

Master Instructor Gary Khor has taught Tai Chi and Qigong for more than 50 years, authored 25 books & DVDs, including *Tai Chi for Stress Control*, *Living Chi*, and *Reflection on Qi*. He has won gold medals in China, presented lectures/workshops in China, S.E. Asia, South Africa, and at medical conferences in Australia. An international Tai Chi judge (Diploma, China Wushu Federation), he trained at Beijing and Shanghai Universities of Physical Education. His teachers include Grandmaster Wubin (Jet Li's mentor) Grandmaster Mun (creator of Beijing 48 Taiji form), Grandmaster Yan (Taoist Empty Cave), and Grandmaster Toa (disciple of Grandmaster Zheng Man Qing).

Born into a traditional Chinese family, master Khor had an early introduction to Tai Chi, Qigong, Feng Shui, and diet/nutrition. Grandmaster Khor's early fascination with these subjects was to propel him into his life-long studies. There were many interests throughout his childhood, particularly sport, but, as the years passed, Tai Chi became more of a purpose in Grandmaster Khor's life and he spent time training in Taiwan, Beijing and Shanghai in order to increase his skills and knowledge.

In Australia he studied in the medical/scientific field at the University of NSW, during which time he continued to extend his Tai Chi skills as well as introducing the art to friends. In 1976, he founded the Australian Academy of Tai Chi. Grandmaster Khor's success in introducing Tai Chi and related arts to Australia, earned him great respect in China, from the keepers of traditional culture and martial art. This respect opened many doors to traditional Masters who were prepared to share with him their knowledge and skills in Tai Chi, Qigong, Massage, Diet, Calligraphy and Feng Shui. In 1986 Master Khor received great acclaim in China when he performed the Dragon-Phoenix fan martial art at a gold medal performance at the Wushu Championship in Tianjin and in the process re-introduce the skill back in China. The martial fan has disappeared from China during the Cultural Revolution.

Training Courses by Gary Khor:

Khor Tai Chi. Tai Chi for health and Relaxation

Shaolin Lohan Qigong. Qi power training developed by Bodhidharma for Shaolin monks.

Mind Power Qigong. Mindfulness inner strength training technique

Lotus Qigong. A silent Qi cultivation technique. The precursor to Tai Chi art.

Immune PNI Qigong. A breathing-stretching sacral-cranial pumping skill to develop the immune-endocrine-neural-circulatory system. Generate immune cells and strengthen internal organs.

Dragon Phoenix Fan. A wushu martial art with fan snapping, spinning leap and rhythmic phoenix flight. An exciting workout with controlled dragon-like twist & flow.

