



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

太極  
Term 1  
Feb - Apr 2008



## Happy Holidays To All Students!

*The purpose of Tai Chi & Qi Gong are to improve health and happiness in our lives. It is my wish that everyone continue their practise and enjoy even happier and healthier holidays! Thank you to everyone for your support of the College in 2007 and I look forward to seeing you and welcoming new students in 2008. Happy Holidays - Master Sam Li - College Principal*

## Tai Chi For Health And Martial Arts.

Tai Chi (Taijiquan) is a martial art that is often mistaken as only a soft form of exercise. As an 'internal' martial art, Tai Chi practitioners learn to relax the body, regulate the breath and calm the mind to better control the body's internal energy. The slow form Tai Chi practise generates and circulates Qi/ vital energy, calms the mind and strengthens the physical body. The health benefits of long term practitioners has led to Tai Chi's popularity as a health exercise around the world. For people interested in pursuing the martial side of Tai Chi, the slow form is the starting point for Fast form (application), push hands and weapons.

## Email address collection.

If you would like to be kept up-to-date via email of the College's latest news, programs etc please give your email address to your instructor or visit the website:-

[www.taichicollege.com.au](http://www.taichicollege.com.au)



## Beginner Classes in 2008

Whilst many people are happy to continue improving their Slow Form, others may be interested in expanding their overall Tai Chi knowledge by including other forms within the Wu style family. Wu style's original "Fast Form" set and the straight sword form are available in Term 1 for beginners. Also of interest to Tai Chi students is Qi Gong level 1, to deepen understanding and control of Qi.

## New Website "Live"

Our new College website is now up and running! Visit [www.taichicollege.com.au](http://www.taichicollege.com.au) to see updated news, pictures and articles. The class program will be added to the website so students can download and print from home. This way we can both save paper and ensure no-one misses out on a copy. Please let your instructor know if you unable to access the internet and a copy can be printed off for you. Many thanks to Ann Lynnworth and Dominic Kennedy for their months of hard work in creating such a great site for us!!!

## Tai Chi Practise During The Holidays.

Saturday the 22<sup>nd</sup> will be our last official practise before Christmas (don't forget to wear your tinsel). Casual practise will continue in the hall during the holidays from 8am at the cost of a gold coin each week to cover hall hire. Please feel free to come along and continue your practise. **The first 'official' Saturday back of term 1, 2008 is February 2<sup>nd</sup>.**

## AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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