



Grandmaster Khor

Chinese Lunar New Year: Symbols of the Spring Festival

The Spring Festival (also known as Lunar New Year or Chun Jie) is on the 1st day of the 1st month in the Chinese calendar year. It is the biggest and also the most important festival for the Chinese.

During the Spring Festival, homes are cleaned, decorated with calligraphic blessings, and firecrackers are lit. These traditional practices were passed down from ancient times. Folk lore has it that back in ancient times, a hungry creature called 'Nian' would invade villages, killing animals and people. It was discovered that the creature was afraid of loud noises and bright red colour. Therefore, on New Year's Eve, everyone wrote blessings on red paper and placed them on their front doors, and lit firecrackers to scare away the creature. And on New Year's day, they celebrate with happy greetings and best wishes for the coming year. This became a custom and was passed along for generations since then.

In more recent history, the Spring Festival became a celebration of a good harvest from a year's hard work in the fields. People would prepare wine and delicious food for a rich feast with the family to celebrate, so this was the most important and the happiest day in the year. Eventually it evolved into an important festival.

On New Year's Day, people will wear new clothes to visit relatives and friends to give them blessings. In cities and towns, some people queue up to visit temples, some take part in carnivals, others perform dragon dances, and, in most places, there are fireworks displays.

Apart from the lanterns, another tradition is eating dumplings. The dumplings are made from flour with meat centre, and folded in the shape of a full moon (on the Chinese calendar, a full moon falls on the 15th day of each month). The Chinese believe that a full moon symbolises the reunion of a family, so on that day, every family member will sit together and enjoy dumpling meals.

— Grandmaster Gary Khor

Senior's Week Events

NSW Senior's Festival kicks off from the 13th February this year. The AATC is running several demonstrations and introductory sessions this year.

If you would like to volunteer or help with one of these public lessons, please talk to your instructor.

For a full list of events, see khorlivingchi.com.au/events

World Tai Chi Day 2019

Saturday 27th April is WTCQD
Every year on the last Saturday of April at 10am, people come together in cities around the world, and through the practice of tai chi and qigong, generate a wave of cooperation and healing energy around our planet.

Sharing photos on social media? Use the hashtags #wtcq2019 #khorlivingchi

2019: Year of the Yin Earth Pig

Pig is the last animal of twelve in the Chinese zodiac. Legend says that this was because the pig was the last to arrive at the emperor's party. In the Chinese zodiac, pigs are good-tempered, positive, loyal and honest. They work hard and can be determined. On the other hand, they like to enjoy life's comforts and are usually not in a hurry to get anywhere.

The Yin and Earth aspects of this year's Pig make for a very grounding year, hopefully settling into some areas of comfort. The atmosphere will be festive and relaxed. Be aware to watch your spending however, and spend time this year to meditate, cultivate meaningful relationships and calmly move past any mistakes of the last year.



HAPPY NEW YEAR
2019



Sunrise Tai Chi at the Sydney Opera House

The Sydney Opera House will ring in the Year of the Pig with a vibrant program of Lunar festivities as part of a ten day celebration across the city. In a Lunar New Year first, a special edition 'Sunrise Tai Chi on Sydney Harbour' event will be held at the Opera House to bring tranquility and mindfulness peace to Bennelong Point and surrounding area.

Grandmaster Gary Khor, the highly respected founder/president of the Australian Academy of Tai Chi will conduct a special tai chi class for selected community members on the podium of the Opera House Monumental Steps on Saturday 9th February from 7:30am-8:30am. For further information call 02 9797 9355.

The event comes only one year after the AATC became the first school to run a tai chi class atop the spectacular Sydney Harbour Bridge.

'Train Your Brain' with Tai Chi

by Instructor Daniel Winstanley

Many people will have already heard that tai chi is beneficial for brain health. Recently however, while watching the online documentary series 'Broken Brain', an interview with functional neurologist Dr. Titus Chiu revealed another fascinating mechanism by which tai chi may bestow protective qualities.



In the interview, Dr. Chiu referenced studies which have shown that movement—particularly mindful movements—actually grow new neural connections. He has termed this approach to brain health 'sensory genomics' since it uses the senses to leverage the brain's innate plasticity (being capable of continual growth and adaptation).

