

Tai Chi News

TERM 3 2009 MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969
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Hi Everyone,

Welcome to Term 3 and a special welcome to new students. We hope you enjoy your sessions with our school, practise throughout the week and reap the many benefits Tai Chi offers for your health and well-being. In a short time the Pandas will be arriving at Adelaide Zoo. I thought we could have some fun with a "Panda Theme" for the school in the final term and I'm open to ideas. Maybe you can draw, paint or write poetry, all contributions re. the Pandas will be most welcome. Please submit any suggestions and contributions to your teacher.

This term we are again organising a **Park Lesson** at Oaklands Estate Reserve. This will be on Saturday, 12th September and we are hoping for better weather than last term. We would like to thank those brave students who attended our June session. Obviously our request for fine weather did not get through as it was rather cold and damp. We decided to finish early as even the PA refused to cooperate and shut down.

Inside your newsletter this term is a continuation of Dan Stefan's article giving his thoughts on Tai Chi, which proved very popular last term. Also included are details of our up-coming Qigong workshop in November, the **Shibashi X Qigong** together with registration form. This workshop is sure to be popular so please book early as numbers are limited. For those of you who have shown an interest in joining our training programme, I am planning a **Teacher Training Course** for next year. Trainees must have completed the Beginners Curriculum and assisted for at least one term as a Class Assistant before being accepted into the programme. For those of you who have no desire to teach but would like to be a Class Assistant please let your teacher know. There are no specific requirements for Class Assistants, other than a love of Tai Chi and enthusiasm to help others and improve your own skills.

If you are interested in our Teacher Training course please let your teacher know or you can contact me directly:

Ph. 83817969 Email: movingm@chariot.net.au

Thank you to students who ordered our Winter Polo Shirts. As you know we decided to brighten up our classes by going purple. They have proved so popular that we are considering offering a different colour for our summer shirts. I'll let you know when I have more details from our supplier.

This year we are again involved with the "Every Generation" promotion. Therefore we will be offering free sessions at all venues for the week commencing 12th October with "Obligation Free" beginners first lesson for the rest of the month. Therefore if you have friends who have shown an interest in learning Tai Chi please encourage them to be part of "Every Generation" month and come along to the free sessions.

It is with sadness that we farewell two of our Tai Chi friends who spent many years studying Tai Chi. Our condolences go to the families of Vera Orchard and Elaine Knibbs they will be sadly missed. Afterthoughts this term features one of Elaine's poems in her memory.
Best wishes, Rosemary



Park Lesson - 12th September



This term we have again selected Oaklands Estate Reserve as it is a convenient location for most students. If you haven't been to a park lesson before it is wonderful chance to play Tai Chi in the fresh air. Our Park lesson is part of your course and gives you the opportunity to consolidate what you have learned during the term.

You can find Oaklands Estate Reserve behind the Driving School, off Oaklands Road. It is by the traffic lights. On the opposite side of Oaklands Road is the Swim Centre.

When: Saturday, 12th September Time: 10.00 am

Again at this time of the year the weather is unsettled and the ground may be damp, so please wear suitable footwear. We look forward to playing Tai Chi with you all on 12th September.

For our Holden Hill students Brenda will arrange a more convenient location for you.

TERM DATES 2009 (not all venues will offer free lesson week every term)

Term 3 concludes 26th September

Free Lesson Week—12th October Term 4: 19th October—12th December

Here is the second instalment of Dan Stefan's popular article "**My thoughts on Tai Chi**". If you haven't read the first article in last term's newsletter you can download it from our website:

www.emedici.com/movingmeditation

What can Tai Chi do for me?

What is better, Tai Chi or Yoga? They are both good. They both are ancient treasures of the Eastern mind; and it is possible that qigong has developed from yoga, same as Buddhism has been imported into China from India. I practised yoga as a teenager and have continued with a couple of yoga postures each morning throughout my life. I discovered Tai Chi only in my early forties. I now prefer Tai Chi for several reasons: it is moving, rather than static, it can be performed anywhere, any time, it does not require a mat and it does not make my body look like a pretzel! "Will Tai Chi cure my illnesses? What will Tai Chi do for me?"



Well, Tai Chi and Qigong are no miracle cure for your lot in life. They will only do what you are prepared to invest in the practise. If you practise 10 minutes you will get 10 minutes worth of health and you may still need other forms of exercise/diet. Also don't forget the moral hygiene—so often we wash the skin but forget to brush the mental negativity from our minds! When I started Qigong/Tai Chi I could no longer run and walking was painful. After 20 years of sitting at a desk at work, followed by lying on the couch at home watching TV, my knees felt like wooden joints packed in sand. I had to use an elastic support on the left knee to help with the pain.

