



Australian College of Tai Chi & Qi Gong -Newsletter-

太極

Term 2

Apr to Jun 2015



Tai Chi Seven Star Sword Form

On 20-Apr-2015, a new Tai Chi sword class is starting focusing on a form called **7 Star Sword**.

Anyone who has studied Tai Chi is welcome.

If you have previously studied other sword forms, these classes will help you to achieve greater balance, better flow and improved technique while learning a new form.

Even if you have never taken any sword classes, but have studied Tai Chi slow form, **you are still most welcome to join**. These classes will help to extend any previous Tai Chi training.

Travel to China, Taiwan Sep 2015

The college has confirmed a 20 day trip to Taiwan and China starting 05th September 2015.

We still have a few spaces available. Highlights will include first visiting Taiwan then, within China, visiting Confucious Village, Tai Mountain, Taiyuan & Pingyao (very old Asian cities), Yungang Grottoes, Wudang Mountain (the origin area for Tai Chi), and Shanghai.

The itinerary and travel notes have already been sent out. If you need a copy please contact Sam Li by email samli@taichicollege.com.au or on the office phone number 9525-8886. Please ensure that your passport expiry is **after** the trip.

If you would like to travel with us, please contact Sam Li as soon as possible.

Annual Fee for 2015

The College's annual \$50 fee covers the cost of your Saturday morning practice for the whole year.

Please see Master Li at the hall or your instructor in class. Thank you to all students for your support. We look forward to practising with you all throughout 2015.

Changing Yin and Yang with Tai Chi

Tai Chi and Qi Gong are practiced through both leg and spine exercises to achieve a balance of inside Yin and outside Yang.

Generally it is understood that a healthy person is able to walk with ease and has a normally-curved and flexible spine. One Chinese idiom says (roughly translated): "Old age begins when the legs start to degrade." As the legs degrade, the ensuing physical imbalance will cause difficulty in walking.

Secondly, as the spine gradually loses its natural shape and becomes stiff, walking becomes far more difficult. Distortion of the natural shape of the spine is a manifestation of osteoporosis and easily leads to osteoporosis fractures. This is a common problem as humans age.

To forestall these problems, Tai Chi and Qi Gong exercises focus on building leg strength and spinal flexibility.

Students of Tai Chi slow-form and step back Qi Gong will be familiar with the effort and benefits of various exercises affecting the legs and spine. In particular: Bending knees and lowering the centre of gravity - "sinking down" - to make the leg muscles work harder; Shifting weight from one leg to the other, backwards and forwards from a brush knee position to further strengthen the legs; Sinking down while turning as in White Crane Cools Its Wings and so on.

For ideal benefits, imagine the head being suspended from the heavens by a silken thread, then "sinking down", sink the hips and coccyx to relax the spine.

During these exercises and other parts of the Tai Chi form, the feet and legs transition from Yin to become Yang (solid and stronger) and the upper body relaxes from Yang to become Yin (softer and more flexible).

In Step-Back Qi Gong especially, the backwards walking method focuses on the feet, leg and spinal movements. Relaxing the body, stretching and vertically twisting the upper body promote strength and flexibility and result in continual change of Yin and Yang.

Through repeated exercise, countless changes in the body's Yin and Yang result in the human body becoming stronger and much healthier.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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