



Tai Chi News

TERM 2 2010 MOVING MEDITATION SCHOOL OF TAI CHI & QIGONG Tel: 83817969
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Hello Everyone,
My apologies for the lateness of this newsletter and its abbreviated form. This term has been extremely busy with my own workshops and organising Grandmaster Khor's visit.

The Shibashi X workshop and the Tai Chi depth were received well.



Grandmaster Khor discussed the internal components of both Tai Chi and Qigong, and chose specific movements to emphasise this. He discussed the breathing, the opening and lengthening of the joints, tendons and ligaments and stressed the importance of centring and balance. He also reminded us that it was not necessary to always perform the Shibashi X in the exact order as all were individual movements with their own particular benefits. For example, Dance of the Black Swan is specially good for balance. The only criticism was that more repetition of the Shibashi X sequence would have been appreciated.

Sunday's emphasis again was on the internal Qigong characteristics of Tai Chi and the need to relax when executing the forms. In the afternoon Grandmaster Khor chose the very important Tai Chi sequence of "Grasp the Sparrow's Tail. The postures of Ward Off,



Roll Back, Press and Push were explained and everyone had a chance to practise the martial application of each move. This caused considerable hilarity when it was found not as easy as the Grandmaster made it look. Saturday evening we had a welcoming dinner at the Pagoda Restaurant on Glen Osmond Road. It was an excellent evening and the food superb.



We thank the Pagoda staff and Master George Lee for recommending it.

I would like to thank our teachers, Yvonne, Robin, Diana, Elisa, Danny and Brenda for their excellent help and also thank Peter Strazds who became our 'official' photographer.

For Term 3 we are again offering "Free Lesson Week" at most venues for people to come and try Tai Chi and Qigong. Please promote this week to any friends or family who may be thinking of playing Tai Chi.

Term 2 finishes Friday **25th June** and recommences with the Free Lesson week on **Monday, 26th July**. Enjoy the break, keep playing Tai Chi.

Best wishes, Rosemary

TERM DATES 2010 (not all venues will offer free lesson week every term)

Free Lesson Week—26th July

Term 3: 2nd August—24th September

Free Lesson Week—11th October

Term 4: 18th October—10th December

World Tai Chi and Qigong Day

The weather for once was perfect to celebrate this very special International Day at Peace Park, North Adelaide on 24th April. Again my thanks to Ian McFarlane who supplied the PA System and to Bill Ramsay who did such a good job promoting the session. Several local Tai Chi Schools encouraged their members to come along and we had over 30 people participating. I thank them and those of you from our school who came along to share the morning with us.



Our Teachers

Many of you regularly go to the same Tai Chi Class and get to know only your own teacher, especially if you don't attend our Park Lessons.

Therefore each newsletter from now on will introduce and give a short profile of our very dedicated teachers. This term we introduce **Diana Bridges** who teaches our Hove class and sometimes helps out at Flagstaff Hill.

Di was born in England and after studying Biochemistry at London University, worked overseas in Denmark and Canada before returning to the UK.

Di and her family moved to Australia in 1975, where she worked at Flinders University on spinal cord injuries. She retired ten years ago and after a painful year at the gym, decided to give Tai Chi a go. Then she was hooked, and still is.

Di started teaching Tai Chi three years ago and loves every minute of it. Not only has it given her an all-round approach to life but has been beneficial in maintaining flexibility and balance, something she didn't expect to improve with age but according to her GP certainly has.

Di's other interests include tennis, walking, ballet and the cinema.



Afterthought

A Smile



A smile costs nothing, but gives much.

It enriches those who receive, without making poorer those who give.

It takes but a moment but the memory of it sometimes lasts forever.

None is so rich or mighty that they can get along without it and none is so poor, but they can be made rich by it.

A smile creates happiness in the home, fosters goodwill in business and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile, so give them one of yours, as none needs a smile so much as they who have no more to give.

Sent in by Bill Ramsay from his Yoga teacher. Thank you Bill