

Summer 2019 Newsletter

The Australian College of Tai Chi and Qi Gong Inc. would like to wish you a very Merry Christmas and a safe, healthy and enjoyable New Year!

Term 1 starts Tuesday 28th January

Casual outdoor practice will commence at GyMEA 8am from 21st December with Helen Lee and will continue until the commencement of regular Saturday training 1st February 2020.

Our College has a very high standard of quality teaching particularly for Australia. I would tell you a bit more about our Instructors!



Sam Li graduated from Shanghai Medical University of China. He worked at Xu Hui Central Shanghai hospital as a doctor and later received a diploma from Shanghai TCM university. In 1988 he established a Chinese Medical Clinic in Sydney. In 1996 he moved his practice to the Sutherland Shire and is now the Director of the Caringbah Healthcare Centre, 2/52 President Ave. Caringbah. Sam has been teaching Tai Chi for 40 years, 35 of which has been in Sydney. We are so fortunate to have a Tai Chi instructor of the Wu-style lineage. The techniques have been passed down from Grandmaster Ma Yue Liang (1901-1998) and Grandmaster Li Li Qun (1925-2013) in Shanghai. Sam can instruct slow form, sword, fast form and pushing hands. Second-row sword, sabre, double sabre, and spear forms are available to the Advanced students. Many outstanding Tai Chi instructors have been trained over 15 years by him, and he is a famous Tai Chi judge in Australia. He also is an internationally renowned Qi Gong instructor following training and collaboration with Grandmaster Li Li-Qun (1925-2013).



Martin Shipley has been a physical educator for over 30 years working in a number of high schools in Sydney. He has coached a variety of sports in this time attaining a LEVEL 3 advanced coaching accreditation. Martin began his study of the internal martial arts in the early 1980's studying and teaching Hsing I Chuan and practicing Yang style Tai Chi. In 1998 he began his training of Wu Style Tai Chi with Sam Li and has been an Advanced student refining his skills in Push Hands and the weapon forms for many years. He has been an instructor for more than 10 years for our Tai Chi College. He brings significant experience to his teaching and his beginner classes run on Tuesday nights 8 till 9pm. Martin holds a B.Ed. (Physical Education and Health) from the University of Sydney and a post-graduate Certificate in Educational Leadership from the Australian Catholic University.



Helen Lee (B.Sc. Dip.Ed. M.Ed.) has been a student of Tai Chi and Qi Gong for 22 years with Sam Li. During this time Helen has been a student of all the different forms of Wu-style Tai Chi and particularly enjoys Qi Gong. She has been an instructor of Tai Chi since 2004, teaching High School teachers and students for many years. Presently Helen has an adult Beginner Tai Chi class at 10am on Wednesdays and a beginner Qi Gong class weekly. She has been instrumental in setting up our Tai Chi College as a Non-for-profit or Incorporated club, with Sam Li in 2017.