



Tai Chi News

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Hello Everyone,

At last we are getting indications that spring is on its way, although it is still a bit chilly. We will continue to run our park practise sessions at Trott Park and Oaklands Estate Reserve throughout the break with the exception of Saturday 7th October when we have teacher training.. The sessions are as follows:

Oaklands Estate Reserve, Oaklands Road, (behind the wetlands) from 9.00—10.00 am Wednesday and Saturday

Trott Park Neighbourhood Centre grounds, Hessing Crescent from 9.30—10.30 am on Saturday



Springtime is a time of growth and renewal and according to elemental theory, the element for spring is wood. The related organs most vulnerable at this time of the year are the Liver (Yin) and Gallbladder (Yang) and it is said that any imbalance will be shown in the nails and eyes. The Tai Chi movements of Roll Back, Raise Arms and Ride the Tiger are believed to be beneficial for the Liver and Gallbladder.

In the last newsletter I mentioned running a workshop in October. Unfortunately we have had to cancel this but will look at organising one in 2018.

The OzAsia Festival commences on 21st September and runs until 8th October, with many great shows being offered. The Moon Lantern Festival is on Sunday, 1st October 5.00—8.00 pm. Due to the late start we will not be participating this year but hope to resume in 2018.

We are planning to offer a China Tour next year in association with The Australian Academy of Tai Chi, most likely in September 2018. The all inclusive cost is usually around \$5,000 so time to start saving. I will let you know details as soon as possible.

As promised in our last newsletter we have included a follow up article from Robin, who assists at our Hove class. This time her thoughts on Tai Chi.

I hope you enjoy your newsletter (although it is shorter this term) and look forward to you continuing your Tai Chi with us in Term 4.

Best regards, Rosemary

TERM 4, 2017

Term 4: 16th October—9th December

Music CDs	\$26.00
DVD A Beginners Guide to Tai Chi	\$30.00
DVD A Beginners Guide Part 3	\$25.00
DVD A Beginners Guide Parts 4 and 5	\$30.00
DVD Tai Chi Chair	\$30.00
DVD Tai Chi Qigong Shibashi	\$25.00
DVD Temple Qigong	\$25.00
DVD Tai Chi Qigong 2nd Sequence	\$15.00

Tai Chi

by Robin Bierwirth



The special beauty of Tai Chi is its integration of the physical with the mental, spiritual and psychological.

Tai Chi evolved from Wu Chi (The Great Void). It is the source of activity and inactivity and the mother of Yin and Yang. In motion Yin and Yang differentiate, in stillness they integrate.

The term Tai Chi is sometimes translated as “Supreme Ultimate”. Practised in China since ancient times, Tai Chi is now recommended by the medical profession for its beneficial effects on physical and mental well-being and recognised as one of the best exercises to improve balance. Specific postures and movements can increase the flow of Qi, the essential energy to heal and strengthen both body and mind.

Tai Chi is form, moving through cycles of change, gently and with freedom, carrying through to the spirit within. Tai Chi re-teaches balance and stillness and easy flow of motion, from hard to soft, from internal to external.

The principles of Tai Chi are similar to the principles of other martial arts which emphasize self defense. The technique of self-defense overlaps with the philosophy of exercise. What is most effective in a fight is also most conducive to good health, long life and mental serenity. However, Tai Chi is also practised alone for the purpose of health and meditation.

When Tai Chi is “played” in slow motion, accompanied by deep and regular breathing, the body and mind, at least for a while, are one. This helps to keep the spirit calm and easy and the body and mind quiet. Internally, one must strengthen the spirit, externally one must exhibit one’s genuine calmness. Handle the internal strength as though you were reeling silk threads from a cocoon.



When playing Tai Chi, all movements should be smooth and continuous, without interruption. The end of one movement is the beginning of the next movement. In fact, there is no beginning or end within the circular movements of Tai Chi. The inner strength is rooted in the feet, developed in the thighs, controlled by the waist and expressed through the fingers. Flexibility of the body is one way towards greater mental and emotional resilience. The skeleton hangs as though suspended from the crown of the head and relaxed through the joints so that the weight of the body sinks through the legs and feet. Sinking the weight establishes roots, the body then re-learns its connection to the earth. It is indeed a long journey with the practise of Tai Chi. In the words of Lao Tzu:

“a journey of a thousand miles starts from where your feet stand”.



Most people take their bodies for granted. As a rule, it is only when their attention is drawn to it, through injury or illness that they focus on their bodies. A Chinese physician is someone who helps a person to stay well, we in the west resort to a doctor to make us well. If you think about it, the Chinese approach is more sensible. Tai Chi is part of the Chinese system of keeping well. The gentle movements, when practised daily, help to maintain the head and neck, head and spine, aid circulation, muscle tone, digestion, balance, stress and help in promoting quality of life for us all.