

Tai Chi for Schools

Tai Chi has gradually become popular now in S.A since 1985 due mainly to the mass promotion effort of South Australia's foremost accredited coach and International Tai Chi Judge, Allan Kelson & founder of the Tai Chi & Chi Kung Institute.

What is Tai Chi ?

Tai Chi is a set of movements, originally based on martial arts. The Tai Chi sets are performed at a slow and together with controlled breathing, help ultimately to improve physical and mental relaxation, blood circulation, flexibility & concentration. When taught correctly, Tai Chi has many benefits; the challenging movements help improve mental focus & therefore develop the ability to help students in sport & academic studies.

Tai chi is not just waving or swinging the arms around. They involve the co-ordination of upper and lower body together. One pushes with the legs, turning the waists and thus moving the arms. All parts of the movement are keenly directed by strong mental focus & and coordinated breathing.



Originally seen as some "new age" and highly misunderstood exercise, it is now one of the foremost, alternative sports & health exercises in Australia today.

Slow, yet challenging.

Generally the perception that the slow movements of Tai Chi does not have much depth, quickly disappears after an introductory session with Allan. As a Member of ACHPER and at the invitation of its Executive Director, Matt Schmidt, Allan has presented Tai Chi at seven ACHPER State P.E. Conferences. Many of the participants,

themselves who are P.E. teachers, indicated that Tai chi was more challenging than they anticipated. The teachers thought it would be useful as cross-training and warm up for many other sports.

Tai Chi for Schools.

Allan has pioneered a specially tailored curriculum, "**Tai Chi for Schools**" involving easy to follow Chi Kung exercises that are followed by some of the standard & official Tai Chi movements. Allan's introduction involves some history & background knowledge to these 500 year old exercises.



Allan finishes with a dazzling display of advanced Tai Chi, the Tai Chi sword & Kung Fu Fan which always captures the interest & attention of students & teachers.

Many schools have been involved.

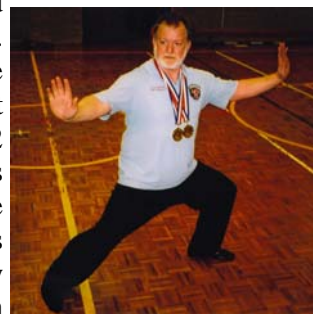
Allan has an extensive list of over 50 schools who have been involved in his "**Tai Chi for Schools**" program since 1993. These classes are tailored to the schools requirements such as **P.E. week activities, wellness programs, Asian studies weeks & professional development days (T & D) for teachers.** Single sessions for year groups are available. Whole of school events are popular and requested frequently. Short 2 – 4 week courses are also available depending on the school's budget.

Allan Kelson is now an accredited International Wu Shu / Tai chi Judge. He judges competitions around Australia & Oceania. Allan is also coach level 2 (NCAS). To further his knowledge he has participated in the "**Essential for Coaching Children**" & the presenter's course and the OSCH

program conducted by the Office for recreation and Sport.

Tai Chi - outside of school hours.

The Tai Chi & Chi Kung Institute has 4 public branches. Allan Kelson personally teaches at Adelaide – South Terrace. Other Venues include Glenelg and Semaphore. Every venue now has at least 2 instructors who are accredited as coaches by the Australian Government



(NCAS) & trained at the Beijing Sports University in China. Seven week courses are conducted during the state school terms & are preceded by a free introductory lesson.

Allan has taught in many regional areas including Pt Pirie, Pt Augusta, Pt Lincoln, Whyalla, Ceduna, Lameroo, Mt Gambia etc. Overseas he has taught in Poland, Sweden, and Norway. His famous students include the famous singer **Frida Lyngstadd, of the original music group "ABBA".**

Allan worked at a Tai Chi coach to the S.A. cricket team, "The Red Backs", at the invitation of their former coach and Australian Captain Greg Chapel. **For information:** A standard brochure is on our website with information about classes or workshops at your school & workplace. **A Free "Tai Chi for Schools" introduction DVD** is available for schools. **Contact:** Allan at the Tai Chi & Chi Kung Institute on **8 3 7 1 2 4 8 8**. **Email:** office@taichi.com.au or visit Allan's website: **www.taichiforschools.com**

