



# Tai Chi News

**TERM 2 2008 MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969**  
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Hello Everyone,

The first term of the year has been very busy with our usual classes, together with a programme our school is running for the Royal Society of the Blind. This has involved the training of volunteer teachers for the programme, including two of our own students, June Haman and Sandra Hole. Our Trott Park teacher, Ken Wade has been the force behind the regular sessions we have offered.

We also have another arm to our school's programme, "Tai Chi 4 Kidz" created by Dr. Paul Lam and Cheryl Lee Player. I have been teaching this at Seaford Primary School this term, which is being enjoyed by nearly 100 of pupils. It will be presented at Burnside as a promotion for Angus and Robertson, in conjunction with Burnside Library, during the school holidays in July. You can also see the programme show-cased on "Totally Wild" Network 10, at 4.00 pm Tuesday, 10th June.



On Saturday, 26th April over 50 Tai Chi players from various schools from Adelaide and suburbs celebrated World Tai Chi and Qigong Day at Peace Park and I would like to thank those of you who came along, despite the unforgiving weather, to support the event. As last year - you've guessed it - it rained. We had not only rain, but wind and thunder. However, not to let a little unfriendly weather stop us, in true Tai Chi spirit and in between downpours, we continued and enjoyed the session. I must admit for many of us it ended in the coffee shop with hot coffee or soup.

Unlike Tai Chi and Qigong Day, our park lesson at Kingston House was blessed with perfect weather. We had around 50 students come along to enjoy the sunshine, friendship and, of course, the Tai Chi. As usual, several of us ended up at the kiosk on the beach for coffee and a chat.

Over the next two terms we are planning a Social Dinner and also a Workshop. If there is anything specific you would like us to present at the workshop please let your teacher know. We will not be having our usual park lesson this term as the weather is too unpredictable and rather chilly.

Our term break at this time of the year is, as usual, longer. This allows students to take holidays, perhaps get away to somewhere warmer, without missing too many classes. However for those of us who are not as fortunate we encourage you to practise your form regularly to help keep your immune system functioning well, maintain your fitness and stay healthy. I hope you enjoy your newsletter,  
Best wishes, Rosemary

## **TERM DATES 2008**

Term 2: Finishes Friday, 27th June

Free Lesson Week: 21st July. Term 3: 28th July—19th September

Free Lesson Week: 13th October. Term 4: 20th October—12th December

## Condolences

It is with sadness that we say farewell to our dear friend and tai chi student for more than 15 years, Bonnie Simpson, who passed away in April at the grand age of 91. Bonnie had been a great support to our school for many years.

During her Tai Chi journey she assisted at our classes at Seacliff, Brighton and finally Hove. Even in her late 80s Bonnie was getting two buses to come to her class and afterwards we would go for coffee.

We considered Bonnie an inspiration for us all. Her positive nature, her love of family and her love of Tai Chi were always evident. We celebrate Bonnie's life, she was one of a kind—generous, funny, and was true to herself.

I'd like to share with you the following, by kind permission of Bonnie's family.



You never failed to do your best.  
Your heart was true and tender.  
You simply lived for those you loved  
And those you loved remember.



## 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, sometimes 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 the 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](mailto:movingm@chariot.net.au)

## 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. Less than this number makes the shirts too costly for many of our students.

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. The polo shirt modelled by Ruth who is a class assistant at Reynella.



## Benefits of Exercises 2

This is the second of three sections on the benefits some of your warm-up exercises have for your health and general well-being. As stated last term, the majority of the exercises we warm-up with are Qigong exercises. These help to increase our flexibility, warm the muscles and open our energy channels so that the "Qi" can flow smoothly. Therefore when you do your warm-ups be mindful, as you are with your Tai Chi.

**ARCHER DRAWS BACK THE BOW:** This exercise improves elasticity and muscle tone of the arms and shoulders and enhances the respiratory system. It increases lung capacity, which is assisted by the downward motion of the diaphragm through the Qi being mentally directed to the Dantian. Internal pressures massage the heart, liver, lungs and intestines, increasing blood circulation. It refreshes the body and renews energy.

**WHITE CRANE SPREADS IT'S WINGS:** This is a two-way stretch. It strengthens the ligaments of the arms and shoulders and exercises the spleen and stomach. It is also considered good for the digestion.

**ARM CIRCLES:** This is a whole of arm, opening up movement. It should be expansive. The arm circles improve blood circulation and help relieve stress through gentle stretching.

## The Concept of Qi

Qi is the force of the cosmos between heaven and earth. It consists of the primal life energy that we receive from our parents together with the air that we breathe, the food we eat and the atmosphere, both natural and unnatural, that we respond to.

When we feel good about our environment and the people around us, we feel more energised. We have more Qi power.

Tai Chi practice teaches us to enhance this power in our lives by using our body more effectively to channel this life force. Therefore some of the most basic exercises for beginners of Tai Chi involve the correct breathing technique and correct body postures through simple movements. As we become more familiar with these exercises and postures we become more relaxed, the Qi flows efficiently and our enjoyment of Tai Chi and life itself is enhanced.

## 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 we request that you 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.



## The Tai Chi Forms

I am sometimes asked if the movements in Tai Chi have any specific benefits other than as martial art defense techniques.

I will therefore, over the next couple of newsletters give my understanding of which organs within our body benefit from the movements in Tai Chi, together with the element and season associated with them.

Movement	Element	Season	Yin Organ	Yang Organ
Commencement	Earth	Late Summer	Spleen	Stomach
Ward Off	Metal	Autumn	Lungs	Large Intestine
Roll-Back	Wood	Spring	Liver	Gall Bladder
Press	Metal	Autumn	Lungs	Large Intestine
Push	Metal	Autumn	Lungs	Large Intestine
Single Whip	Metal	Autumn	Lungs	Large Intestine
Raise Arms	Wood	Spring	Liver	Gall Bladder

### *Afterthoughts*

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a greater portion of the water.

At the end of a long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots of water to his house.

Of course, the perfect pot was proud of its accomplishments, for which it was made. But the poor cracked pot was ashamed of its own imperfection and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what was perceived to be bitter failure, it spoke to the water bearer one day by the stream. I am ashamed of myself because this crack in my side causes the water to leak out all the way back to your house.

The bearer said to the pot, "Did you notice that there are flowers on your side of the path but not on the other pot's side? That's because I have always known about your flaw—so I planted flower seeds on your side of the path and every day while we walk back you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

To all of my crackpot friends, have a great day and remember to smell the flowers.

*This was given to me by my friend Louise Wiggins, who has a yoga school, "Yoga to Health". I thought it too good not to share.*