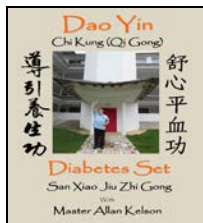


Advanced Sets in Term 2 - 2026



Textbook or E-book + USB)



Chi Kung – Dao Yin Diabetes Set For prevention & wellbeing

for Chi Kung students who have previously learnt this set and want to revise or Chi Kung students who completed the Chi Kung Shibashi 1st set
Adelaide & North Adelaide



Ancient Dao Yin Pictures



Diabetes Set at North Adelaide T1 - 2019



Dao Yin - Diabetes Set at Adelaide T3 - 2019

Tai Chi 8 - Yang Style

Once again we will be teaching **Tai Chi 8** at **Adelaide** for our **advanced Tai Chi students** who have completed at least sections 1 & 2 of the Yang 24 set.

Tai Chi 8 is a nice short set which helps practice left & right turning and useful for training in smaller spaces.

Tai Chi 8 at 7.15pm

The class will include practise of Yang 24.

Our instructors had the opportunity to learn this set at the Beijing Sports University in 2002 with Master/ Professor Mun, the creator of the set.

Tai Chi - 8



Training at: Beijing Sports University China 2002



Instructors Celebrating our 40th Anniversary in SA 2025



Master Allan Kelson has been teaching for over 40 years in SA & OS

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Celebrating 41 years in SA

Newsletter & Schedule for Term 2 - 2026

www.taichi.com.au

We hope you have enjoyed learning the **Chi Kung** relaxation exercises or the more challenging exercises of **Tai Chi** this term.

Thank you for joining us in our 41st year in SA

Classes starting in Term 2

Term 2 - 2026 (7 week term) starts at

Adelaide Tuesday 28th April (Tai Chi & Chi Kung & Dao Yin)

North Adelaide Friday 1st May at 9.45am. – (Chi Kung 2 & Dao Yin Only)



Year of the Horse

17th Feb 2026 - 5th Feb 2027

Allan & instructors are happy to have promoted and taught Tai Chi & Chi Kung (Qi Gong, Dao Yin) & Shaolin SKF, TCF in Adelaide, suburbs and regional cities in SA, plus over 11,000 children in schools; plus dozens of corporate, conferences and community events, TV and radio. Allan has also taught in Sydney, Tamworth, Brisbane, Sweden, Norway, Poland & China.

Advanced Booking Discount for next term

Remember to book for term 2 before the end of this term. You get a substantial discount and we can plan our classes.

Note: Next **Beginners** classes Adelaide will start again in Term 2.

“ **Have a Try on our week 1**” at Adelaide (pm) **ONLY**

We already have interested new students waiting to start.

Contact Us

The office / phone is not usually attended (answering machine only)

Best Contact Method email: classes@taichi.com.au

Tai Chi & Chi Kung Institute

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

www.taichi.com.au

Email : classes@taichi.com.au

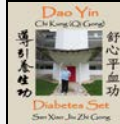


Courses being offered for current & previous students. (Minimum numbers apply)

41 Years in SA



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Book Now for Term 2 - 2026

Venue & Instructors	Venue Address	Day	Start Time (45 mins)	Set Taught	Section Taught	Starting date Week 1	Last Lesson of Term 2 Week 7
WAYVILLE Adelaide (Tue) Allan AnnMarie, David, Lorraine Assisted by: Ann & Mark	Latvian Hall 4 Clark Street Cnr Rose Tce (off Greenhill Rd)	Tue	6.15pm 6.15pm 7.15pm	Chi Kung (1st set) Blue book Chi Kung (Dao Yin) Diabetes Set Latte coloured book Tai Chi (24) (3 Terms) Tai Chi (8) (1 Term)	Section 1,2 1 Term Advanced Set Section 1,2 8+ S3 practice	28th April    	9th June 
North Adelaide (Fri am) Allan, Heather Helen, Jennifer	Estonian Hall 200 Jeffcott St (Cnr Childers St)	Fri (am)	9..45am 9..45am	Chi Kung (1st set) Blue book (NOTE: Next New beginners is Term 4) Chi Kung – DaoYin Diabetes Set Latte coloured book	Section 2 1 Term Advanced Set	1st May  	12th June 

Course Fees for Term 2, 2026 Early Booking Discounts

Please note:

Advance booking discount may not apply in the event of small classes.
Class fees are based on a minimum class size and Hall rental fees.

