

UPCOMING EVENTS 2012

AUSTRALIAN ACADEMY OF TAI CHI

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30th January **AATC Classes
Recommences**

3rd March Flute 1 Workshop
Drummoyne

10th March Newcastle Workshop
11th March Gosford Workshop

24th March Flute 2 Workshop
Drummoyne



8th–21st April **China Tour :Tibet-Terra cotta Warriors-Beijing & Great Wall -Wudang**
(Training with Grandmaster Khor + Training with Taoist Monk)

28th April World Tai Chi Day Central Coast

29th April Five Animal Workshop (10am – 4pm) Central Coast

5th May Pole 1 Workshop (1.30pm – 4.30pm) Drummoyne

2nd June Pole 2 Workshop (1.30pm – 4.30pm) Drummoyne

16th June Dapto Workshop (1.30pm – 4.30pm)

25th August Warriewood Workshop (1.30pm – 4.30pm)

21st – 23rd Sept **SYDNEY SEMINAR COLLAROY BEACH**
Featuring Taoist Master Zhao from Wudang Mt.

26th – 10th Oct **China Tour : Wudang - Confucius Hometown – Taoist Peak – Shanghai**
(Training with Grandmaster Khor + Training with Taoist Monk)

3rd Nov Newcastle Workshop (1.30pm – 4.30pm)

4th Nov Gosford Workshop (9.30am – 12.30pm)

17th Nov Wollongong Workshop (1.30pm – 4.30pm)

SEASONS GREETINGS

As another year draws to a close, I would like to take this opportunity to thank you all. Special thanks to the Instructors who have faithfully served the Academy and nurtured the dormant skill of our many Students, and to the students for their continuous support and enthusiasm. I would like to extend our best wishes to you and your family for a Happy Christmas and a joyous New Year. With the excitement of the coming year, may 2012 be a year filled with great challenges and the provision of many varied and exciting new skills for all our Tai Chi Students.



TAOIST MASTER FOR SYDNEY SEMINAR 2012

Master Zhou of Wudang Mountain will be our featured guest presenter at the Sydney seminar in Collaroy on 21st-23rd September 2012

- Skills taught will include Taoist Health Rejuvenation Techniques
- Wudang Taoist Qigong
- Zhang San Feng Tai Chi (original Taoist Tai Chi)
- Taoist Meditation
- Taoist Philosophy



FROLICS OF THE FIVE ANIMALS

Grandmaster Khor will present an intensive 6 hours Five Animal Frolics Workshop at the Central Coast on Sunday 29th April 2012. **Cost \$ 120.** The Five animal frolics was a ground breaking exercise system created by legendary Chinese physician Hua Tuo. It provided the fundamentals for subsequent Chinese Qigong, and development of the Shaolin Martial arts.

The Crane - develop balance, lightness, agility, gently stretches ligaments and spine.

The Bear - creates greater leg strength, fortifies bones and develops energy in the spleen.

The Monkey - develop suppleness and agility. Strengthens the heart.

The Deer - develop grace, stretch legs, spine and sinew. Strengthen bones and kidneys.

The Tiger -develop muscular strength, sinews and liver and builds internal power.



To reserve your place, send \$50 booking deposit to AATC PO Box 1020, Burwood North, NSW 2134 or Email : aatc@optusnet.com.au

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ADDRESS.....

PHONE..... MOBILE PHONE.....

Email.....