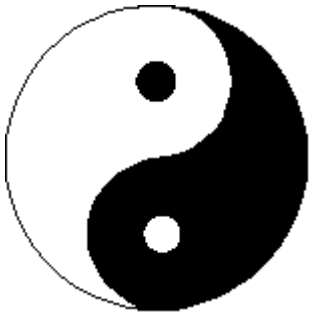




# Australian College of Tai Chi & Qi Gong -Newsletter-

太極  
Term 2  
April-June 2008



## Wu Style Tai Chi.

There are five major family styles of Tai Chi, these are (in no particular order) Yang, Chen, Wu Jian Quan, Wu Hao and Sun styles. A composite of movements from each family style has been used to make up shorter forms used in competitions (24, 48 form etc). Most of the family styles also have shorter versions of their forms used for competitions. Master Sam Li and his father, Grandmaster Li Liqun are direct lineage holders of Wu Jian Quan style Tai Chi (Wu style). The Australian College Of Tai Chi & Qi Gong teaches traditional 108 form Wu Jian Quan style slow form, its original fast or application form, straight sword, sabre, spear and pushing hands. Please see program for term 2 details.

## Tai Chi For Health And Martial Arts.

Tai Chi (Taijiquan) is a martial art that is often mistaken as only a soft form of exercise. As an 'internal' martial art, Tai Chi practitioners learn to relax the body, regulate the breath and calm the mind to better control the body's internal energy. The slow form Tai Chi practise generates and circulates Qi/ vital energy, calms the mind and strengthens the physical body. The health benefits of long term practitioners has led to Tai Chi's popularity as a health exercise around the world. For people interested in pursuing the martial side of Tai Chi, the slow form is the starting point for Fast form (application), push hands and weapons.



## College Website

Our new College website is now up and running! Visit [www.taichicollege.com.au](http://www.taichicollege.com.au) to see updated news, pictures and articles. The class program will be added to the website so students can download and print from home. This way we can save paper and ensure no-one misses out on a copy. Please let your instructor know if you unable to access the internet and a copy can be printed off for you. We are currently collecting email addresses in order to quickly get your newsletter to you. Just visit the site and leave your email address or give to your instructor.

## REMINDER: Membership

### Fees Due for '08

For just \$40 per year students can practise every Saturday 8am at Gymea Community Hall. Just a friendly reminder that this fee is due at the beginning of each year. Thank you!

## Saturday Tai Chi @ Gymea.

Students just starting Tai Chi as well as the more advanced can benefit from group practise. For beginners it gives an opportunity to follow along with advanced students whilst learning how to keep time. For more experienced people it gives a chance to practise adjusting one's movements to match the whole group without disrupting Qi circulation or concentration. Slow form practise starts at 8am at Gymea Community Hall. New people interested in seeing Tai Chi practised are welcome to come along to watch or join in! Please note: Saturday practise runs all year including through term breaks and costs \$40/year.

## Did You Know?.....

That there are 3 main schools of Qi Gong?

1. Medical
2. Martial Arts
3. Spiritual

To learn what they have in common please see the program for Qi Gong class times.

## AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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