Tai Chi by [Sensei John Ayward](#) who had learned a short form from his Shotokan teacher, Master Kanazawa.

When that ended, we had to find a more comprehensive programme, and in 2004 Fred Binchy attended [Master Yang's](#) annual Irish seminar in Dublin. Afterwards, he signed up for regular training in Dublin, and he has been attending a full personal training programme ever since, including weekly training in Dublin, & annual workshops in Dublin, Liverpool, and Lisbon.

Others soon joined him, and we were very keen to get some level of recognition, in order to access to more training and support. We were very positively supported by YMAA in Dublin, director [Paul Moran](#), and Assistant – Director - teacher [Damian Fox](#).

In our first year, we established a base in a Clonmel School, who have kindly given us generous access to training facilities on Monday evenings, Saturday mornings and sometimes for full day workshops at weekends. We were also able to conduct a couple of workshops, one an introductory Tai Chi workshop, and a second one based upon Master Yang's excellent Qi Gong series, concentrating on Four Seasons Qi Gong. We would like to take this opportunity to express our appreciation and thanks to St Peter & Paul's School in Clonmel for their generosity and support in our first year.

In the spring of 2009, Paul and Damian made a proposal to YMAA Boston headquarters, to have Clonmel recognized, under the auspices and direction of Dublin, and with Damian Fox as our director.



Some of the Saturday morning regulars

---

#### **Self Help:**

This club is founded on voluntary effort. Members help each other at Clonmel YMAAA -- it is part of the ethos. For example attending the annual workshop in Dublin, everyone tries to assist each other to get to and from the weekend. They photocopy materials and point to training and reading information for each other.

A treasurer has been appointed to each class, to keep the books right with the school, and with the YMAA. This is important because the club operates on a low cost break even principle, to try and make it accessible to everyone.

**We resume in early September, and we are targeting a busy year. We will also be looking for an editor/secretary to run a 2<sup>nd</sup> bulletin of this newsletter and attend to some other (minor) administration responsibilities.**

---

### **The First year:**

The Beginner's class have now done three full terms of 10 weeks each, during the course of which about 35 people passed through the doors, and happily quite a number of them have stayed. They were introduced to start of the 1<sup>st</sup> stripe YMAA training programme, including Joint Loosening & stretching, some stepping Qi Gong techniques, the Primary Qi Gong Set and a basic introduction to Part One of the long form sequence.

The Saturday class, (we are all beginner's), but this lot have now been working together for a couple of years. They have done more stepping routines, moved in to Part Two of sequence and have done more training, balancing & stretching work that they were introduced to by Pedro Rodriguez. They have also done a little push hands, and a little with Qin Na techniques and are keen to push on.

We are happy to report about 20 regular members, most of whom turned up extremely regularly for their weekly training in the first year.

In the past couple of months, Damian Fox attended to run his full day workshop, and we hope to enjoy more of that with Damian in the early future. Our target is to have access to a full days training a couple of times a year, plus the compulsory attendance at the annual workshop.

### **Moving On :**

Its now clear that some of our regular attendants in the past year will not be with us for different reasons. After 30 + years of Teaching in Clonmel Sensei John Aylward has moved on and we would like to wish him every success good health and happiness as he moves on. As a token of our appreciation to John we have conferred **Honorary Life Membership** on him and we hope to be able to confer this on him formally at some stage in the early future when he may return to Clonmel. Simon Pollard has moved to China, where, he promise us he will connect with the Taiji Quan 'community' and we hope he will return with many photo's, tales and accomplishments.



We also cannot forget some who started the 2<sup>nd</sup> – the Monday class, and who have now clearly moved on. It was their effort that started the Monday class, and we said at the start of that year that it was a time for people to experiment, to find out if Tai Chi – Qi Gong was 'for them'. They gave a full year of energetic, good humoured and consistent commitment and can be proud of their contribution. We send them every good wish and our thanks for their effort, which helped to move the club on. Positive energy !

### **Some of the Monday night class. (sorry the photo's not so good !)**



---

### **Portugal:**

The year was topped off by Fred Binchy & Brian McDonald attending the annual training camp in Portugal. These camps are a wonderful experience and greatly enhance your training in an enjoyable atmosphere. Where else will you get access to up to four or five experienced teachers in one week.



**Pictured sitting is Grand Master Kao with five of the teachers, from left Vitor, Celso, Victor, Pedro, and Nicholas Yang**



### **BRIAN TRAINING LOG**

This year's Portugal National Summer Camp took place in Costa da Capricia in July. This was an extra special event due to the presence of Dr. Yang's Taiji teacher from Taiwan, Master Kao Tao. Master Kao took the first hour of the Taiji class each morning and started with body loosening exercise followed by forms including Row the Boat, Shallow Flying, Push the sky, Kicking Legs and Golden Rooster Stands on One Leg. He also taught Ma Bu stance training and balance training.