		Advanced booking Discounts When Paid in Weeks 5 - 7 of Term 1 at class	Advanced booking Discounts When emailed (Include phone) By 24th April	Full Fee When enrolling on week 1 or 2 At the door If vacancies are available
Standard	Individual enrollment for 6 / 7 week course (includes Advanced & Refinement classes)	\$99	\$110	\$121 pp
Concession	Concession available for government card holders (pensioner, full-time student, unemployed & "Seniors Card")	\$77	\$88	\$99 pp
Revision or Extra Course	Improve your knowledge by repeating a section which you've already completed. or MULTI-CLASS DISCOUNT (where vacancies exist)	\$66	\$77	\$88 pp
Family / couple Special offer Beginner sets only Sections 2 or 3	Family members discount is now offered to help families who live together, & continue together When continuing with your learning in the Beginner Sets Chi Kung 1st Set or Tai Chi (24) Set	2 for \$154 = Concession price above	2 for \$176 = Concession price above	2 for \$198 = Concession price above
Family / couple Advanced Sets & Refinement	Advanced Sets in : Chi Kung & Tai Chi, Sword, SKF etc Note: Minimum numbers are required to conduct Advanced classes	2 for \$154 = Concession price above	2 for \$176 = Concession price above	2 for \$198

Credit Cards: VISA & Mastercard & Amex only - CC Surcharge = 1.9% at class (by phone 2.1%) – or cash - **NO Cheques**

CLASS NUMBERS: Minimum Number of students required to conduct a class is 10.
(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 10 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 1 week or more prior to the course commencement - 60% Refund + Admin fee. Or 50% after week 1

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: are **NOT TRANSFERABLE** to other terms except by early arrangement by email.

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:

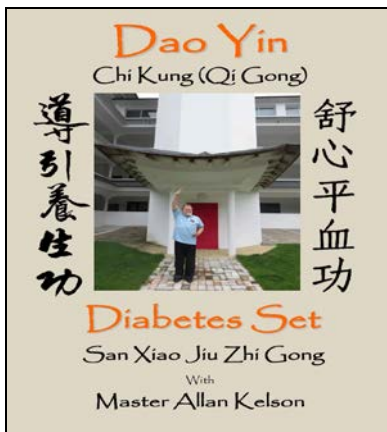
NOTE: NO classes in Winter Term 3

Advanced planning :Term 4 - 2026: **week 1** starts: WAYVILLE & North Adelaide - Tues 13th Oct & Friday 16th Oct 2026

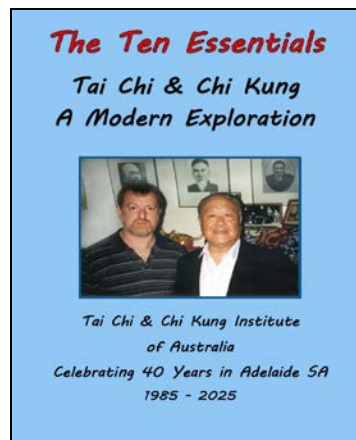
Finishing week 7 : WAYVILLE / Adelaide CBD - Tues 25th Nov & North Adelaide Friday 27th Nov 2026

Correspondence by Email (include a phone number) - classes@taichi.com.au

Updated for 24th Feb 2026



Dao Yin - Diabetes & Welbeing Testbook



10 Essentials for Improvement & 40 Years Anniversary Book



Year of the Horse
17th Feb 2026 - 5th Feb 2027



Dao Yin - Chi Kung - Diabetes Set at North Adelaide T1 - 2019



Dao Yin - Chi Kung - Diabetes Set at Adelaide T3 - 2019



Instructors Celebrating our 40th Anniversary
teaching Tai Chi, Chi Kung, Dao Yin, Shaolin SKF & SKF
in SA, interstate & around the world in 2025