



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

太極
Term 1
Jan-April 2012



Tai Chi & Qi Gong Beginner Classes.

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 Tai Chi 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 for term 1, please call Master Sam Li during business hours on 9525 8886 or via the website.

Membership Fees 2012.

The College's annual \$40 fee covers the cost of our Saturday morning practise for the whole year. Please see Master Li at the hall or your instructor in class. Thank you to all students for your support last year. We look forward to practising again with you all throughout 2012.

Saturday Practise.

Beginners as well as advanced students are invited to join in group Tai Chi practice every Saturday morning at 8am at Gynea Community hall. Group sessions are excellent training for beginners to help memory and for advanced students to learn how to relax and follow others. Saturdays restart in 2012 on the 4th of February.



Tai Chi Swords, DVDs, Tshirts...

The Caringbah Healthcare Centre at 2/52 President Avenue is the Australian College of Tai Chi & Qi Gong 'headquarters'. Stop in during business hours (including Saturdays) for lightweight Tai Chi pants, college T-shirts, Tai Chi swords (including folding swords for travel), Wu style DVDs etc. Students can also ask their instructor in class. Please contact 9525 8886 for any enquiries.

Advanced Classes In Tai Chi & Qi Gong

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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