



Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 4

Oct to Dec 2017

Restructure of the Australian College of Tai Chi and Qi Gong

The Australian College of Tai Chi and Qi Gong is undergoing a restructure. The College has long been a part of Caringbah Healthcare Centre P/L, and later this year it will become a Not for Profit organization.

This means that the Tai Chi College will operate like a sports club, with office-bearers and a committee to determine the future of the incorporated organization. The NSW Department of Fair Trading clearly sets out the structure for us to follow. This keeps it fair for all members and will be within the law. More will be announced later this year regarding the restructure.

Tai Chi lower body Kung Fu

Tai Chi involves movement of the whole body. Generally training will be divided into focusing on the upper, middle and lower body. All three sections are required. Upper body refers to effort with arms and hands, middle body refers to effort with the waist and trunk, and lower body refers to effort with the legs and feet.

In order to practice effective Tai Chi, it is necessary to continually practice and improve the lower body strength and form. During the process of each Tai Chi action, the body's centre of gravity constantly changes. The legs are naturally bent at the knees lowering the centre of gravity. As the lower body is strengthened through practice, the body's balance is maintained, the upper body is relaxed, and attention can be on the flow of Chi.

As the student experiences a relaxed and freely moving upper body, the requirement of lower body strength becomes self evident. In Tai Chi parlance, the lowering of the waist with the hips correctly aligned so as to improve balance and stability, is referred to as central balance.

The shifting of a person's centre of gravity, with purposeful strength and power in the lower body, enables the subtle changes in ups and downs during Tai Chi to be experienced.

Tai Chi lower body Kung Fu .. continued

Combining leg strength with feet firmly rooted to the ground, knees naturally bent and body leaning slightly forward, yields a solid stance and enables successful practice of Tai Chi martial arts.

Exercises to achieve the above:

1. Low standing exercise - knees bent, waist and hips relaxed, centre of gravity solid, "Qi" sinks down to the pubic region. Strength of leg muscles is enhanced.
2. Lower shelf rotation while knees are bent - the centre of gravity is stable and the leg muscles are pressured to keep the Tai Chi form and to maintain the same level.
3. Front and rear leg squatting movements with step changes - gradually enhances leg muscle strength and overall stability.
4. Reverse pubic region breathing while in a standing position with knees bent - enhances abdominal pressure, down to the feet; gradually enhances the strength of the leg muscles.

Practicing Tai Chi with lower body effort and relaxed waist and hips, can improve leg stability and leg strength. One can then be impartial about the placement of each foot's root position. In the context of pushing hands, this becomes very evident. This is due to the natural completion of Tai Chi actions with the body's centre of gravity constantly changing while maintaining a very firm balance.

Lower body strength and form is one of the main foundations of Tai Chi.

Travel to Vietnam, Cambodia, and Laos Sep 2018

The college is planning a 3 week trip to Vietnam, Cambodia, and Laos in mid September to October 2018. At this stage, we are seeking expressions of interest.

The draft itinerary and pricing will be sent out by email during Jan/Feb 2018.

If you are interested, please register using the form on the college website (News | Next Trip) and please also mention your interest directly to Sam Li or to your instructor.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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