Each afternoon Master Kao gave Qigong classes, these included Healing Sounds and Self Massage techniques. Massage included manipulation of points on the ears, head, face and neck together with techniques for hearing, eyesight and breathing. Master Kao also introduced routines for the torso, intestines and the legs incorporating the knees and important areas around the ankles and manipulation of points on the toes.

The Taijiquan, Pushing Hands and Taiji Ball training was instructed by Victor Marques and Vítor Casqueiro. The Taiji class covered Taiji applications, the complete Taiji sequence and Jin training.



The Taijiquan, Pushing Hands and Taiji Ball training was instructed by Victor Marques and Vítor Casqueiro. The Taiji class covered Taiji applications, the complete Taiji sequence and Jin training.

The Pushing hands training covered techniques building up to Peng, Lu, Ji, An double pushing hands both stationary and moving with emphasis on coiling and centring and culminating in some matching practice.

Taiji Ball training was split into beginner and advanced groups, the beginner group covered Stationary, Rocking and Walking Vertical Circling with a focus on the importance of posture and breathing.

As a beginner, this camp was an excellent opportunity to focus some basic techniques which hopefully will form the foundations of many years of training. Many thanks to the summer camp instructors, to Damian Fox, our club director and to Nicolas Yang for welcoming our fledgling club into YMAA.

---

**Photographs are expensive !** : In order to get this one Brian and Fred had to sing 'When Irish eyes are smiling' for the benefit of the whole class!

When the French speakers were bemused he then struck up with [La Marseillaise](#) !



## QI GONG

There was a great emphasis on Qi Gong and Self Massage training techniques this year in Portugal.

Master Kao lead these classes every day and it was something to see a man of just 80 years jumping off a four foot wall!

He would regularly stop the class to check and see if people were taking notes. He would say how can you expect to go home and show your family, friends or pupils what to do if you don't pay attention. He also stopped the class regularly to exhort greater efforts and he was no shirker himself ..... Here he leads and teaches The Swallow Flies Up :



This is one of series of Qi Gong techniques which the Clonmel class will train in from Sept'09.

And a little later in the year we will introduce you to some of his Self Massage techniques when we have completed our notes, study & practice from the lectures.

---

## (Rare ) Clonmel

**It isn't all just about Taiji !**

**As this is our first newsletter we thought we would include a little information about our home town and why we don't live in Dublin ! :**



Located by the river Suir in the very south of County Tipperary, in southern Ireland, it is a town of about 30,000 people in the heart of what is known as the Golden Vale. It sits at the base of the Comeragh mountains, with Knockmealdown and Galtee ranges nearby.

Industrially Clonmel is home to Boston Scientific, Abbott, Merck, & Bulmers (Magner's) Ciders.

There is plenty to do including Golf, hill walking, mountain biking, cycling, and many other activities.

**If you ever visit you are assured of a warm welcome.**

---

## CONTACT DETAILS :

Contact :

### Website:

<http://www.ymaa.ie>

Note there is very little information re Clonmel on YMAA.ie at the moment but they are upgrading their website.

### Email through YMAA:

[YMAA Clonmel](mailto:YMAA.Clonmel)

Or we provide you with the following local contact information:

[Fred.Binchy@gmail.com](mailto:Fred.Binchy@gmail.com)

Or

[brian.mcdonald@oceanfree.net](mailto:brian.mcdonald@oceanfree.net)

Mobile or Cell Phone (*please text the number with your details first, thank you !*)

Fred  
086 – 255 08 45

Brian  
087 - 7416336

(outside Ireland : 00353 – 86 - 255 08 45 )

---

## CLASS DETAILS & PLANS 2009/10:

For the time being we intend to continue with the same schedule as past year subject to the School's availability:

Monday evening's : 7.45 to 9.15 pm

Sarurday morning's : 7.30 to 9 or 9.15 am.

Classes will generally run for terms of approximately 10 weeks each, and commence on Saturday 5<sup>th</sup> & Monday 9<sup>th</sup> Sept., respectively.

### Other Activities:

- ❑ Spring 2010 ~ YMAA Ireland Annual Training Camp
- ❑ Tai Chi – Qi Gong beginners workshop (2-3 hours) \*
- ❑ Damian Martin Director Tai Chi One Day workshops. \*
- ❑ Four Seasons Qi Gong Workshop \*
- ❑ Tai Chi Ball Introductory Workshop\*

\* These dates will all be arranged as the year progresses. And there may be other activities ~ be warned... !

---

--	--