



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

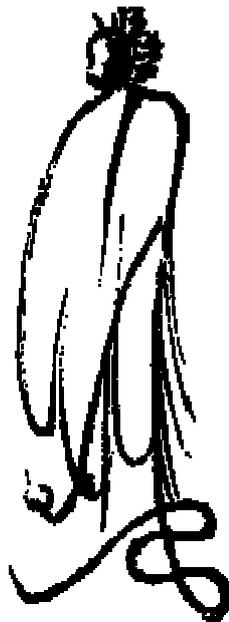
太極  
Term 3  
July - Sept 2011

## TAI CHI...Slow and Relaxing...

Tai Chi (Taijiquan) is a martial art. One of the 3 major schools of 'internal' or 'soft' martial arts in China, which includes Bagua and Xing Yi. Internal and soft here mean that the strength is 'hidden'. The body and mind are relaxed in direct relation to the strength of the internal energy or 'Qi'. Tai Chi, like many Chinese martial arts includes weapons such as sword, staff, spear and sabre. Wu Style's original form is known as fast form and the martial arts application is very clear. The slow form, which is what most people identify with, is for training. It builds strength and fluidity, as well as accuracy and helps develop relaxation. It is this element of the practice that brings the added health benefits known to Tai Chi. The legs take all of the body weight, whilst the upper body remains relaxed, this creates strong legs and greater balance. The hardest part for beginners (apart from remembering the form) is learning to *slow down!* The body weight is *slowly* transferred from one foot to the other; this is also known as defining Yin and Yang, or full and empty. Taking care to practice slowly also helps develop patience and calmness. The idea being to start from the outside with the body and in this way also calm the mind, regulate the breathing and heart rate and quiet the spirit.

## Tai Chi Classes For Term 3, 2011.

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 practiced, with the student practicing as much as possible at home during the week and with the group on Saturdays. It is important for beginners to practice as much as possible in order to create a daily habit of practice 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 practice. Classes cost \$80 per 10 week term. Program details on back page or via the college website [www.taichicollege.com.au](http://www.taichicollege.com.au). To register your interest please call Master Sam Li during business hours on 9525 8886.



## Tai Chi T-Shirts, Pants and Swords Available.

The following items are available from Caringbah Healthcare Centre or speak to your instructor in class.

- \* Australian College Of Tai Chi & Qi Gong T-shirts, white. \$20.00 each
- \* Black, soft cotton Tai Chi pants. Elastic waist and ankles. \$15.00 each
- \* Traditional Tai Chi Sword - \$65.00 each
- \* Tai Chi Sword/Folding/Travel - \$15.00 each.

...Please remember to carry your sword in a bag or case. Swords are allowed to be carried to and from practice. Please act with great care if practicing in a public place. A letter from the NSW Firearms registry outlining the laws regarding swords is available if required.

## Qi Gong Classes

Qi Gong teaches methods of learning to sense and control the body's natural energy (Qi/Chi) in order to improve health, prevent disease and as a method of understanding the nature of reality. Its main features include posture, breathing and concentration. The classes are very beneficial in reducing stress and anxiety, improving circulation and energy levels and of enormous help to Tai Chi students of all levels. Please see program for class details.

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