



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

太極
Term 1
Jan-Mar 2011

Classes For Beginners in 2011.

The Australian College Of Tai Chi & Qi Gong teaches traditional Wu Style Tai Chi slow form, fast form, sword and Sabre (broadsword). Beginners start with learning the slow form before moving onto other forms. The form takes 4 x 10 week terms to learn and the college offers Saturday morning practise at Gynea Community Hall. Qi Gong (Chi Gung) teaches how to sense and control the body's energy (Qi) to improve health through breathing, posture and mental exercises. Please see the program on rear for class details or check the college website: www.taichicollege.com.au

SATURDAY PRACTISE DATES.

Please note our next official Saturday practise restarts Saturday January 29th 2011 at 8am. We will, however be continuing with casual practise over the school holiday break up until then.



China/Japan 2011.

A note to all coming along on 2011's College trip to China and Japan: Final payments and passports will need to be given to Master Sam Li before February 18th. Please note that passports will require at least 6 months validity from April 2011 in order to satisfy immigration requirements. In order to avoid last minute problems, please try to get your passports and money to Master Li well before February 18th.

Term 1 classes:

Please note that our usual 10 week term will be changed to 9 weeks due to the China trip. All following terms will be back to the 10 week format.

Saturday Practise Dates.

Last day for 2010: 7am 18th December
Restarts in 2011: 8am 29th January.

@ Gynea Community Hall.

* Saturday 18th December will also be the college annual 'get-together'.

Happy New Year! from Master Sam Li.

Wishing all students and their families good health and happiness for 2011. We look forward to the new year with new classes, new students and a very exciting trip to China, with a first visit for the college to Japan. Welcome back to long time students coming back to practise and classes after the Christmas holiday break.

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 both Tai Chi and Qi Gong. 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.

Membership Fees 2011.

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 2011 and hope that you will continue your Tai Chi and Qi Gong practise over the Christmas holiday period.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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