

World T'ai Chi &  
Qigong Day  
Patchogue

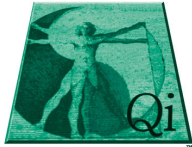


**Saturday**  
**April 29, 2006**  
**9:00 AM — 12:00 PM**

Shorefront Park  
Patchogue, New York

Sponsored by  
Patchogue Parks & Recreation  
Water Tiger School of T'ai Chi Ch'uan  
[www.worldtaichiday.org](http://www.worldtaichiday.org)

# WORLD TAI CHI & QIGONG DAY



One World... One Breath...

*"If we want to make something truly spectacular of our world, there is nothing whatsoever that can stop us."  
- Ranier Maria Rilke*

*10:00 AM; Saturday April 29, 2006  
worldwide*

*This global wave of goodwill provides a vision of hope and healing to a world hungry for such visions. Each year, through photos and video, we witness people from different cultures, religions, and from every corner of the earth doing nothing more than breathing together in this global Tai Chi and Qigong event. The experience is profound.*

*We see people's faces conveying the well-being that Qi cultivates through their minds and bodies when they take the time to breathe, and to allow calmness to pervade.*

*When we see that look in faces from so many different lands, we cannot help but to deeply realize that we are indeed "one world . . . one breath."*

*We see the tangible evidence that we are all connected by a single field of energy that physicists are now acknowledging permeates all existence.*

*When we all immerse ourselves in this field of energy, we open ourselves to the awareness that we are all truly connected, that we are all part of the web of life. And, by cultivating and growing this awareness personally and globally, we may help in a subtle and quiet way to usher in a more elegant future that nurtures us all in ways we cannot yet even imagine.*

*Thank you for making this extraordinary event and health movement possible through your participation this year and, for some, every year.*

*Bill Douglas & Angela Wong Douglas  
Principal Co-Founders of World Tai Chi & Qigong Day  
April 2006\**

*\* Edited for content and clarity from an email dated April 20, 2006.*



## IN APPRECIATION

We would like to extend our deepest thanks to all of our facilitators and to

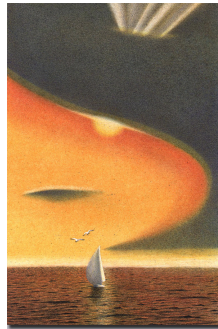
The Honorable Jack Eddington  
Suffolk County Legislature — 7th District

The Village of Patchogue Trustees

William Hilton, Maria Hendrickson, and Lu-Ann Lategano &  
The Village of Patchogue Department of Parks & Recreation

Father Kevin Smith and Donna  
St. Francis De Sales Parish Hall

# ☯ T'AI CHI IN THE PARK ☯



A Free Event Sponsored by the  
Patchogue Department of Parks and Recreation

**ALL STYLES  
ALL LEVELS OF STUDY  
COME, MEET, CHAT, PRACTICE**

Where:

**Shorefront Park – Patchogue**  
**Rider Avenue and Smith Street**  
(Near the Band Shell)

When:

**Saturdays**  
**May 6<sup>th</sup> through June 10<sup>th</sup>**  
**9:00 – 11:00 a.m.**

Questions: Contact Laurince;  
631-475-5730 or [WaterTigerTC@optonline.net](mailto:WaterTigerTC@optonline.net)  
[www.WaterTigerTaiChi.com/EventsAndNews.htm](http://www.WaterTigerTaiChi.com/EventsAndNews.htm)



## CONTACT INFORMATION

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Ron Rebhuhn, Ph.D.  
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Philip White  
philj200@hotmail.com

Sifu Tyrone "Wei" Wicksman \*  
Chang Style Tai Chi  
631-902-1368

\* Sifu Tyrone "Wei" Wicksman of Selden was originally scheduled to facilitate a workshop on Chang-style. Unfortunately, Sifu "Wei" was called out of the country on personal business. Our thoughts are with him and others touched by the loss that has called him from us.

