

Tai Chi News

TERM 1 2007 MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969

Welcome to the Year of the Pig

Hello Everyone and welcome to our new students.

I hope you are all enjoying your classes and beginning to feel the many benefits Tai Chi and Qigong have to offer.

This year we are hoping to bring my teacher, Master Peter Wu to Adelaide to share his skills and present a weekend workshop on self defence techniques. Also, as many of you are aware, I am national secretary and newsletter editor for the Tai Chi Association of South Australia and in this edition of our news I'll let you know how you can get a copy.



This year, as I'm sure many of you know, is the Year of the Pig. In ancient China, as in the ancient western world, life was linked with destiny and the power of heaven. However the Chinese calendar differs from that of the west by emphasising the year of birth, rather than the month of birth. Chinese New Year is also known as the Spring Festival.

The calendar cycle is twelve years, the time it takes for Jupiter to complete its orbit of earth. As each animal is related to one of the Chinese elements, this 12 year period extends to 60 years before your birth animal re-occurs. Therefore those of you who are 60 this year will again be in the year of the Fire Pig (or Golden Pig). It will not surface again until you are 120—so keep practising your Tai Chi.

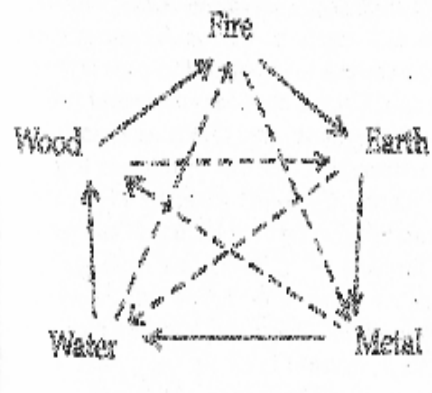
The Pig is the name given to the last year in the twelve animal cycle and signifies peacefulness, rest and satisfaction. In Chinese village life the pig is associated with home and family. In fact the Chinese character for 'family' consists of the sign for a roof, under which is the character for pig.

The pig symbolises courage, prosperity and nobility and its ruling planet is Mars.

For those of you who are Fire Pigs this year should be full of action. Chinese philosophy considers that luck will smile on you. Hard-working, friendly and trusting, the Pig gets on well with most people and rarely harbours grudges, or wallows in self pity if things do not go according to plan.

As always this newsletter has articles from other students as well as the Park Lesson information and details on how you can become a class assistant. I have also included our Safety Rules for your information and protection.

Looking forward to another great year, very best wishes, Rosemary



TERM DATES 2007

Term 1: 31st January—5th April

Term 2: 2nd May—2nd July

Term 3: 1st August—1st October

Term 4: 17th October—17th December



Park Lesson Saturday 31st March at 9.30 am

Unfortunately our last park lesson for 2006 was cancelled due to the heat. In the interested of your safety we do not run when the temperature goes over 34 degrees Celsius and it actually reached 38 on our chosen day.

Our apologies to those of you who came along, especially our very keen students from our Mitcham class.

Our Park Lesson for this term will be held on Saturday, 31st March.. The session runs for 90 minutes and is FREE. It is included as part of your Course and is a great opportunity to improve your Tai Chi skills, consolidate the form and meet with other Tai Chi enthusiasts.

If you are a new student you may not have played Tai Chi and Qigong in a Park setting before. To be in the fresh sea air, enjoying the company of other Tai Chi friends is a great way to begin the weekend. In fact Tai Chi is far more beneficial practised outside, where you can be close to nature and the song of the birds.

We have two locations. South is Kinston House overlooking the ocean and if you would like a coffee afterwards there is a small kiosk on the foreshore. Our northern session has been organised by teacher Brenda Hum and is at Dernancourt.

Southern Location: Kingston House, Cameron Avenue, Kingston Park

Northern Location: The corner of Rhus Road and Mahogany Drive, Dernancourt

We look forward to you joining us on this day.



International Tai Chi and Qigong Day Saturday, 28th April at 10.00 am at Peace Park

Tai Chi and Qigong Day was the dream of Tai Chi teacher and author Bill Douglas. It is now officially recognised by the United World Health Organisation as part of Global Health and Healing. Our school is hoping to encourage other Tai Chi schools and students of Tai Chi to join us on this day.

Peace Park is opposite the Women's and Children's Hospital between Edwin Smith Avenue and Frome Road. See you there!



News from the Country

As some of you already know, I teach and create forms for specific needs of organisations. I have created two forms for Active Ageing - Tai Chi Chair and Tai Chi for Dementia Prevention. I am also Master Trainer for Dr. Lam's Tai Chi for Arthritis and Tai Chi for Diabetes. These short forms are suitable to teach over two days which has given me the opportunity to travel and take Tai Chi to the country areas. I thought you might be interested in the following which have been sent into the School by Carol Beaton of Port Neill and Pat Cutbush of Mount Gambier respectively.

