



Cold Mountain Internal Arts Newsletter, Feb. 2010.

Special dates:

- **Chinese New Year celebrations on Saturday Feb. 6th.**

1. At the Waterloo Rec. Centre on Father David Bauer Dr. at 2:00 p.m. Members of CMIA will help the **Central Ontario Chinese Cultural Centre** inaugurate the Year of the Tiger. Come and celebrate! Food, folk-dancing, Taiji and fun!

2. Later that evening, at Bingeman Park, members of Cold Mountain will perform Chen-style Tai Chi with Sifu Gao for **The Confucius Institute** and the **Chinese Cultural Association**.

- **Sensing Hands Formal Review** at Calvin Presbyterian Church on the evening of **Wednesday Feb. 17th** from 7:00 till 9:00 p.m. The focus during this workshop will be on three two-person four-hands drills. Cost: \$10.00.

NOTE: This workshop is co-operative and non-combative. It is particularly suitable for those interested in joint and spinal health.

- **Animal Essence Workshops on Saturday Feb. 20th** at Calvin Presbyterian Church, 248 Wesmount Rd. E. in Kitchener. Subjects: Taiji in 3 dimensions – meditation (Dragon Qigong with Tanya Korovkin), form (Crane Tai Chi with Jan Bentley-Fogolin) and application (Spirit Bear Boxing with Paul Thorpe). Registration at 1:00. A donation to cover expense would be appreciated.
- **Cold Mountain Chinese New Year Celebration on Feb. 20th , with The Canadian Taijiquan Federation** at Calvin Presbyterian Church, 248 Wesmount Rd. E. in Kitchener. Starting at about 3:30 with the Jing-mo Kung Fu Lion dancers with Sifu Robin Young, followed by Tai Chi demonstrations. Pot-luck about 5:30. To contribute to our pot-luck, contact Alpha Montemayor at: ksparks@rogers.com
- **Spirit Bear Workshop on Saturday March 27th** from 1:00 till 4:30 p.m. This practice will review the Spirit Bear Qigong and the material covered in the Thursday evening sessions. It will also be a particularly

suitable introduction to those who have not been able to attend these sessions. Cost: \$30.00 single, \$40 family. (See below) This is an introductory seminar. If there is adequate interest, further seminars may be presented going further into this part of the curriculum.

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Schedule Changes:

Saturday Mornings have more and more evolved into a combination of Chen-style practice with Sifu Gao Haibin, and open practice. In addition to the Chen Family's first routine, we are now beginning Chen-style sword form. Come and join us 9:30 to 11:30 a.m.!

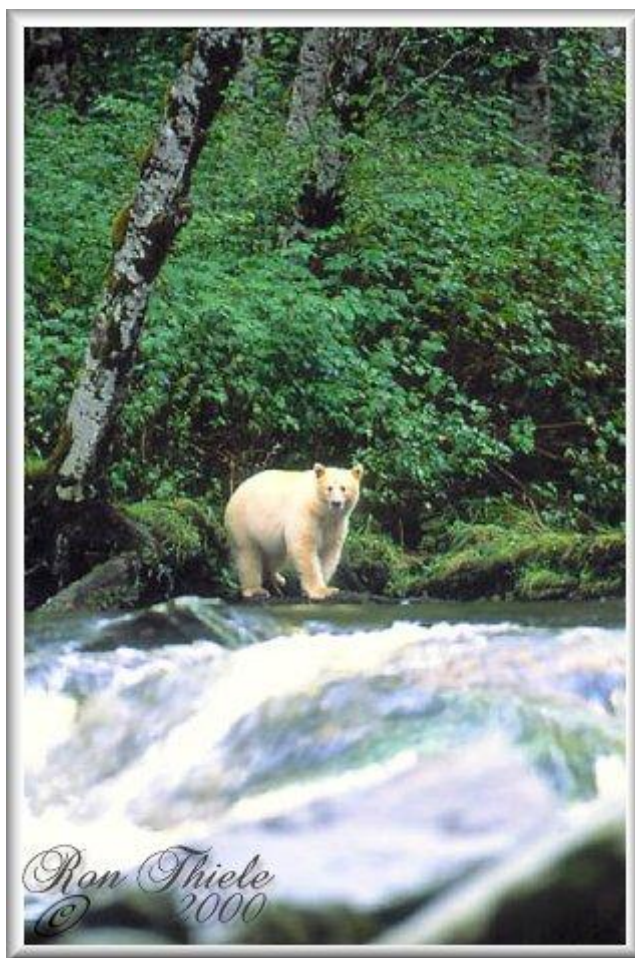
Thursday evenings will consist of Long Fist and Cannon Fist practice from 6:30 to about 7:15. We will then begin looking into Spirit Bear practice. This will take us until 8:00, at which time we will have our Qigong session. This Spirit Bear material is Qigong based, and largely consists of applying the Universal Post stance. It serves as a way to learn basic martial arts concepts, such as angles of approach and directional material. The practice is particularly recommended for any interested in "fleshing out" the form with martial awareness, or in teaching others.

Website Development

...is being pursued by a committee consisting of Patricia Beretta, Randall Templeton and Paul Thorpe. We will shortly have an interactive website at our disposal with improved graphics, and a much better system of internal navigation. In the meantime, Patricia is doing a lovely job of keeping the site up to date with notices of special events. So watch this space!

(See below for Spirit Bear poster!)

Spirit Bear Qigong Meditation and Self-Defense - I



An afternoon Workshop sponsored by
Cold Mountain Internal Arts, at Calvin Presbyterian Church
248 Westmount Rd. E., Kitchener, ON

Saturday, March 27 from 1:00 to 4:30 p.m.

This introductory seminar will explore meditational visualization, and the basics of range, angle, and inside and outside positioning. Based upon T'ai Chi principles, *Spirit Bear Boxing* is a suitable and fun introduction to meditation and self-protection.

Cost: \$30.00 single, \$40 family
No pre-registration necessary.

For more info contact stevehiggins@rogers.com (Ph.) 519-576-3206