



RICH TAI CHIVs POOR TAI CHI

It is well-known now that the Tai Chi art has numerous health benefits for those who practised it regularly. Some are even able to use it as a self-defence protection. However, like most things, the variety and degree of its applications depends on the depth of knowledge you have of the art. What follows are some of the better known properties of the Tai Chi art. Like an iceberg, most of the Tai Chi benefits are hidden out of sight to the casual observer. On the surface, it looks like an easy gentle exercise with no special skills or exertion. However, this could not be further from the truth, for hidden beneath is the greater bulk of its applications. Let us examine it layer by layer.

1. **Beginner Tai Chi:** This entry stage involves copying and following the movements of the Instructor. As movements made by hands are big and flowing, they are usually the movements all beginners focus on. That means the muscles and joints of the arms receive the most exercise to the exclusion of the rest of the body. Some footwork may be involved but are usually at a minimum. As a result although much health benefit is gained, it is mainly of body and mind relaxation and light gentle body conditioning.
2. **Intermediate Tai Chi:** If you stay long enough in the Tai Chi environment, exposure to deeper level of information from your instructor, books, or workshops lead you to a realization that greater health benefits will be gained if you exercise more of your torso and legs than just your arms. The gentle twisting and turning actions of your waist stretch core muscles, and weight transfer in your legs pumps blood up to your heart.
3. **Advance Tai Chi :** Breathing and Meditation are now integrated into your every move. Arm movements blend into torso movements and your mind takes over, directing every move, and willing each body part to relax and stretch in sequence to the flow of energy through your body. You now moves without using physical force but more of riding the momentum of the flow of energy as it courses through your body, with your mind directing and shaping the outcome with hand techniques or martial art application. This is "Meditation in Motion"!

Harvard medical school professor Peter Wayne (PhD.) listed eight active ingredients in the Tai Chi art which contribute towards the healing of Arthritis, Diabetes, Cancer, Parkinson's Disease, Heart Diseases, Stress, Asthma etc.

1. **Awareness** – slow deliberate movements and attention to breathing, body positions, and sensations, fosters acute self-awareness, resulting in mindfulness and improved focus.
2. **Intention** – imagery, visualization, and related cognitive tools alter intention, belief, and expectation, and contribute significantly to the therapeutic and physiological effects of Tai Chi.
3. **Structural Integration** - integration within and between multiple structural and physiological systems underlies Tai Chi's therapeutic effect, with biomechanically efficient shapes and patterns of movement.
4. **Active Relaxation**-Tai Chi's circular, flowing motion helps shift the body and mind into deeper levels of relaxation, and is a form of meditation in motion.
5. **Strengthening and Flexibility**- moderate aerobic efficacy. Less strain, more strength and better balance. Loading on skeleton promotes strong bones. Dynamic stretching enhances flexibility.
6. **Natural, Freer Breathing**-More efficient breathing, massages internal organs, regulates nervous system, improves mood, and balances and moves Qi within the body and between the body and the environment.
7. **Social Support** - therapy healing for cancer, heart disease, depression, and anxiety. Develops strong sense of community, and with rich interactions and support from teachers and peers, often undergo a profound journey of self-discovery.
8. **Embodied Spirituality** - a practical holistic Eastern philosophy that integrates body, mind, and spirit. Constant practice of Tai Chi helps to amplify and sustain its therapeutic benefits.

Tai Chi Historical Eras

In the annals of Tai Chi, different skills were created and taught during different periods according to its need in those eras. Progressive Tai Chi masters created and modified techniques for the needs and relevance of each era.

Ancient Taoist Era - Taoist Zhang modified Shaolin martial art to Taoist philosophy of natural flow.

Martial Art Era - Chen Style & Yang Style Tai Chi masters focused on martial art for Self Defence protection.

Communist Era - Mao instituted simplified Tai Chi as a strategy to keep the poor Chinese nation healthy.

Modern Era - Tai Chi/Qigong Therapy developed to heal Stress, Cancer, Obesity, Diabetes, Arthritis, Falls, Parkinson's, Mental Disorder.

Roots of Tai Chi Tour 4th -17th April 2015

This tour was specially designed to visit the historical sites of Tai Chi, experience the culture & lifestyle of the local people, and learn the unique Tai Chi techniques of the different styles.'

- MT KONGTONG - Training with Taoist Monk
- MT EMEI - Sunrise Tai Chi on Immortal Mountain
- CHEN TAI CHI VILLAGE - Training with TC Master
- SHAOLIN TEMPLE - Training with Shaolin Monk
- BEIJING - Tai Chi on Great Wall, Temple of Heaven, Forbidden Palace, plus **Peking Duck Banquet**
- GUILIN – Beautiful Country Scenery & Minority Tribe
- LESHAN - Giant Cliff Buddha
- CHENGYANG - Feng Shui Bridge & Rice Terrace

**Plus Tai Chi and Qigong Training
with Grandmaster Khor & Master Rod**

Cost \$4999 covers all travel, hotels, meals, sightseeing

Enquiries : Phone (02) 9797 9355

Book now by sending your deposit of \$500 to :-

Australian Academy of Tai Chi,
P.O. Box 1020, Burwood North, NSW 2134



UP COMING EVENTS

Ballina Tai Chi Workshop COST: \$60

Saturday 1st Nov. 1.30pm – 4.30pm 2-4 Chickiba Drive EAST BALLINA

Booking: 6686 5853 6686 7581 6687 6771

Wollongong Tai Chi Workshop COST: \$60 Discounted Price: \$50 (Prepaid by 5th Nov)

Sunday 16th Nov. 1.30pm – 4.30pm "Pioneer Hall" 84 Church Street, Wollongong

Booking: 4261 8452 4284 1109 4256 3800 0422 932 818

6th & 7th DEC BRISBANE FALLS PREVENTION "Train The Trainer" Workshop Tel:07 3358 1955

13th & 14th DEC SYDNEY FALLS PREVENTION "Train The Trainer" Workshop Tel: 02 9797 9355

CHRISTMAS DINNER 2014

Join Grandmaster Khor in a sumptuous Chinese dinner to celebrate 2014

WHEN: Saturday 6 December 2014 TIME: 6.30pm COST: \$50 per person

Rhodes Phoenix Restaurant Level 5 Rhodes Shopping Centre Homebush Bay Drive Rhodes.

RSVP to your Instructor or Sydney office (9797 9355) by 28 November 2014

Australian Academy of Tai Chi P.O.Box 1020, Burwood Nth, NSW 2134

Tel : 02- 9797 9355 Email : aatc@optusnet.com.au Web: www.livingchi.com.au