



Tai Chi News

TERM 2 2006 MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969

Hello Everyone,

I find it hard to believe we are in our second term of the year already. Last term our school welcomed many new students and I am pleased so many of you decided to continue with us. Moving Meditation is always trying to improve curriculum to meet your needs and written suggestions on how we can better meet those needs is always welcome. Also if you would like to submit an article for our newsletter which you feel other students would find interesting please give it to your teacher or mail/email to our office at:

PO Box 90, Morphett Vale 5162
movingm@chariot.net.au

Our Park Lesson last term at Oaklands Reserve was well supported by students from several classes and the weather was perfect. This term there is no Park Lesson, due to the fact that the weather is rather unpredictable.

Our major event for this term is our Meditation Workshop in June. Tai Chi and Qigong are, of course meditative, with the mental focus on the imagery of the form and the flow of energy through the meridians. However we have never had a workshop specifically to teach us how to meditate, which is of course a major part of Tai Chi philosophy. We are therefore most excited about this workshop and the fact that Gary Stuckey, who teaches at our Flagstaff Hill class, has been able to find time from his very busy schedule to present this session for us. More details of the workshop further in your newsletter.



I am continuing this term with a brief explanation of the Five Elements as they relate to traditional Chinese medicine. The element this term is Metal. Afterthoughts is a poem from Elaine Knibbs who used to assist at our classes and still keeps in touch with us.

This year Eddie and I will be visiting the United States and Canada. We plan to make a more detailed video of our Beginners Tai Chi 44 Forms, check out the various schools in the US and see if we can improve on our own curriculum. I am also hoping to catch up with Tai Chi friends who live in the States. Next newsletter I'll fill you in on the action.

Meanwhile I hope you all have an enjoyable term of Tai Chi and that we will see many of you at our Meditation Workshop.

Best wishes,
Rosemary

TERM DATES 2006

Term 2: 1st May—30th June

Term 3: 31st July—29th September

Term 4: 16th October—15th December

Love Tai Chi - why not become a Class Assistant?

If you have been attending classes with us for some time and enjoy sharing your skills with others you may wish to be considered for the voluntary position of Class Assistant. This is a most rewarding position and gives you the opportunity to brush up on your skills whilst at the same time helping the teacher and promoting Tai Chi.

Class Assistants are invaluable, as they look after the desk, greet students when they arrive, take care of the music and generally help with the running of the classes. This frees up the teacher to concentrate on their main activity, that of teaching.

If you do not have the qualifications yet to apply for Teacher Training or do not have the time to attend Teacher Training Sessions, you might like to consider becoming a Class Assistant. We need assistants at several of our venues. By assisting you will notice that each week you pick up extra tips or techniques which will improve your Tai Chi. It is an excellent opportunity to brush up on levels you have already done, whilst still continuing to improve your more advanced skills during your own classes.

If you would like to be a Class Assistant please ask your teacher for more information or get in touch with the office: **Tel: 83817969** or email: **movingm@chariot.net.au** .

Bouquets Our Demonstration Team, “*Tranquility*” gives a lot of time promoting Tai Chi out and about in South Australia. Last year we performed at fairs and fetes and gave demonstrations to local community groups. We also gave a performance on stage at Westfield Marion for Lifelong Learning Week. We will again be part of Lifelong Learning this year, with a performance on stage at Westfield Marion on:



Saturday, 27th May at 3.30 pm.

I would like to take this opportunity to thank our team, with a special thank you to June Gamba, who acts as social secretary and Ena Carlin and Val Wade, who both retired from the team this year.

Condolences



It is with sadness that we farewell our dear friend and student of many years, Wendy Wilson, who passed away unexpectedly last term. Wendy, you will be truly missed. In honour of Wendy, her selfless love for others and her volunteer work for the Arthritis Foundation, we are donating 50% of the proceeds of our Meditation Workshop to the Arthritis Foundation of SA.

The nature of love is much more a doing, than a feeling.

till we meet again.....

Winter Polo Shirts

If you would like a long-sleeve winter polo shirt please order through your teacher. At present we only have sizes XL and XXL. We will however place another order if requests are sufficient .

