



Australian College of Tai Chi and Qi Gong Inc.

Exercise for Body, Mind and Spirit!

■ Shop 2/52 President Avenue Caringbah NSW 2229

■ Phone: 61 2 9525 8886

Hi Everyone,

I really hope everyone is well, and coping with 2020 – the Covid-19 year. Wow I have to say from my own experience, it has been a rollercoaster ride!

Unfortunately there will not be any Tai Chi classes until 2021. Sam Li and the committee feel that although things are looking amazing for NSW at the moment, 9 days straight without community transmission, it could change very fast at any time. This is what has set Covid apart from the flu season in that one or two people can infect a lot of others very quickly. That and the dreadful consequences of having the virus and associated bacterial infections.

Practicing Tai Chi at home just became a lot easier! Sam Li has uploaded videos of his practice onto YouTube. Links are available on our website and Facebook page, and as well as the links at the bottom of this page or search YouTube for 'Sam Li Tai Chi'. The YouTube videos are available to everyone free of charge, and if you play it on the large screen TV it is possible to do your form along with Sam.

The Christmas party is also cancelled for 2020, as it would be difficult to keep the 2x2m individual spacing needed in the Community Hall. I have been missing all the contact with our Tai Chi Community and I know many others are feeling the same. However, let's all keep well, and hopefully next year we can get back to practicing Tai Chi together.

<https://www.youtube.com/watch?v=9YMJV9suriQ&t=218s> Wu style Slow Form

<https://www.youtube.com/watch?v=MvooB1DPiN0&t=24s> Fast Form

<https://www.youtube.com/watch?v=s2qefY2sMf8&t=32s> Heaven and Earth sword

Best wishes,

Helen Lee

<http://www.taichicollege.com.au/>