



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

太極
Term 4
Oct - Dec 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 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 is learning to *slow down*! 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 Term4, 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 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.



Lost Your Tai Chi Notes?

Sometimes having the list of movements handy can help when learning the form. These notes will be provided to you at the start of each term. The college website also has the form sequence notes available, as well as articles on Tai Chi and Qi Gong, photographs, general college info and the latest version of the class program. Visit www.taichicollege.com.au.

Tai Chi Slow Form DVDs,T-Shirts, Pants and Swords..

Available now from Caringbah Healthcare Centre...

- * Tai Chi Slow Form DVD - \$25.00 each
- * Australian College Of Tai Chi & Qi Gong T-shirts, white. \$25.00 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.

Weekly Saturday Practise – 8-9 am

Come along and join in group practice with us at Gynea Community Hall every Saturday from 8-9 am. There is no instruction on a Saturday, just the opportunity to practice with others, relax and improve your form at the same time. A great way to start the weekend off. Please note there is a \$40 annual fee.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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