



Tai Chi News

TERM 2 2007 MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969
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Hello Everyone,

My apologies for the term date error in your last term's newsletter, we are right this time.

I hope you are all enjoying your classes this year and appreciating the great benefits Tai Chi offers with regular practise.

Our park lesson last term was again popular, well attended and the weather was perfect. This term we have changed our venue to Oaklands Estate Reserve, as it can be quite cold at Kingston House at this time of the year. Further details inside your newsletter.

In conjunction with Grandmaster Gary Khor of the Australian Academy of Tai Chi, we are planning a China trip for 2008. The tour itinerary has been specially selected by Grandmaster Khor, who has been taking trips to China since the early 1970's and will be visiting only the most worthwhile sights, with particular focus on history and culture relevant and meaningful to us, including obviously Tai Chi. Please register your interest with your teacher.



On Saturday, 28th April we celebrated World Tai Chi and Qigong Day at Peace Park in Adelaide. It was attended by approximately 30 people from various schools, mostly from the north of Adelaide as it was pouring with rain in the south, which meant of course that our school was very short on participants.

The session was quite surreal. When we were setting up it was raining; five minutes before the session began the rain ceased and, for the 60 minute session it was clear. The sun even came out. Five minutes after the session it began raining again and did not stop for the rest of the day. Uncanny—maybe but we often find that the weather seems to favour us when we play tai chi.

With regard to the visit by Master Wu, we have still not finalised this but will keep you informed as to our progress.

As mentioned in the last newsletter, I am State Representative for the Tai Chi Association of Australia. If you would like a copy of TCAA newsletter please let your teacher know. The cost for a hard copy is \$1.00 to cover printing. For emailed copy there is no charge, we just need your email.

However if you would like to join TCAA the annual subscription is a tiny \$25.00.

Happy reading, best wishes, Rosemary

TERM DATES 2007

Term 2: 7th May—30th June

Free Lesson Week: 30th July. Term 3: 6th August—28th September

Free Lesson Week: 15th October. Term 4: 22nd October—14th December

Park Lesson Saturday 30th June at 10.00 am

Our Park Lesson for this term will be held on Saturday, 30th June. 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.

We have two locations. South is at Oaklands Estate Reserve and our northern session has been organised by teacher Brenda Hum and is at Dernancourt.



**Southern Location: Oaklands Estate Reserve,
Oaklands Road, (behind driving centre)**

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

Do come along and join us. Friends are most welcome.

★ Celebration

Congratulations go to Bonnie Simpson celebrated her 90th birthday on Saturday, 26th May. We celebrated this wonderful milestone at Bonnie's class in Hove and all commented that if we look and feel as good and are as motivated to enjoy life as Bonnie when we reach 90 we will be quite content.

Bonnie credits her health and fitness to the many years of Tai Chi she has played (around 20) and recommends it to everyone she meets.

Personally I believe that Tai Chi is not the whole story. To be truly effective Tai Chi needs positive thinking and regular practise together with an enthusiasm for life and a supportive family, which Bonnie most certainly has.



HAPPY BIRTHDAY BONNIE, we look forward to the big100.

Becoming a Class Assistant

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.

Why not ask your teacher for information about becoming a Class Assistant?

Winter Polo Shirts

With the weather becoming cooler our school will be placing an order for winter polo shirts. The cost is likely to be around **\$40.00** with a minimum school order of 20. The quality of the shirts to date have been extremely good and they wash well.

We are proud to say that they are not imported but made in Adelaide and embroidered at Hove.

Please place your order with your teacher by week 7. This will enable us to get them made up for our third term. Polo shirt modelled by Ruth who is a class assistant at Reynella.



Comment Corner

Our article this term is from Helen Hawkins of our Trott Park advanced class.

Knitting with a Sword

Tripping over in a shopping centre car park, landing on my arm and fracturing in two places was not the smartest thing to do in my life. It was also not the easiest way to continue learning the sword routine, after progressing for a term.



Never let it be said that I ever sit and let the woes of the world or my body get in the way of my Tai Chi—so I decided to participate in the class with my arm in plaster and a sling. (right arm—sword arm!!!)

I thought that if I at least stood with the group, made my feet do their little bit, and visualised my sword arm doing it's bit, I might have a hope of learning the movements and keeping up with the class. However, the balance of left and right, the yin and yang of each movement, made it almost impossible. I found that one arm needed the other for balance and memory. I really required something for the hand of the plastered arm to hold, so that I could visualise a sword in my hand.



I then remembered my trusty knitting! The perfect weapon—a knitting needle. So armed with a knitting needle clutched in fingers and to the great mirth of all, I tried the movements and found that I could very strongly visualise a sword turning and slicing. My knitting needle then acquired its own little tassel so that it also felt like a little sword. This improvisation continued to be Instrumental in helping me keep up with my learning.

Now, nearly 4 months later, I am free to move with my sword again. I have always been a keen knitter, but never dreamed that knitting would also benefit my Tai Chi!!!

Thank you for this Helen. I must admit I had my doubts about its effectiveness—but it worked. You achieved a positive from a negative and at the same time became an inspiration to us all.

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.



CHINA TOUR

in Association with the AATC

5th - 18th October 2008



In association with the Australian Academy of Tai Chi we are delighted to be able to offer a China Tour with a difference. Grandmaster Gary Khor, President of the Academy and my first master teacher has been organising and leading successful tours of China since the early 1970s.

The tour itinerary has been personally selected by Grandmaster Khor, visiting places in China where its history and culture will be most relevant to us. You will have a chance to play Tai Chi and Qigong with Grandmaster Khor as well as sightseeing, dining on the very best Chinese health cuisine and, of course, shopping.

With Grandmaster Khor leading the tour you will truly have time to relax and enjoy the many experiences China has to offer, knowing you are always in safe hands.

We have never been involved in a tour of China before, therefore this is an adventure not to be missed. Friends and spouses are most welcome.



Tour highlights include:

- ☉ Yangtze River Cruise plus Tai Chi, Qigong and massage on board
- ☉ Nine Valley: Pristine crystal lakes and beautiful autumn leaves. Walk over flowing streams and beside cascading waterfalls and ancient Tibetan villages. UN nature reserve.
- ☉ Chendu—Bamboo Garden Retreat
- ☉ Dragon Gully—Moonscape ponds and terrace waterfalls.
- ☉ Wolong Panda Reserve: Cuddle a panda at the world’s largest natural panda reserve
- ☉ Shanghai: China’s best museum. Chinese Garden and Shopping Bonanza.

All travel, visas, accommodation, meals, sightseeing and travel insurance included **\$4,995.00** ex. Sydney. (prices may change subject to currency fluctuation and fuel increase.)

Cost does not include return airfare to Sydney.

A CD is available on loan from your teacher which will give you insight into other China Tours which Grandmaster Khor has organised.

If you decide to be part of this wonderful tour please complete the form below and hand to your teacher with your deposit as soon as possible as numbers are limited: Deposit **\$500.**

You can email AATC at: aatc@optushome.com.au or www.livingchi.com.au

CHINA TOUR - 5TH TO 18TH OCTOBER 2008

Cost: \$4995 ex. Sydney (prices may change subject of currency fluctuation or fuel increase)

NAME CLASS VENUE

PHONEEMAIL
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DEPOSIT: \$500.00 PAID
