



Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 3

Jul to Sep 2016

About Tai Chi (Tai Ji Quan)....

Tai Chi is intended to be used as both a martial art and a system promoting health and longevity. Tai Chi is different from most forms of martial arts. The Tai Chi practitioner stays relaxed and calm rather than aggressively attacking. Tai Chi enables defense without unnecessary harm to the opponent.

This comes through internal strength not outward force. The emphasis is on mind power and energy flow. It is also this flow of energy (Qi/Chi) throughout the body which helps the practitioner prevent illness and maintain balance and health in the body, mind and spirit.

It is a convenient system of exercise. No special uniforms, equipment or training areas are required, it can be practiced anywhere - the lounge room, bedroom, backyard, etc. It can also be practiced by anyone of any age or health condition, and if practiced correctly and regularly, it will improve and maintain energy circulation throughout the body.

Tai Chi is not only an effective fighting art but is also effective for curing and preventing many physical, emotional and mental disorders such as hypertension, high blood pressure, migraines, insomnia, depression and nervousness, asthma and rheumatism - disorders thought to be incurable by conventional western medicine.



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Above all, it provides a gentle system of exercise for promotion of health and vitality.

Most martial arts tend to make their practitioners hard and aggressive; Tai Chi is the opposite - its practitioners become calm and composed. The very nature of Tai Chi practice, with its emphasis on gracefulness, gentleness and harmonious energy flow, is central to the development of mental freshness and calmness of spirit.

The wonders and benefits of the Tai Chi philosophy are sometimes hard to accept by westerners. There are many reasons for this including the tendency for the Chinese masters towards secrecy and also a general communication gap between East and West. This is slowly changing and knowledge of Tai Chi philosophy is growing rapidly around the world.

The only way to a true understanding of Tai Chi however is in its practice under the guidance of a master or competent instructor. Through regular and correct practice the benefits then become known and understood rather than believed in or only intellectually understood.

Regular Saturday Practice

Attending our regular Saturday practice of Tai Chi and Qi Gong will help you to improve your health. Externally you will improve your balance and muscular strength, and internally you will improve your circulation and flow of Qi.

Saturday practice continues for the whole of 2016.

All are encouraged to join in and enjoy our group practice.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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