



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

## 太極 Term 4 Oct-Dec 2009

### Health Retreat – 21st-23rd May 2010.

Come and enjoy a weekend of Tai Chi & Qi Gong practise in the beautiful natural environment of Stanwell Tops. Plenty of opportunities to practise both Tai Chi and Qi Gong and improve understanding with workshops and lessons. Please register interest with Master Sam Li on 9525 8886 or via the College website: [www.taichicollege.com.au](http://www.taichicollege.com.au)

**Location:** Stanwell Tops Conference Centre

**Date:** Friday 21<sup>st</sup> May 7pm – Sunday 23<sup>rd</sup> May 2pm.

**Cost:** \$250.00 per person, inc. all meals, accommodation and workshops.

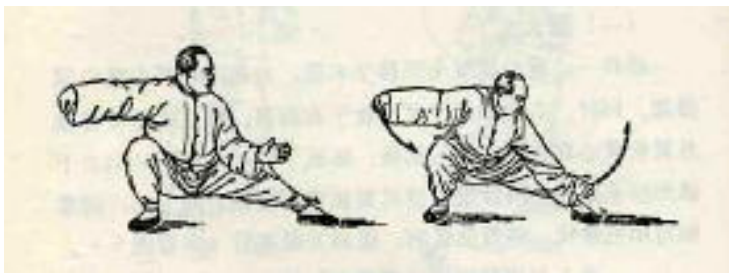
### 9 Week Term in Term 4

Please note that classes will run for 9 weeks instead of 10 in Term 4. Classes will return to the 10 week format in 2010. Term 4 classes start on Monday the 19<sup>th</sup> of October. Please see program on rear for class details.



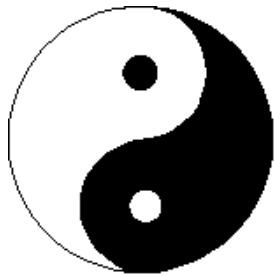
### Last Saturday Practise For 2009 – 19<sup>th</sup> Dec.

Our last 'official' group practise for 2009 will be held on the 19<sup>th</sup> of December. We will return on Saturday the 23<sup>rd</sup> of January 2010 at Gynea Community Hall. Informal practise will still be held throughout the Christmas break at the hall. Please check with Master Li or Helen Lee for details.



### Annual School Get-Together. Saturday 19<sup>th</sup> Dec. 7.30 am.

Each year all students are invited for a final, pre-Christmas practise at Gynea Community Hall. Everyone is invited to come along for Tai Chi practise and to watch demonstrations of other Wu Style Tai Chi forms such as straight sword, spear, and sabre, as well as fast form and pushing hands. Students are welcome to bring friends or family along. Practise starts at 7.30 am and will finish at 9am sharp.



### Advanced Classes On Offer For Term 4.

Level 4 and advanced classes are very beneficial to students who have completed their forms but would now like to concentrate on correction, accuracy and practise. Repeating classes is highly recommended, likewise learning new forms which round-out understanding of Tai Chi in general. Many students choose to do level 4 classes indefinitely and continue to improve their form. Term 4 offers classes in advanced slow and fast forms, as well as pushing hands, sabre and spear. Some classes will require previous knowledge, e.g sabre. Please see program on rear for details and contact Master Sam Li to register.

**AUSTRALIAN COLLEGE OF TAI CHI & QI GONG**

Caringbah Healthcare Centre, Shop 2/52 President Ave, Caringbah 2229 Tel: 9525 8886

Sam Li: Mobile – 0413 830 996 email – [samlitaichi@optusnet.com.au](mailto:samlitaichi@optusnet.com.au)

College Website: [www.taichicollege.com.au](http://www.taichicollege.com.au)