*Some addresses are mail contact only, please call before visiting a listed program*

## FACILITATORS

**Spencer Gee**, *Spencer Gee Wellness Corporation*, represented the US in 1981 for the first Wushu tour to the People's Republic of China. He is a personal fitness trainer, aerobics instructor, and instructor of traditional Kung-Fu at Two Worlds Fitness Center in Greenvale. He is an instructor, under Eric A. Leigh, in Pankration, the *Martial Art of all Powers*; and, under Professor Amante P. Marinas, he is also a Master of Pananandata, the Filipino art of weapons. Mr. Gee is currently studying Brazilian Capoeira and Gracie Jujitsu; and is also serving as a guest professor at Hofstra University, under the auspices of Professor Joe Buebenas, for the Tai Chi and Self-Defense courses given there. He will be leading A Tai Chi Workout for his extended workshop this morning.

**Bob Klein**, *Long Island School of Tai-Chi-Ch'uan*, is one of the world's best-known Tai Chi Ch'uan Masters and has been teaching since 1975. He has authored three books on Tai Chi, has produced many instructional videotapes, and has been featured in such magazines as *Inside Kung-Fu* and *Tai Chi*. Mr. Klein's focus will be an Introduction to Yang Style Tai-Chi and an Introduction to Chi-Gung Health Exercises.

**Laurince McElroy**, *Water Tiger School of Tai Chi Ch'uan*, has been an instructor of Yang-style Tai Chi since 1991. For coordinating *World Tai Chi Day* events over the past seven years, he is recognized as a co-creator of the international event. He currently teaches studio classes in Patchogue and public programs through a variety of venues across Suffolk County. He is also a specialist in bringing the benefits of Tai Chi and Qigong into the corporate environment through *Water Tiger Services* and its **WARRIOR WELLNESS™** programs. McElroy Laoshi will present aspects of the Tiger from The Five Animal Frolics (*Wu Qin Xi*).

**Ron Rebhuhn** has been teaching in the Westbury area for over ten years. He is also a tennis pro and a psychotherapist. Dr. Rebhuhn will be leading a workshop on Silk Reeling (*Chan Si*) exercises.

**Sifu James Robinson**, *Running Fist Kung Fu*, is the founder (*Josi*) of Eclectic Kung Fu / Martial Arts. He began his training in the martial arts at age four. Now with over 40 years of study, he has trained in Judo, Tai Chi Ch'uan, Shotokan, Five Animal Kung Fu, and Tae Kwon Do with Sensei Harris, Sifu Bill Holden, Sensei Fred Hamilton, Sifu Michael Alexander, and Sensei David Webb, respectively. Sifu Robinson's contributions to the martial arts have been recognized with Life Achievement Awards by the American Federation of Martial Arts (2003 & 2004), Action Martial Arts Magazine (2005 & 2006), and United States Head of Family Martial Arts Association (2005). His workshop will focus on Running Fist "Hand Trapping" concepts.

Schedule of Workshops	<i>Casual Workshops, Demonstrations, and Conversations Throughout the Morning – Formal Workshops as Scheduled</i>		
9:00–9:30	Philip White ↓	Ron Rebhuhn ↓	Laurince McElroy ↓
9:30-10:00			
10:00-10:30	Bob Klein ↓	Sifu James Robinson ↓	Spencer Gee ↓
10:30-11:00			
11:00-11:30			
11:30-12:00			

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**Philip White** is a teacher of Yang-style T'ai Chi Ch'uan. He has also studied Chen-style. A life-long martial artist, he wears a Shodan in Kendo. He has additional experience in Gen Shi Rye Karate and Western fencing (saber and foil). He is Reiki Master (a disciple of Kate Scott) and practices privately on Long Island. His workshop will focus on a 12-posture, Yang-style T'ai Chi form; and he will be offering Reiki demonstrations at various times during the morning.

**Sifu Tyrone "Wei" Wicksman**, *Chang Style Tai Chi Chuan*, has an extensive history in the study of hard-style martial arts that was cut short when he was involved in an accident and nearly lost one leg below the knee. Doctors told Tyrone that there was little hope for normal function and even doubted that he would regain any use of the leg. He turned to T'ai Chi and was successful in completely rehabilitating the leg. Tyrone's study of T'ai Chi has included work under several masters in Taiwan. His approach is based upon traditional T'ai Chi Ch'uan and blends the development of martial skill with the cultivation of health benefits. Chang-style focuses upon creating a strong foundation through daily practice of the form, push hands study, and applications practice. Tyrone's workshop will explore various aspects of the Chang-style form, Push Hands, and applications.