



Australian College of Tai Chi & Qi Gong -Newsletter-

太極

Term 4

Oct to Dec 2014



Travel to China, Taiwan Sep 2015

The college is planning a 2 to 3 week trip to Taiwan and China in September 2015. At this stage, we are seeking expressions of interest. Highlights will include first visiting Taiwan then, within China, visiting Confucious Village, Tai Mountain, Taiyuan & Pingyao (very old Asian cities), Longmen Grottoes, Wudang Mountain (the origin area for Tai Chi), and Shanghai.

The draft itinerary will be sent out by email in the middle of October. Exact pricing and full details will be available in Feb 2015.

If you are interested, please register using the form on the college website (News | Next Trip) and please also tell your instructor.

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.

Tai Chi Breathing

Tai Chi practice can be significantly improved through correct breathing. A gradual transition is made from focusing on outside organ breathing to enhancing inside cellular breathing. This is achieved by gradually changing normal breathing to a slow and purposeful reverse breathing.

Tai Chi is a combination of breathing in and breathing out; of open and close; yin and yang; empty and full. Tai Chi breathing is used to synchronously enhance the forms movements.

From a physiological perspective, during normal inhalation, the diaphragm rises and slightly pushes out the belly, the inner pectoral sinks, outside they move forward together, causing Qi to sink to the Dan Tian region, while internal strength moves outwards.

Tai Chi breathing starts with innate natural breathing, then develops to the highest state of fetal breathing and cell respiration. Breathing should be very slow, very thin and follow the forms movement.

Breathe from the nose with long breaths, very thin, very slow, follow the forms movement so the body feels completely comfortable. Use of physical force cannot concentrate everything together in the Dan Tian region. Such an approach will not achieve longevity, strength will decline, exhaustion will follow, the spirit will slacken, and there will also be a lack of internal force and vitality. The key to the practice of Tai Chi is following the subtle changes in the breathing.

"Shaping Form and combining internal Qi together" is the first effort, a promising stage. When the Dan Tian area has enough Qi, natural Qi is transported through the blood vessels like travelling along a road.

Tai Chi is developed by taking two steps of training. The first step is focused on breathing and movement working together and requires conscious effort. The body becomes more flexible and capable. The second step requires less conscious effort. Qi is stronger, the Dan Tian is stronger, internal organs are stronger, and circulation is stronger. Following this stage, the mind is clear, health is better, confidence is lifted and longevity and balance are achieved.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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