



The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極
Term 4
Oct-Dec 2008

Saturday Practise.

Students of all levels can benefit from group practise. Slow form practise starts at 8am at Gynea Community Hall. Everyone is welcome to come along to watch or join in! Please note: Saturday practise runs all year including through term breaks and costs \$40/year.



Visit Our Website!

Each term our newsletter and program is uploaded to our new website. If you would like to be added to our database please email your details to us. Have a look at www.taichicollege.com.au



Tai Chi Classes For Beginners.

The Australian College Of Tai Chi & Qi Gong teaches traditional Wu Jian Quan style Tai Chi. This is a long form (108 movements) which is taught over 4 x 10 week terms. Each week in a one hour lesson several movements are taught and practised, with the student practising as much as possible at home during the week and with the group on Saturdays. It is important for beginners to practise as much as possible in order to create a daily habit of practise as well as to develop memory and fluidity. The form is slowly added to and completed in level 3. Level 4 is for students who have finished the form but are now to work on corrections, accuracy and plenty of intense practise. Classes for term 4 start on Monday nights at 7pm at Miranda Community Hall, corner of Karimbla and Kiora Rds. Classes cost \$80 per 10 week term. Please register your interest with Master Sam Li on 9525 8886.

Qi Gong Classes Term 4

The Australian College Of Tai Chi & Qi Gong teaches Qi Gong to improve health, prevent disease and prolong life. Level one Qi Gong teaches the history and theory of Qi Gong as well as methods of sensing and controlling the body's internal energy. Level two teaches the Step Back method, a powerful form of Qi Gong developed by Grandmaster Li Li Qun and Master Li. Level 3 continues with further practise and methods for Qi Gong healing and advanced Qi Gong techniques. Please register your interest with Master Li as soon as possible. All classes are held at the Caringbah Healthcare Centre on Wednesday evenings. Please see program on rear for details.



Advanced Classes

After finishing level four classes it is always a good idea to continue practising in a group to avoid developing bad habits in solo training. Sometimes Saturday sessions can be helpful for this. Another alternative is to join an advanced class to further improve your form and fine tune your training. In term 4 there are advanced classes available in sabre, straight sword and fast form. It is also possible for Qi Gong students to repeat levels of Qi Gong to refresh their understanding and to pick up points they may have missed the first time around. Please see program on rear page for details on class times and locations.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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