



Australian College of Tai Chi & Qi Gong -Newsletter-

太極

Term 4

Oct to Dec 2015

Principles of Tai Chi

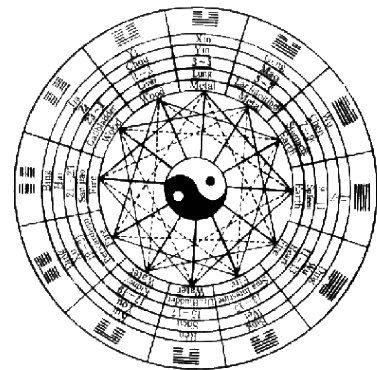
Tai Chi practice has three major components: Forms, Pushing Hands, and Meditation. Meditation is critical for the practitioner to achieve a deeper level of relaxation and Qi-generation/circulation, which in turn is critical for the practitioner to learn the internal aspects of Tai Chi. For beginners, when learning a dynamic form and/or static meditation, static meditation is much more important and effective. Once a practitioner has mastered static meditation, then with practice, the practitioner should also be able to get into a state of deep relaxation and Qi-generation/circulation while doing Tai Chi forms, thus realizing the description of Tai Chi as moving meditation.

A principle of Tai Chi is that you need to relax both body and mind. From a health perspective, the more relaxed you are, the better Tai Chi is for your health. For example, relaxing more will release more of the tension and stress in your body and mind, and you will feel more refreshed after practicing Tai Chi. Relaxing more will also reduce the physical impact on your body from performing the forms, thus making Tai Chi a good exercise for people of all ages, including senior citizens. From the martial arts perspective, the more relaxed you are, the more effective you will be as a martial artist. For example, relaxing more will make it more difficult for your opponent to sense your intention and your next move, and at the same time will make it easier for you to sense your opponent's intention and his or her next move. Relaxing more will also allow you to respond with more speed and more power.

Another principle of Tai Chi that is based on Traditional Chinese Medicine is that there is a bio-electrical energy called Qi that circulates in the human body, and the proper accumulation and circulation of Qi in the body is very much related to a person's health. When there is blockage of Qi in a part of the body, then most likely there will be some sort of health problem related to that part of the body. Thus it is very important to develop techniques that can properly generate and circulate Qi in your body.

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 practice at home in order to get the best results from their lessons. **Please note: A Level 4 Qi Gong class is running in Term 4. As this is a popular class, please register asap.**



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.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

Caringbah Healthcare Centre. Shop 2/52 President Ave, Caringbah 2229 Tel: 02 9525-8886

Sam Li: Mobile – 0413 830 996 Email – samli@taichicollege.com.au

College Website: www.taichicollege.com.au