As we believe in supporting local industry where possible, all our shirts are made in Adelaide and embroidered at Hove.

If you would like to order the cost will be \$40.00. Please place your order with your teacher.

Other Learning Aids

Tao Yin CD	\$26.00
Other CDs	\$27.00
Tai Chi Qigong Video	\$32.00
Tai Chi Long Form Video	\$25.00
Swords (wooden)	\$35.00
Swords (flexible practise)	\$75.00
Sword Bags	\$38.00
Fans (when available)	\$28.00
Polo Shirts (long sleeve)	\$40.00
Polo Shirts (short sleeve)	\$30.00

Meditation Workshop

Our Meditation Workshop is one not to be missed. It is the first time such a workshop has been offered by the school and one which will be extremely valuable in improving the meditative quality of your Tai Chi and Qigong. Meditation is, of course, an important element of your Tai Chi learning and Practice. It is a very necessary part as the pace of our lives increases and the effects of modern living, like stress, take their toll on our health and well-being. To enjoy life to the full and cope with its many ups and downs the ability to meditate is a great gift.

The presenter of this great workshop is Mr. Gary Stuckey. Gary has studied Meditation techniques for many years, is an author and has presented many successful workshops and seminars.

In this short introductory workshop you will be introduced, in a gentle way, to the practice of meditation. You'll learn:

- How meditation benefits us
- How to get started in meditation and
- How to deal with distractions when meditating.



This workshop is for anyone who has ever felt they might like to try meditation but never gotten around to it—this is your chance.

The Meditation workshop will be followed by a revision of the 8 forms Mulan Qigong, for those students who attended Ms. Alice Liping Yuan's workshop.

Location: Mitcham Village Institute, 103b Princes Road, Mitcham.
 Date: Sunday, 4th June
 Times: Meditation Workshop: 1.30-3.15 pm
 Mulan Qigong Revision: 3.15-4.30 pm
 Cost: Meditation/Mulan Qigong Revision Workshop: \$25.00 (\$30 for non-members)
 Mulan Revision only: \$15.00 :(\$20 non-members)

Tear off - - - - -

To Book: Please hand this registration slip with the workshop fee to your teacher or post to:
PO Box 90, Morphett Vale, 5162

Name:..... Ph. No. Class.....

Address:

Email:

Mulan Qigong: YES / NO (please circle) (pre-requisite) attended Mulan Workshop 2005

Payment \$15.00 / \$25.00 / \$30.00 (please circle) Received

Tear off - - - - -

RECEIPT

Name Date:

Paid: \$25.00
signed

Elemental Theory

The Chinese elements are slightly different to those in the west. There are five elements, earth, metal, water, wood and fire. Each element relates to specific organs in the body, to the seasons, directions, colours, flavours, emotions and vital functions to name a few.

Our element this term is Metal and its associated season is Autumn.

Organs: Lung—Yin
Emotion: Grief

Large Intestine—Yang
Energy Quality—Contracting

Vital Function—Respiration
Planet—Venus

Lungs: Known as the Prime-Minister. They control breath and assist the heart with the circulation of blood. Energy is the controller of the blood—where energy moves, blood follows. The relationship between breath and pulse, blood and energy is the basis of Qigong.

The Lungs also control the skin, which breathes through its pores and adjusts temperature—sweating, shivering. The skin radiates energy, forming the first line of defence against attack.

The Breath controls the automatic nervous system. It is the bridge between body and mind and may be utilised to keep them in balance, as in Meditation and Qigong.

Large Intestine: Known as the Minister of Transportation. Transforms waste from liquid to solid for excretion. The major role is to balance and purify bodily fluids and assist the lungs in controlling the skin's pores and perspiration.

The large intestine depends on the lungs for movement, via expansion and contraction of the diaphragm, which works like a pump and regulates abdominal pressure.

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



Afterthoughts

Nature's Lesson

Two rivers meet with a mighty clash,
Forever struggling to become the stronger of the two,
Foaming, twisting, turning, tumbling,
Their battle never ending
Until finally their waters merge -
Flowing onward, peacefully and calmly,
Becoming one entity, neither losing, neither winning,
Simply by giving a little and joining together
They become the strongest force of all



by Elaine Knibbs