A lot of current 'brain training' exercises and apps on the market use a 'top-down' approach: by performing challenging mental tasks and puzzles, the theory goes, one hopes to increase one's 'brain power'. On the other hand, mindful movement such as tai chi works from the 'bottom-up'—because when you bring your close awareness to your senses, you powerfully activate the brain. Your sense of balance, of gravity, of your own breath and relaxation are among the myriad of sensory feedback delivered to the brain during tai chi. In order to process this 'additional' information the brain adapts by stimulating the growth of brand new pathways, which also enhances our capacity for other cognitive tasks.

Significantly in one study, Dr. Chiu noted a 70% decreased risk of developing dementia, simply by maintaining adequate sensory stimulus to the brain. It supports the findings from several other studies by Dr. Frank Lin of John Hopkins University, Baltimore, which showed that even mild symptoms of hearing loss may double your risk for developing the disease. Why? Researchers speculate that as less sensory information is received, the 'processing power' previously used by the brain to interpret it gradually atrophies away, contributing to the decline.

So for those who looking to enhance their mental prowess—or look after their brain as they age, keeping some regular mindful movement in your routine may be just what the doctor ordered.



Self Defence for Women and Men

A fun workshop with Master Aaron & Grandmaster Gary Khor

Learn simple but effective self defence to get out of trouble. Instantaneous response to unexpected surprised attacks such as being manhandled, grabbed, snatched, or assaulted from front or back. How to use everyday items like umbrella, stick, chair etc. to defend yourself. [Plus Bruce Lee's blindfolded self defence techniques](#)

Sat 9th March 2019 1.30 to 4.30pm Drummoyne Public School, Rawson Ave.

Cost : \$ 60.00 (By 22 Feb.) or \$65 (At Door)

Tai Chi Weekend Training Retreat

24 & 25 August 2019 Collaroy Beach

SAT : NEW ERA MEDI TAI CHI

MIND : Nervous System, Brain, Neurons..... *Mindfulness Tai Chi*

BODY : Fitness & Strength, Muscles, Bones & Joints, Flexibility..... *Bio-mechanics*

Breath : Breathing, Energy, Acu-meridians..... *Spirit-consciousness*

Lotus, Lohan , Shibashi , Falls Prevention, Arthritis, Asthma., Diabetes. Parkinson's. Alzheimer's

SUNDAY: TRADITIONAL TAI CHI & QIGONG

TAI CHI : Tai Chi Levels

Self Defence : Sensing Hand & Application

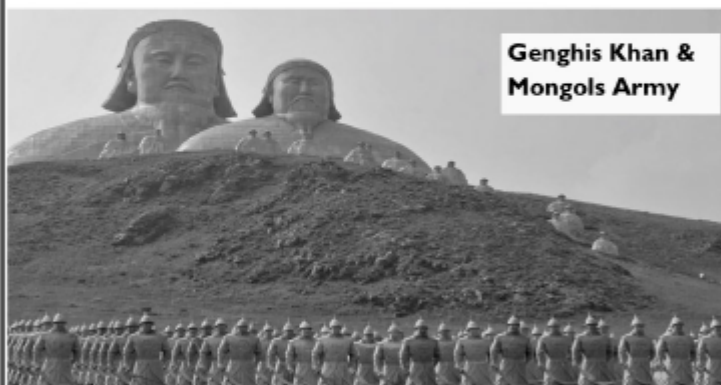
Massage & Herbs : Chinese Health Food & Healing Techniques

“Mongolia - Great Wall -Tea Route Tour” 13th – 27th April 2019

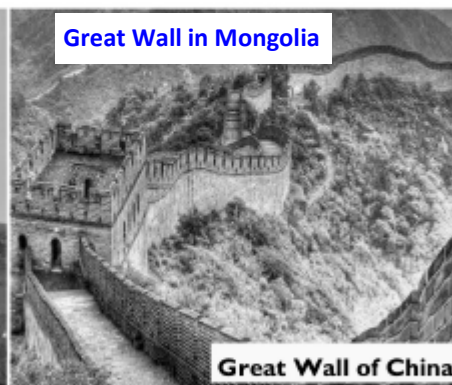
MONGOLIA : Scenic landscape, clear blue sky, magnificent horses & evergreen grassland, PLUS Great Wall of China * Skywalk Glass Bridge * Chen Tai Chi Village* River Cruise * Natures Wonderland * Water Village* Tibetan Monastery * Ancient Chinese Outback Trading station-Wealth city with hundred rooms mansions
plus Massage, Banquet, Live Show, Tai Chi on Great Wall with Grandmaster Khor

Airfare, Hotels, Meals, Sightseeing all included \$5199

Last Chance—Book Now



Genghis Khan & Mongols Army



Great Wall in Mongolia

Great Wall of China

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