



# Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 2

May to Jul 2017

## Understanding Qi Gong

Qi Gong, generally speaking, describes any exercises that use a combination of breathing techniques, meditation and Qi circulation. The classes that run here in our College take you through from beginner to advanced stages, concentrating on your breath and body postures while circulating energy. The techniques have a very calming effect on the mind and with regular practice can improve your health and prevent illness.

There are three main types of Qi Gong – standing, sitting, and moving techniques.

Standing energy meditation is done in the Tai Chi stance - knees bent, feet shoulder-width apart, and no locked or tense muscles. Breathing quietly and smoothly from the ground right up through your body to nose, and down through the body again, allowing your body to act as one. Energy ball method is also done in a standing position, as is Sinking Floating method.



Sitting Qi Gong includes the techniques taught in Level One of Lesser Heavenly Cycle, and Greater Heavenly cycle. If you have completed these classes you will be familiar with these wonderfully relaxing techniques. If used in a daily practice habit, these techniques have a calming effect and help orient your body and mind to work together in meditation in a very beneficial way.

## Understanding Qi Gong - continued

Moving Qi Gong for example Step Back Qi Gong is a more advanced method that can address more specific areas of unbalance in the body. There is a general health method, but also different step back techniques that help lungs, heart, digestion, etc. One popular method is Kidney Qi Step Back, which addresses the energy levels of the body. With the repetition of stepping back, moving the body gently and breathing correctly the body relaxes and qi flows along certain pathways in the body.

Qi Gong is one of the best things I have studied over the years and I hope you will continue your study and practice of it as well.

- Helen Lee.

## Tai Chi Sword 2 (2nd row sword)

Tai Chi 2nd row sword's full name is Wu Style Tai Chi Seven Star Sword.

Starting from 01-May-2017 we will try to finish this form over only 2 terms instead of the usual 4.

Those wishing to study another sword form after completing first row sword are welcome. These classes are also open to students who have finished slow form but but have not yet studied any sword form. Also welcome are students wishing to review 2nd row sword.

## Annual Fee for 2017

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 this year. We look forward to practising again with you all throughout 2017 and hope that you will continue your Tai Chi and Qi Gong practice over the Christmas holiday period.

**AUSTRALIAN COLLEGE OF TAI CHI & QI GONG**

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