



A MEMORABLE TAIJI NIGHT 2018 RCTTC 15th ANNIVERSARY

This year's Taiji Night was a remarkably special one. It marked 15 years of establishment of RCTTC. An array of exciting programmes and celebratory events were planned for this event held on 10 November 2018 at Mountbatten

Community Club.

For every past Taiji Night, special door gifts were prepared for our participants. In



commemoration of this

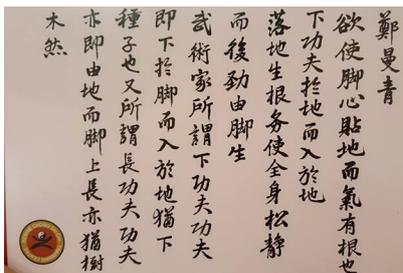
special day this year, every

participants received a specially designed t-shirt as a door gift.

Moreover, a pair of commemorative watches were produced to remember this significant day for our training center.



Before registration and the start of the evening programme, a group of enthusiastic practitioners came early and attended a specially planned Taijiquan Dialogue session with Master Chong. During this session, Master Chong generously shared the theory and his knowledge of the art of Taijiquan with them. He explained in detail the health aspect of the art and, also, demonstrated the practical martial aspect of Taijiquan theory for these participants. They engaged extensively in the discussion and acquiring the necessary understanding of this profound art from him.



“To acquire the ultimate art of TAIJIQUAN, it takes one to have great patience, perseverance and hard work”

- Master Chong



The Planning Committee, in close consultation with Master Chong, has selected this year's Taiji Night theme as "I'mpossible!". The theme was selected, in part, to reflect the determined progress and growth of RCTTC throughout the arduous journey since its humble inception. The theme was also chosen to encourage practitioners to persevere through the difficult obstacles and training that stand in their way to acquiring the sublime art of Taijiquan. Based on this unique theme, the Planning Committee brainstormed and developed a specially choreographed Taijiquan performance as an opening item for the night. This performance showcased and highlighted the spirit of perseverance in Taijiquan practice. Before the start of the evening's event, Master Chong led all the participants to an invigorating practice of Fajin (发劲) or discharging of one's internal power



to perk up the energy level of all the participants. Moreover, he led all participants in an exciting and entertaining Ice-breaking item.



The night's events were sectioned out to three parts. The first third of the night's event focused on the awareness of Taijiquan within the RCTTC lineage. Master Chong started this part by sharing the interesting history of RCTTC, his lineage and history of practice and, also, introduced the family of disciples to all participants.



Next, two Taijiquan Training demonstrations and two Taijiquan Performances were showcased to all participants. In the area of Training



Demonstrations, Master Chong displayed the different training requirements and methodology for youth. He also gave a brief introduction to Tuishou (推手,



commonly known as pushing hands) another significant aspect of training in Taijiquan.

Jaleen Ho (our senior instructor) performed the Yang Style 54-form Sword style. This special sword form was passed down to Master Chong by his father, and later taught to Jaleen. Master Chong hoped that this sword form can be passed down to generations to come after him. The final performance was Master Chong displaying the Yang style Zheng Zi 37-form Taijiquan (杨式郑子37式太极拳). In this special performance, Master Chong integrated the Chen style Taijiquan core concepts into performing the Yang Style Taijiquan form. In his performance, he brought out



the finesse and beauty of the form. He also displayed the great flow of energy, delicate synchronisation and perfect harmony required in high quality Taijiquan display. In this



portion of the demonstrations and performances, it helped to heighten the awareness of the participants to the dynamic and multi-faceted aspects of Taijiquan practices. It also provided our practitioners a clear direction and aspiration towards their practice of this sublime martial art.

In the second part of the night's event, the participants of the seven different training centers under the RCTTC flagship were given opportunities to bond as a family. Practitioners were brought together to support one another in their respective centers through two exciting Taijiquan Skills Competitions, i.e. 1) Taijiquan Bow-Stance Kicking Competition and 2) The Golden Rooster



Stance Competition. All participants were cordially engaged in these two activities. They also displayed fantastic support for one another, regardless of their participation. Although



the competition among the centers were intense, the participants displayed outstanding *martial moralities* (武德) and, also, displayed the Taijiquan spirit of *giving up oneself for others* (舍己从人) throughout the events.

