



Australian College of Tai Chi & Qi Gong -Newsletter-

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Term 3

Jul to Sep 2017



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.

Tai Chi Continuous Cycle Classes

The Australian College of Tai Chi & Chi Gong has changed 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.

The Origins of Tai Chi.

Tai Chi Chuan is an ancient Chinese form of exercise originally created as a fighting art. Tai Chi is thought to be accredited to a Taoist Monk called Zhang San Feng. Its origins date back over 700 years and incorporated principles of the Tao, such as using the Chi flow and the Yin and Yang in their movements.

Zhang San Feng is given credit for the development of a Taoist "internal martial arts" style, as opposed to the "external" style of the Shaolin martial arts tradition. His observations of nature led him to incorporate many of the movements of animals such as the 'white crane battles snake'. He lived in the second half of his life in Wudang Mountain, in Hubei Province.

Until the beginning of the 20th century Tai Chi was considered a secret practice, passed down only within the family and loyal disciples. Changes in the Chinese government and culture have brought Tai Chi to the populace. There are non-family Tai Chi styles as well – 24-form and 48-form.

The Wu family style is derived from both Chen family and Yang family style in the nineteenth century by Master Wu Chian-Chuan. He omitted some of the repetitions, jumping and stamping movements of the old-style so as to make the whole set of Tai Chi Chuan more structured, smooth, even and continuous. This is now known as Wu Style Tai Chi, and is known in many countries of the world.

- Helen Lee.



AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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