

Community and Outdoor - News

Email newsletter from Recreation South Australia

Recreation South Australia, 2A 900 South Road, Edwardstown SA 5039

Phone 08 8351 2644 Fax 08 8351 2633

Email info@recreationsa.org Web www.recreationsa.org

Recreation Week *Move into the Future* 8-14 September

Recreation SA will be hosting Recreation Week *Move into the Future* from Monday 8 September to Sunday 14 September 2008, to promote recreational activities for a more active lifestyle by showcasing a variety of recreational activities in Adelaide and regional centres.

This week is shaping up to be a busy week with over 50 organisations involved and over 100 activities to try. Check out our website for more details.

WHAT'S INSIDE?

- Tai Chi for Schools 2/3
- Lifeball a Game for All 3
- New Kids Alive DVD 4
- SA State Outdoor Conference 5
- Belly Dance Basic Moves 6



Tai Chi for Schools

Tai Chi has gradually become popular now in SA since 1985 due mainly to the mass promotion effort of South Australia's foremost Accredited Coach and International Tai Chi Judge, Allan Kelson and 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 and concentration. When taught correctly Tai Chi has many benefits. The challenging movements help improve mental focus and therefore help students in sport and academic studies.

Tai Chi is not just waving or swinging the arms around. They involve the coordination of upper and lower body together. 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 and health exercises in Australia today.



Slow, yet challenging.

Generally, the perception that the slow movements of Tai Chi do not have

much depth, quickly disappears after an introductory session with Allan. Allan has presented Tai Chi at seven ACHPER State P.E. Conferences. Many of the participants, including P.E. teachers, indicated that Tai Chi was more challenging than they anticipated. The teachers believed 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 and 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 and attention of students and teachers.



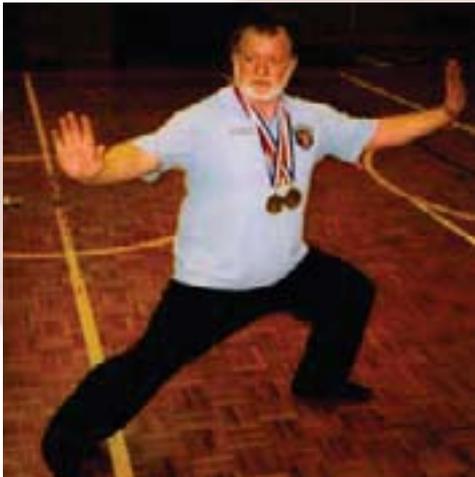
Many schools have been involved.

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 and professional development days 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.

Tai Chi - outside of school hours.

The Tai Chi & Chi Kung Institute has 4 public branches. Allan Kelson personally teaches at South Terrace, Adelaide. Other Venues include Glenelg and Semaphore. Every venue now has at least 2 instructors who are accredited as coaches by the Australian Government (NCAS) and 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 as 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 8371 2488. Email: office@taichi.com.au or visit Allan's website: www.taichiforschools.com

Lifeball a Game for All!

History shows that new sports come to exist for a variety of reasons. Some sports have evolved from historical events such as the Ancient Olympics. Some sports were invented as "off season, keep fit" measures such as Basketball for American Football players, and Australian Rules Football for Cricket players. Other sports have been designed to meet a specific need in society such as wheelchair basketball.

Lifeball is a sport designed to meet the needs of older adults to participate in a safe, fun, non-contact sport played at a walking pace. Lifeball is based on the sport of netball and modified to meet the needs of an ageing population. However the game can be played by people of all ages and physical abilities.

New sports succeed because dedicated people share the joy their physical activity brings. These people realise the need to establish significant infrastructure to ensure this success. Since the inception of Lifeball in 2001, over 1200 registered Lifeball players and 70 registered Lifeball groups have been established across Australia under the guidance of, Community Fitness Australia, Healthy Lifestyle Health Promotion Services and a National Advisory Board

The development of Lifeball has significant milestones including a conceptual stage, nurturing of support stage, negotiation of partnerships, community trials and consultation, development and standardisation of rules, equipment design, development of procedures and governance including legal advice, trademarks, copyrights and royalties, game promotion, athlete training, coach and umpire development and the National future for the game.

Lifeball a Game for All! For more information call the National Master Trainer Colleen Wilson-Lord OAM on 02 6026 3006.

Source: CommunityRecNews.org