



Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 4

Oct to Dec 2013



Regular Saturday Practice

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.

The College's annual \$50 fee covers the cost of our Saturday morning practice for the whole year. Please see Master Li at the hall or your instructor in class.

Thank you to all students who support this group practice.

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.

Tai Chi Continuous Cycle Classes

The Australian College of Tai Chi & Chi Gong is changing towards a more traditional method of teaching Tai Chi. Instead of slow-form, fast-form and sword being split into levels 1,2,3 and 4, each separate form will be taught in a continuous cycle class with focus on a particular section of the form during each term.

Classes can be thought of as a continuous cycle of instruction repeating every 4 terms. Beginners can start in any term of the year. As long as classes are attended for 4 consecutive terms, the form will be fully covered. Intermediate and advanced students can focus on a particular section of each form during a term and will also receive additional instruction on technique and breathing.



Advanced Classes in Tai Chi & Qi Gong

After finishing the 4 term cycle of slow form classes, it is a very 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 to fine tune your training. 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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