How can an anniversary commemoration goes without a special cake and a great photo taking session? During this second part of the event, all participants were also gathered around a special 15th Anniversary Cake Cutting Ceremony. A beautiful cake was sponsored and handmade by Seng Syeong (a practitioner from Bishan Basketball Court



Center) in dedication to this special event. Furthermore, to put an icing on the cake, she also handmade a cupcake for every participants. The cake cutting ceremony was cordially followed up with a mass memorial photo taking session. For this year's event, 175 participants signed up for the event, a second highest record of participants since Taiji Night commenced.



Before the start of the final section of the programme, participants were treated to a sumptuous buffet dinner. A slew of delicious dishes were catered for the participants. Master Chong has specially looked into this year's catering of the dinner buffet. He had ensured that every participants could get high quality of food.



The final segment of the programme started with a certificate presentation ceremony to recognise two groups of practitioners who had 1) achieved progress and growth in the practice of Taijiquan and 2) the teaching and promulgating the supreme art.

The first group of practitioners were awarded the Elementary Certificate of Achievement. This group of practitioners have successfully completed the Yang Style ZhengZi 37-form Taijiquan. They have shown perseverance, patience and dedication in acquiring the 37-form Taijiquan.





The second part of the Certificate Presentation was to promote, recognise and develop future Instructors for the transmission of the RCTTC lineage of the Taijiquan art form. This year, there are four practitioners that are conferred the Instructor Certificate; Two at the Assistant

Instructors Level (Chia Kim Lee and Bernard Sew), an Instructor Level (Brigitte Lichtenberger) and, finally, a Senior Instructor Level (Jaleen Ho). The four Instructors were selected by Master Chong in recognition for their readiness and dedication in their practice, training and promulgating the art of Taijiquan.

After the certificate presentation ceremony, Bernard Sew gave a short brief on the recent Annual Batam Retreat held this year in September. Participants were given a glimpse on the learning, fun and bonding events during this year's retreat. They were also encouraged not to miss this annual retreat in the future.



Every year, the mass performances of the Yang Style Zheng Zi 37-form Taijiquan by the disciples and practitioners during Taiji Night has been a long held tradition. It is also one of the main highlight of every year's event. This valuable, yet meaning group

performance of the art form is to translate the passion and dedication of the practitioners towards RCTTC lineage of Taijiquan. It is also through this performance that disciples and practitioners alike relay their gratitude and appreciation towards Master Chong's dedication



in teaching and transmitting the sublime art form to them. The group performance is led by Master Chong's disciples, with participation of practitioners who have completed their learning of the form.



This year's mass performance was a huge success. Every participants dedicated themselves intently and drew out their best performance. The well synchronised movement of the participants under the tranquil music brought about a great tribute to Master Chong. The success of the mass form performance also underscored Master Chong's high quality of teaching and dedication towards his disciple and practitioners alike



After the mass performance, there was a simple prize and appreciation token presentation ceremony. This ceremony was to recognise the contributions of performers during the night and winners of the respective competitions held during



the events. Token of appreciation was also given out to special supporters (including photographers and sponsors) of the Taiji Night events, without which the events would not be a success.



In this year's Luck Draw segment, there were a total of ten prizes waiting to be won. Both Master Chong and his wife conducted the draw and Bedok Training Centre became the top winners as the top two prizes (1st and 2nd) went to practitioners from the Center.



Before calling a close to this year's Taiji Night, the committee members, together with Master Chong, led all the participants to a mass sing along session to the famous yet memorable Mandarin pop song "Friends" (朋友). This great sing along session brought together the spirit and the bond among all practitioners under RCTTC family. The high energy of the singing also signified the enjoyment and happiness of the participants towards this year's event.



After 15 years of hardship, toll and progress, RCTTC has grown into a great community of passionate Taijiquan learners. From the cordial cooperation of the committee members to the great spontaneous support thrown behind this year's 15th Anniversary Taiji Night by the practitioners, the atmosphere exhibited a wonderful and sublime bond between Master Chong and his disciples and practitioners. Apart from the orthodox transmission of Taijiquan as an art form, this year's Taiji Night have brought to life the culture of Taijiquan between the Master, disciple and practitioners. Throughout, the event, it also further enlivened the eight crucial RCTTC Taijiquan's martial morality namely 1) Love and Care, 2) Kindness, 3) Humility, 4) Perseverance, 5) Respect, 6) Trust, 7) Righteousness and 8) Loyalty.

