



Tai Chi News

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Hello Everyone and thank you for choosing to learn Tai Chi and Qigong with us.

We are now at the end of our first term for 2017 and according to the Chinese calendar, 2017 is the 'Year of the Rooster'.

In ancient China, as in the ancient western world, life was linked with destiny and the heavens. The Chinese Calendar differs from that of the west by emphasising the year of birth, rather than the month of birth. The calendar cycle is twelve years - the time it takes for Jupiter to complete its orbit of the sun. To each of the twelve

animals an element is assigned. There are five elements, **wood, fire, earth, metal and water** and to complete the full cycle takes sixty years.

Each year has a specific animal. In keeping with Chinese philosophy and the concept of Yin and Yang, the twelve animals are paired.

The Rooster is the Yin counterpart of the Monkey and strange as it may seem, considering it has the habit of waking people early in the morning, it actually presides over the evening hours and as such is also the symbol for alertness at this time. The Rooster is considered to be a guardian and protector. It is said that the cock frightens demons with his red comb and keeps evil at bay. This sign is proud and courageous.

The personality of the Rooster is forthright and can come across sometimes as being aggressive and arrogant. People born under this sign are however fun-loving, outgoing and make friends easily. The flamboyant Rooster is a shrewd business person and a stickler for detail. However when times get busy they can unintentionally forget quieter family members and colleagues in the hustle and bustle of activity. The Rooster is generally a perfectionist and does not suffer fools gladly but can be a stimulating companion for those befriended. Friends will be protected but the Rooster is not to be crossed. The Rooster personality is a strange character of conformity and eccentricity but is also meditative.

In this complex Year of the Rooster what can we expect? If you are in business, it will tend to be a year where business concerns can over-ride family and friends, so care needs to be taken to keep a balance. The hospitality or health and fitness industries are forecast to do well. For those of us interested in improving our health (all of us I hope) this year will be a time to take responsibility for one's own health and get active and healthy. Therefore keep up your Tai Chi practise.

We look forward to you continuing with us next term, and don't forget to put the park practise sessions and World Tai Chi and Qigong Day (WTCQD) in your calendar. Also the 'Good Choices Expo', organised by the City of Onkaparinga is during our break on Friday, 7th April at Noarlunga. I hope you enjoy reading your newsletter. Best wishes, Rosemary

TERM DATES 2017

Term 2: 1st May—26th June

Term 3: 30th July—23rd September

Term 4: 16th October—9th December



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About World Tai Chi and Qigong Day - One World, One Breath



World Tai Chi and Qigong Day is the brain-child of Bill Douglas and was first celebrated on April 10, 1999, following the United Nations World Health Day. It is now celebrated each year on the last Saturday in April, which this year is on:

Saturday, 29th April

World Tai Chi and Qigong Day is recognized as a Universal Day by the United Nations.

At 10.00 am, beginning in New Zealand, practitioners around the world will be out in the parks and on the beaches, enjoying the friendship of other Tai Chi players and promoting the benefits to health Tai Chi offers. If you are interested in finding out more, simply put WTCQD into search on the internet and the website will come up. Our event will be held in North Adelaide at Peace Park. As Secretary of the TCAA (who supports this session) I will be helping our State Representative, Brenda Hum.

Several Tai Chi schools in and around Adelaide come together to enjoy this special day and play Tai Chi together. Let's hope for a warm, sunny day with a light breeze.

Tai Chi Association of Australia
SA Location: Peace Park, North Adelaide,
(opposite the Women's and Children's Hospital)
Saturday, 29th April

Park Practise Sessions

For those of you new to our school this year you may not be aware of our park practise sessions. These are held regularly on Saturday mornings, with the exception of our Teacher Training days, (the first Saturday of the month in term time) at the following locations:



Oaklands Estate Reserve, Oaklands Road, (behind the wetlands) from 9.00—10.00 am

Trott Park Neighbourhood Centre grounds, Hessing Crescent from 9.30—10.30 am.

During the school term break we will continue to offer these practise sessions. These are not teaching sessions but a chance to consolidate what you have already learned.

