



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

太極
Term 1
Feb - Apr 2009



Tai Chi Classes For Beginners 2009.

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 cost \$80 per 10 week term. Program details on back page or via the college website www.taichicollege.com.au. To register your interest please call Master Sam Li during business hours on 9525 8886.

CHINA TRAVEL SEPTEMBER 2009 – THE SILK ROAD TOUR.

The Australian College Of Tai Chi & Qi Gong has successfully hosted several trips to China over the last few years. Led by our college principal, Master Sam Li, all tours include airfares, accommodation, meals, transfers etc. Final dates and prices for the Silk Road tour are expected to be confirmed by late February. All students and their friends and family are welcome to join. If you think you would be interested in joining this trip, please register your interest via the website on www.taichicollege.com.au or directly with Master Li on 9525 8886 during business hours.



Membership Fees 2009.

Annual membership fees are due in January each year. This \$40.00 fee covers the cost of our Saturday morning practise for the whole year. Thank you to all students for your support this year. We look forward to practising again with you in 2009.

Saturday Practise Jan 31st 2009.

Our Saturday practise sessions restart for the new year on the 31st of January 2009. Students of all levels are encouraged to come and practise with us. Tai Chi practise starts at 8am at Gynea Community Hall. Please note there is a \$40.00 annual fee to cover this practise.

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 1 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.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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