



Australian College of Tai Chi & Qi Gong -Newsletter-

太極

Term 3

Jul to Sep 2013



Tai Chi Continuous Cycle Classes

The Australian College of Tai Chi & Chi Gong is changing towards a more traditional method of teaching Tai Chi. Instead of slow-form, fast-form and sword being split into levels 1,2,3 and 4, each separate form will be taught in a continuous cycle class with focus on a particular section of the form during each term.

Classes can be thought of as a continuous cycle of instruction repeating every 4 terms. Beginners can start in any term of the year. As long as classes are attended for 4 consecutive terms, the form will be fully covered. Intermediate and advanced students can focus on a particular section of each form during a term and will also receive additional instruction on technique and breathing.

If more than one class is run during a week for a given form, eg. slow form, then payment for one class will also cover attendance at the other classes for that form. Beginners, intermediate students and advanced students will all benefit from the combined class approach. There will no longer be a need to wait until a particular level of class is available.

The new approach involves more "following" of the form that is presented by the instructor and demonstrated by more advanced students in the class. This has been shown to improve learning and retention. This term (Term 3), will have 2 slow form classes, one sword class and one pushing hands class using this new teaching approach. Next term, fast form will change to the new continuous cycle class.

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.

New Zealand Cruise - October 2013

The college is planning a 2 week cruise around New Zealand starting 07-Oct 2013. The cost will be approx \$2000 to \$2500 depending on your choice of room. If you are interested please register your interest by filling in a form on-line at www.taichicollege.com.au/nexttrip. A copy of the brochure is also available at this URL. When a formal quotation is available it will be sent to you via email. Please note that the planned trip to the USA and Canada during June 2013 has been cancelled because the price was too high.

Advanced Classes in Tai Chi & Qi Gong

After finishing the 4 term cycle of slow form classes, it is a very good idea to continue practising in a group to avoid developing bad habits in solo training. Sometimes Saturday sessions can be helpful for this. Another alternative is to join an advanced class to further improve your form and to fine tune your training. It is also possible for Qi Gong students to repeat levels of Qi Gong to refresh their understanding and to pick up points they may have missed the first time around.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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