Well, the combination of daily lunch time walks and the Tai Chi practise have solved the problem, and now I can run again! I also used to stumble in walking and twist an ankle, getting a painful swollen ankle - my balance and grounding have improved and there were no more such occurrences.

If you ask "will Tai Chi help me lose weight?" In my case I would answer "a definite NO". I need to tell you that I gained at one stage about 14 kilos while practicing Tai Chi, and had the biggest jumps in weight gain while going to intensive one week Tai Chi workshops.

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Qigong Workshop - Shibashi X

Designed by Grandmaster Gary Khor



This workshop will introduce you to the Shibashi X programme and is suitable for both beginners and advanced students.

Grandmaster Khor has kindly given me permission to introduce this form to you and we hope next year he will be able to find time to visit SA and teach us the finer points of the art.

Shibashi translates as the "18 exercise techniques". Our Tai Chi Qigong is a "Shibashi" as it has eighteen movements..

Shibashi X, apart from being practised as a form in its own right, also provides an introduction to other Chinese health arts and martial arts. It is based on movements that include techniques from Tai Chi, Tao Yin, Preying Mantis and Wild Goose.

With regular practise this form can improve breathing efficiency and assist the functioning of both right and left hemispheres of the brain. It will assist the lymphatic system, improving resistance to disease and infection. As with our Tai Chi Qigong it will also improve posture, circulation and digestive function.

Qigong and Tai Chi are a continuous journey of understanding, giving us a greater awareness of how we feel, how our body moves and the benefits we can gain from regular practise. By adding depth to our study of the art we also add to its enjoyment. We thank Grandmaster Khor for this beautiful Qigong.

The workshop runs for 3 hours and afternoon refreshments are included.

Location: Mitcham Village Institute, 103b Princes Road, Mitcham

Date: Sunday, 1st November

Time: 2.00—5.00 pm

Cost: School Members: \$30.00 TCAA Members: \$35.00 Others: \$39.00

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:

Payment \$30 / \$35 / \$39 (please circle) Received

Tear off.....

RECEIPT

Name Date:.....

Paid: \$30 / \$35 / \$39 (please circle)

Signed

My Thoughts on Tai Chi contd.....

How can I try to explain this? Apart from a slowing down of the metabolism (does that come with age?), I believe that with Tai Chi and Qigong I get nourishment in the form of chi (energy) from the environment; and in fact I probably need less than half the food intake I used to get as a young adult twenty years ago, but pure greed has me eat the same amounts, which causes the weight gain. So I had to diet and take up swimming in order to keep the weight down.

“Will Tai Chi improve my eye sight?” . Well, hopefully yes, but I started needing reading glasses during my Tai Chi practise. Like getting grey hair, I hope it won't happen to you, but it happened to me. Tai Chi helps me accept that changes will occur in my physical condition, and not always for the better. I now have more acceptance for the cycles of life and resilience in front of adversity.

We have wonderful stories in this school of recovery from severe debilitating illnesses or injury with the aid of Tai Chi and Qigong.

One of the great lessons Tai Chi taught me is that of patience: I no longer want it now, I am happy to go along and take years to get there, and enjoy the journey.

Elemental Theory

The Chinese elements are slightly different to those of 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.

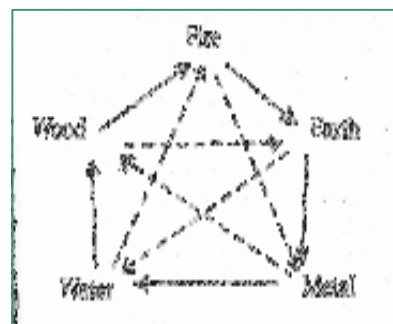
The Element for Spring is Wood

Wood symbolises retreat and growth (which appears a contradiction). It is however also upward, spreading, free flowing and has a penetrating energy.

Wood is related to the liver (yin) and the gallbladder (yang). Its colour is green, the taste is sour, its emotion anger, the direction east and the vital bodily function is the central nervous system.

In Tai Chi “wood” leaves no place for attack, it is one of neutralisation and dispersal into the earth.

The “Repulse Monkey” would be considered representative of the “wood” element.



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



Elaine loved Tai Chi and I think this poem of hers says it all. It is a great epitaph.

Thank you Elaine for the many years of friendship and dedication to our art.