



Term 4 – 2010



Advanced Chi Kung 氣功

Dao Yin - Diabetes Set.

Adelaide - Friday 9.30pm & Glenelg – Thursday 6.15pm.

1st Time in Australia.

Chi Kung students who have completed the Chi Kung 1st set (sections 1 & 2) can enrol into this course conducted over 1 term .



Photo: Heather receiving her Official Accreditation Certificate from the Dao Yin Dept at the Beijing Sports University.



Diabetes Set DVD from China

Tai Chi Refinement class for Tai Chi students.



Adelaide & Semaphore (7.15pm)

Refine your Tai Chi skills in this special class for students who have already completed the whole Yang 24 set (sections 1 – 3).

This class will help you feel more confident. All current & past students welcome to attend.



Newsletter & Schedule for Term 4 - 2010

www.taichi.com.au or www.chikung.com.au

Best Wishes, Good Health & see you next term.

We hope you have enjoyed learning the Chi Kung relaxing exercises or the little more challenging exercises of Tai Chi.

Both are good for your health they are just different ways of approach.

Tai Chi: Slow & Safe Martial Art movements.

Chi Kung (Qi Gong): Chinese Medicine (TCM) in Motion & relaxation.



Photo: Dennis Watts (President), Jamie, Jennifer Bould (Vice president) & Ramesh (Head Judge Old)

Congratulation to Instructor Jamie on winning 2 Gold medals & 2nd place overall Grand Champion trophy, at the National Tai Chi Association of Australia in July. He won 1st place for Sun Tai Chi & Tai Chi Sword. Well Done Jamie!

Next Free lesson for Beginners is Oct 12 – 15th – depending on the venue.

Conducted during the 1st week of the next school term, 4.

Keep up your practise during this 6 week Winter holiday break.

Practise is good for your memory & health. See you soon.

2010 - Term 4 starts Tuesday in Oct 19th

Advanced booking discounts for next term:

book & pay by weeks 5 - 7 at class only

Keep up to date via our website, check for any changes before going to class.

The office & phone are only attended part – time

You can leave a message on the answering machine, however don't expect a quick reply.

(leave a landline phone numbers – Not mobiles thanks)

or send an email: office@taichi.com.au

Tai Chi & Chi Kung Institute

G.P.O. Box 66, Adelaide, SA, 5001

Ph: (08) 8371-2488

www.taichi.com.au

Email : office@taichi.com.au



Courses being offered for current & previous students. (minimum numbers apply)

Book Now for Term 4, 2010

7 week terms

Venue & Instructors	Venue Address	Day	Start Time	Set Taught	Section (S) Taught	Starting date Week 1	Last Lesson of Term4. Week 7
Adelaide Allan, AnnMarie, Jamie, David	Deaf Cando Hall 262 South Tce (East side of Pultney Street)	Tue	6.15pm 6.15pm 7.15pm 7.15pm	Chi Kung (1 st set) Chi Kung (2nd set) Tai Chi (24) 3 Terms Tai Chi (24) Refine 3	Section 1,2 Section 4 Section 1,3 Refine 1 - 3	19th Oct	30th Nov
Semaphore Lorraine, Jamie Barry	St Bede's Hall 200 Military Rd near Semaphore Rd	Wed	6.15pm 7.15pm 7.15pm	Chi Kung (1 st set) Tai Chi (24) 3 Terms Tai Chi (24) Refine 3	Section 1,2 Section 1 Refine 1 - 3	20th Oct	1st Dec
Glenelg - North Heather, Michael, Helen	Flambouron Hall 18 Fulton St (off Tapleys Hill Rd near Anzac Hwy)	Thur	6.15pm 6.15pm 7.15pm	Chi Kung (1 st set) Dao Yin-Diabetes Set Tai Chi (24) 3 -Tms	Section 1 1 term only Section 1	21st Oct	2nd Dec
Adelaide (am) Allan, Heather, Jennifer	Deaf Cando Hall 262 South Tce (East side of Pultney Street)	Fri (am)	9.30am 9.30am	Chi Kung (1 st set) Dao Yin-Diabetes Set	Section 1 1 term only	22nd Oct	3rd Dec

Barossa Valley for class Details: email annmarie@taichi.com.au

Course Fees for Term 4, 2010		Advanced booking Discounts	Full Fee
Please note: Advance booking discount may not apply in the event of small classes. Class fees are based on a minimum class size.		Book at Class weeks 5 - 7 only Pay by Sept 7th	When enrolling on week 1 - 3 At the door.
Standard	Individual enrollment for 7 week course (includes Refinement classes)	\$77	\$99
Concession	Concession available for government card holders (pensioner, full-time student, unemployed + ("Seniors Card" for beginners sets – Ck 1 & 2, TC1 -3)	\$66	\$77
Revision	Improve your knowledge by repeating a section which you've already completed. (where vacancies exist)	\$55	\$66
Family Special offer Beginners sets	Family members discount is now offered to help families who live together, to continue together, When continuing with your learning in the Beginner's Sets (Chi Kung 2 or Tai Chi 2/3) include those who booked as "2 for 1" in beginners	2 for \$121 (less than Concession price)	2 for \$154 (=Concession price)
Family Advanced Sets & Refinement	Advanced Sets in Chi Kung & Tai Chi (NB: Minimum numbers required)	2 for \$132 (=Concession price)	2 for \$154 (=Concession price)

Credit Cards: VISA & Mastercard only - Surcharge - (\$3 up to \$99 ---- \$5 – over \$99)

"2 for 1" beginners vouchers only apply to Chi kung 1 & Tai chi 1 - or if you want to revise(\$1) Not for Advanced classes.

CLASS NUMBERS: Minimum Number of students required to conduct a class is 12. (Classes may be **combined** so as not to cancel classes.)

New Advanced sets taking more than one term to complete minimum number 15 - 20 students required.

Advanced Courses IF UNDER 12 STUDENTS – No Discounts Available – OTHERWISE THE CLASS MAY BE CANCELLED.

The Institute reserves the right to cancel / suspend any class with insufficient numbers to cover costs.

In the event that a class is to be cancelled – every effort will be made to find another class for you,

OR transfer course fees to the next term, by mutual arrangement.

Cancellation by student: If made 2 weeks or more prior to the course commencement - 50% Refund + Admin fee.

FEES: NO REFUNDS After the commencement of the course, unless the Institute cancels the class. **Transfer is possible.**

COURSES: Are **NOT TRANSFERABLE** to another person after the commencement of the term.

MISSED LESSONS: Must be made up during the term enrolled and are **NOT TRANSFERABLE** to other terms.

If joining on Week 1 – 3 please check the website: www.taichi.com.au for any changes.

as some classes and times may change due to enrolments: correct details are on *Student Cards* issued in Week 2.

office ph 8371-2488 (Mon - Wed -Thur 11am-3pm) or leave message on our answering machine.

The office & phones are only attended part-time

updated 23 /8 / 2010.

Advanced planning – **Term 1 - 2011** starts February 8th – 11th