



... **My experience in Tai Chi with Sifu Chong** ...

看易本非易，形似游龙戏

kan yi ben fei yi , xing si you long xi

*Tai Chi isn't as easy as it appears*

*Its form movements resemble a roaming dragon at play*

松紧要自主，动静随心欲

song jin yao zi zhu, dong jing sui xin yu

*Relaxing or tensing is necessarily self-controlled*

*Follow the heart's desire in movement and in stillness*

有术方为奇，力行最为贵

you shu fang wei qi, li xing zui wei gui

*To have both the art (wisdom) and its methods (techniques) is rare*

*Therefore it is important to strive to be an example of your Art*

后学莫轻视，有志事竟成

hou xue mo qing shi, you zhi shi jing cheng

*Take care to study the Art carefully and do not take it lightly*

*In any endeavor, you must have the determination to finish and succeed*

To me, Tai Chi is an Art I would hesitate to embark. Being crazy over martial arts, Tai Chi was never my choice (at that moment, to be exact). It is not that I doubt over its benefits and applications, it is a mere passion factor, I simply couldn't imagine having to go through slow motion fighting. I rated this martial art " the last to learn" – after I have enjoyed all other more aggressive martial arts, and that could be when I reach about 50 years old.

It was by chance that I attended Sifu Chong's Tai Chi – the time slot, the free classes – I was available, so I popped in to taste the flavour of Tai Chi. After all, Tai

身为武术爱好者的我，从未将太极拳列入必学门科之一，至少，我认为那是我老来无力时再考虑的“终身武术”。我总是想，先让我过过其它激烈武术的瘾，趁年轻嘛！

在一个偶然的的机会，我踏进了张师傅的太极拳课室，至此对太极拳结下了不解之缘。

Chi is one of the many martial arts -- my passion, that is.

Sifu demonstrates Tai Chi moves with ease like flowing water, however when we try to imitate him, we are always clumsy. We cannot explain why we are not able to perform easy movements that seem natural. I was like a baby, starting to learn how to stand and walk properly all over again.

It didn't take me long to realize Sifu Chong's in depth teachings and his passion in his Art. Despite Sifu Chong letting us wait for ages before he finally proceed to the actual Tai Chi moves, I actually felt blessed to attend his class. In the midst of going through over and over again the detailed warm-ups and Chi Gung breathing, I really enjoyed every little improvements I gained out of tiny adjustments at a time to my postures.

The long waiting period did not flush to waste. Those pre-trainings has contributed to building my foundation in Tai Chi. Those repeated details have since formed a more solid and concrete element to my movements and postures in Tai Chi. Thanks to the selfless guidance from Sifu's wanting to perfect students' every single move in the expense of losing impatient students.

As I am helping out to lead in Tai Chi classes, I constantly feel the need to brush up my skills – Tai Chi moves and its teachings. Being able to perform well is not enough; the ability to effective coaching is crucial too. It has become an invisible push for my initiative in studying the subject, giving continuous thoughts to it.

I have practiced Tai Chi for close to three years. I have since been a more tolerant person. I have learned to let go (detach). My spirit gets stronger, and my fear for failures has greatly reduced. I am able to more easily let the nature flows, and accept gracefully in whatever will be.

Today, I shall walk the path where Sifu will guide.

As time goes by, I shall search for my own inner Master.

With this, I pay my grateful respect to Sifu Rennie Chong for his passionate guidance, without which I would not have the courage to stay in Tai Chi.

当师傅练太极拳时，总是那么的轻而易举柔似水。反观我们学着师傅模样练习时，却鸡手鸭脚，怪别扭的，怎么学就是做不到自然流利。我像是回到了婴孩期，从头学站立学走路。

师傅细心加耐心的教导，是难能可贵的。他的深入与投入，令我们获益不浅。每一个动作细节，每一个部奏，都经过师傅重复的纠正。

师傅是一位亲力亲为，不言烦、不言倦，幽默可亲的长辈。他为我们树立了非常好的榜样。尤其师傅对太极拳的学问及热忱，是令人钦佩的。

在学习太极拳近三年的过程中，我变得比较宽容，也不再过于执著，很多事情都学着顺其自然。我开始体会“放下”的感触。

帮忙师傅代拳，让我深感学无止境的道理。无形中，也使我有意无意对太极拳术有所思考，发愤求上进，深怕“误人子弟”也！

今日，我将行师傅领导我行之路。

他日，我将继着寻找自己内心的良师。

最后，献给我至亲、尊敬的张显宗师傅一声永远的感激！没有师傅，就不会有太极拳的我。

~ Georgina, 15<sup>th</sup> April 2005