Mardiyah coordinates the session at **Trott Park** and Lorraine at **Oaklands Park**. Lorraine also has an **additional session on Wednesdays at 9.00 am.**

There is no charge for these sessions so why not get in some extra practise and meet students from other classes.



Essential Points in Tai Chi Qigong

Why do we play Tai Chi and what do we hope to gain from it

Relaxation: The dictionary defines relaxation as: rest after work or effort, a form of recreation, diminution of tension and restoration of equilibrium following disturbance.

So how does Tai Chi and Qigong help? It is time out, a time to let go of worries of work and home and calm the mind from its inner chatter. Learn how to un-clutter your mind and allow yourself to **'just be'**,



When you perform Tai Chi be soft and yielding, like water. Exert no force. Water is the softest of elements, yet it has an internal power which, while not always visible on the surface, can penetrate the hardest of materials.

Therefore let go of inner tensions and give yourself permission to relax and enjoy your special time.

Meditation: Tai Chi is poetry in motion. When practising, move slowly and evenly in arcs and circles, using visualisation of movement (picture the movement in your mind and allow yourself to copy this image). Tai Chi movements should be continuous, with no beginning and no end, the end of one movement becomes the beginning of the next. Allow the mind to think only of one movement at a time.

Concentration: Let your mind be your guide. Focus your thoughts on what you want to achieve and the body will follow. You will be amazed how your Tai Chi will improve once you allow yourself to focus only on your movements. Never mind what you will be doing after your class, concentrate on the 'here and now'.

Breath: Keep the breathing relaxed and natural. Breathe gently through the nose and with each breath allow yourself to relax a little more. Let your breath be your guide.

Harmony of Mind, Breath and Body. If your mind is calm, your Qi will flow and the body will follow. You will achieve a feeling of everything working together—mind, breath and body working as one with balance and coordination.

Good Choices - Positive Ageing Expo

When: Friday, 7th April (last week of term) 9.30 am—3.30 pm

Where: Noarlunga Leisure Centre, David Witton Drive, Noarlunga Centre

Demonstrations and Have-A-Go Activities:

Strength for Life, Tai Chi, Gentle Exercise, yoga, table tennis, clogging, etc.

Our school will be offering a Have-A—Go Tai Chi session at 2.30 pm at the Noarlunga Leisure Centre. We also have an Exhibition This is the first Expo the Onkaparinga Council has organised so please come along and support it.

Principles of the Blossoming Lotus

MOVEMENT

All movement should be slow, smooth, interconnected and unforced. Try to eliminate sudden stops and starts. Use the Tai Chi principle of 'reeling silk'.

STRETCHING

Unlike Tai Chi, Qigong exercise does encourage stretching, but these should not be forced and should not put pressure on the joints.

BREATHING

Use diaphragmatic breathing but remember to use the principle of 'MIND OBSERVES' rather than 'MIND COMMANDS'.

POSTURE

In all moves except 'Press the Earth' use the Tai Chi principle of 'lifting through the Bai Hui acupoint.

WHOLISTIC APPROACH

Exercise all aspects of the body and the mind.

- Shen—through use of mental imagery
- Yi—through concentration on the form and sequence of the movements
- Li— through use of stretches and posture
- Qi—through mental focus on the direction of movements
- Extending Qi—take your time over preparation. Do not be in a rush to get into the movements themselves.



REMEMBER: 'Stillness Comes Before Motion'

By Grandmaster Gary Khor.

Safety Requirements

- Please wear loose, comfortable clothing during training.
- Shoes must be worn. No bare feet allowed.
- Please bring water to drink
- For the benefit of students who may have allergies we request that you do not wear perfume or aftershave to class.
- Weapons students must maintain proper control and handling of the weapon at all times.
- Ensure there is sufficient space between yourself and others, especially when performing weapon forms.
- 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.



THANK YOU FOR YOUR HELP IN ENSURING A SAFE ENVIRONMENT

Health Insurance - Extras Cover

For those of you with private health cover for extra you may be able to claim some of your Tai Chi fees. Please check with your insurance company. HCF may pay \$150 per year toward Tai Chi classes.