



# The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極  
Term 3  
July-Sept 2008

## Saturday Tai Chi Practise.

Students of all levels can benefit from group practise. For beginners it gives an opportunity to follow along with advanced students whilst learning how to keep time. For more experienced people it gives a chance to practise adjusting the movements to match the whole group without disrupting Qi circulation or concentration. Slow form practise starts at 8am at Gynea Community Hall. New people interested in seeing Tai Chi practised are welcome to come along to watch or join in! Please note: Saturday practise runs all year including through term breaks and costs \$40/year.



## Tai Chi Slow Form Levels 1 to 4.

The Australian College Of Tai Chi & Qi Gong teaches traditional Wu Jian Quan style Tai Chi. This is a long form which is taught over 4 x 10 week terms. Each week in a one hour lesson several movements are taught and practised, with the student practising as much as possible at home during the week and with the group on Saturdays. It is important for beginners starting in level one to practise as much as possible in order to create a daily habit of practise as well as to develop memory and fluidity. The form is slowly added to and completed in level 3. Level 4 is for students who have finished the form but are now to work on corrections, accuracy and plenty of intense practise.



## Qi Gong For Beginners

The Chinese word Qi/Chi means energy or life force. Qi Gong is an umbrella term that covers systems of exercises that incorporate Qi, posture, breathing and concentration. Tai Chi for example is considered an 'internal or soft' martial art because of its focus on Qi circulation. The Australian College Of Tai Chi & Qi Gong teaches Qi Gong with a focus on improving health and living a long, happy and healthy life. By learning how to sense Qi for themselves, students can learn methods to relax the body and mind, understand how Qi works and gain positive health benefits. Taught by Master Sam Li, College Principal, students will have the chance to design a qi gong exercise program to suit their own individual health situation. This class relies on students doing backup practise at home in order to get the best results from their lessons. **Please note: Level 4 Qi Gong class is running in Term 3, as this is a popular class, please register asap.**

## Getting Healthy With Tai Chi.

There are many positive benefits to practising Tai Chi. It is a low impact exercise that can be practised by all age groups and health conditions. It can be a very gentle exercise or can be adjusted to provide a very strenuous workout by lowering the stance. In Tai Chi the centre of gravity is held quite low and this builds muscle tone in the legs as well as improving bone density. Upper body relaxation helps improve circulation and the slow movements encourage smooth and easier breathing. Concentrating on the accuracy and fluidity of the movements helps to calm the mind by creating a distraction from daily worries. Small aches and pains improve as the body gains strength, flexibility and balance. Practising calming, meditative exercises for a minimum of 20 minutes triggers what has been named the 'relaxation response'. This is when the body reaches a state of relaxation where it tries to reach homeostasis or balance. The nervous system tries to regulate involuntary responses such as blood pressure, heart rate, immune system and so on. Daily practise of Tai Chi and Qi Gong can be your own personal way of helping yourself regain balance and maintain good health for life!.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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