TAI CHI—URINGA HOSTEL, TUMBY BAY

It is with great pleasure that I teach Tai Chi Chair at the Uringa Hostel. Most of the residents come out for this every Tuesday morning, also a woman in her 90th year joins us from outside the centre to practise as well and she wouldn't miss it for the world.

We do Tai Chi in the dining area because they have really good chairs and on good days when the weather is suitable we take the chairs out into the courtyard garden. /.....

Uringa Hostel contd.....

Most of the students are in their 80s and I have noticed over time that there is increased flexibility, especially in the arms and hands.

As a volunteer I am proud to be among such wonderful members of our community, helping in some small way. Just for that small part of their week these people have no pain and are relaxed. I take them through a small guided meditation after Tai Chi and they don't want this to end.

Yours in Tai Chi, Carol Beaton.

Relaxation (or the Art of Shuffling) by Pat Cutbush

We arrive for the morning session,
Pay our fees, discard warm outer jackets to
Prepare for warming up.
We greet each other,
Catching up with the latest news while
We search to find and tick our names.

"Twenty-four Forms", is the order of the day.
We line up facing the side wall while our eyes
Desperately search the room
For someone stable to follow
When our collective memories fail.

Brain thinking frantically,
Knees sinking slowly.
Oh what is next? Eyes aslant,
I follow, waving arms.
Weight on left foot, make a ball,
Which hand's on top?
The mind whirls as I step slowly forward.

Now time to think as we change weight.
The silent questions bombard me:
"how many more times?
Where's my left foot?"
I lift one arm high
To the right side, tap left toe.
Two arm circles then prepare to brush knee.
More time to think, must concentrate.

A blank is etched on my mind.
Head's in a whirl, keep going.
Waving arms, try to remember
Do hands face in or out?
Keep moving slowly,
Keep breathing, breathing,
Slowly and calmly—In and out, in and out.
All is coming together at last.

The Chinese Walk in the Botanic Gardens



I have included this information for those of you who love visiting the Botanic Gardens, as I do. There is a brief list of the plants visited and the associated map which should be available in the shop at the Northern gate (the South Australian branch of the ACFS is providing these for general use.

As a follow up or to make yourselves more familiar with the walk, there is a website, www.chineseplants.org.au, which has been developed by the education team at the gardens. Run your cursor over the bird in the centre screen and it should start to flap—click on it and you are into the site. This website is most informative and is part of a National development of a range of different cultural packages which I'm sure you will find interesting. (supplied by kind permission of the Australia-China Friendship Society of SA Inc.)

If you would like more information on the Society please contact Graham Bennett on Tel: 83579975, Email: sa@acfs.com.au

Summer Polo Shirts

If you would like one of our short sleeved Polo Shirts please order from your teacher. At present we have a very limited number of sizes from small to extra large. Our polo shirts are made in Adelaide and embroidered at Hove. It is school policy to buy 'Australia Made' and South Australia made wherever possible.

**Our shirts with the school logo are
\$30.00 each**

My thoughts on the Slowness of Tai Chi by Dan Stefan

We live in a society obsessed with speed; but the faster we drive our car on the highway, the less we see of the scenery along the road. Similarly, the faster we live our lives, the less quality of life we in fact enjoy; we need to slow down, so that we can observe, reflect and feel our being in the present moment. Meditation is the tool and Tai Chi is a form of meditation in movement.

One of its principles is “to achieve stillness in movement”. By this I now understand the point where we achieve a focused (still) mind in the course of change (external movement).

After starting to learn Tai Chi I also realised that I needed to train my patience, whether this applied to my expectations of mastering Tai Chi in six months, or being slowed down in traffic by an elderly driver.

Tai Chi has character building aspects with flow-on effects in everyday life. Becoming more patient was also about growing into the wisdom to accept what comes my way as part of the cycle of life, rather than having the attention fixed on my expectations.

Tai Chi taught me to enjoy the road and the landscape around, while still keeping an eye on the destination.

Class Safety

1. Please wear loose, comfortable clothing during training.
2. Shoes must be worn. No bare feet allowed.
3. It is requested that you not wear jewellery, especially bracelets that can jangle.
4. For the benefit of students who may have allergies please do not wear perfume or aftershave to class.
5. Weapons students must maintain proper control and handling of the weapon at all times.
6. Ensure there is sufficient space between yourself and others, especially when performing weapon forms.
7. Members with a cut or bleeding injury must cease training immediately and receive appropriate first aid treatment. Rejoining the training session will not be allowed until the teacher is satisfied it is safe to do so.



Afterthoughts

The future is not some place we are going to,
But one we are creating.
The paths to it are not found but made,
And the activity of making them
Changes both the maker and the destination.
Anon

