



# Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 4

Oct to Dec 2016

## An Introduction to Qi.

Thousands of years ago Chinese Taoists, whether from observation or hypothesis, formulated a theory that there is eternal power that moves everything in the universe. This ultimate power is called qi (ch'i) and the constructive power of yang as well as the destructive force of yin combine together ceaselessly in a balance to create qi.

Because these two powers are always conflicting yet balancing each other, our universe is constantly changing. The two powers are also the ultimate nature of every body in this universe. As organisms within the universe, humans have this same intrinsic or internal energy, qi.

Everyone possesses qi from birth and it remains within people all their lives. To cultivate qi is to gain some sense of balance and harmony. Qi is controlled by your mind and the two main methods to cultivate qi are meditation and movement.

With training, your qi can be perceived whereas normally you are unaware of it. For me, gaining a sense of this internal energy was as if I had previously been asleep all my life!

## Tai Chi First Row Sword

On 10-Oct-2016, a new Tai Chi sword class is starting focusing on a form called **First Row Wu Style Sword**. This sword form will be practised every Saturday morning.

Anyone who has studied Tai Chi is welcome. Even if you have never studied any sword form before, you are welcome to join these classes.

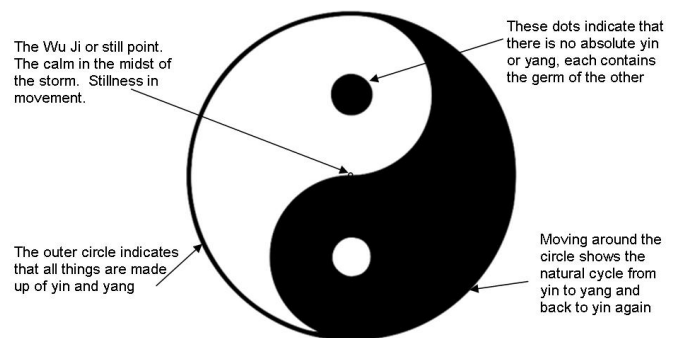
If you have previously studied this sword form, these classes will help you to review your form, will help to give you a better flow and will improve your technique.

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Tai Chi uses a sequence of movements along with the flow of qi from internal work. Qi Gong is a meditative technique that uses breathing and qi circulation and has a calming effect on the mind. These energy meditations done in Qi Gong and utilized in Tai Chi are the very core of both practices. This is also what distinguishes them from other sports or meditations.

To truly understand both, the guidance of an instructor and regular guided practice are needed. Then the benefits become known and understood rather than only intellectually believed in.

Helen Lee



## Regular Saturday Practice

Attending our regular Saturday practice of Tai Chi and Qi Gong will help you to improve your health. Externally you will improve your balance and muscular strength, and internally you will improve your circulation and flow of Qi.

Saturday practice continues for the whole of 2016.

All are encouraged to join in and enjoy our group practice.

**AUSTRALIAN COLLEGE OF TAI CHI & QI GONG**

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