

ADULT NIGHT CLASSES



Qi Gong (Chi Kung)

Qi Gong is a traditional Chinese method of health maintenance and improvement. “Qi” (also spelt “Chi”) is the Chinese word for the energy of the body – most specifically relating to the breath, blood and nervous function. “Gong” (also spelt “Kung”) means work or exercise. “Qi Gong”, therefore, is “Energy Work” or “Breath Exercise”.

Tutor Profile

The Instructor, Kevine Walle, has practised traditional Chinese martial arts and Qi Gong for over 20 years. He is not a Chinese doctor, nor a spiritual master, but is highly qualified in the martial and preventive Qi Gongs passed down to him via the Wu Tan lineage of Grandmaster Liu Yun-Qiao.

Course Outline:

This course will introduce the basic concepts of Qi Gong and provide instruction in two sets of Qi Gong exercises. The first set is “Kwong Qi Gong” – which means “Light Energy Exercise”. This set was compiled by Master Wong, Wen-Shun by taking choice exercises from a number of other sets and combining them into this set. It is a combination of medical preventive and martial Qi Gong that is suitable for people of all fitness levels. The second set is “Baji Wu Hsing Qi Gong” – which means, Eight Ultimate, Five Elements Energy Exercise”. This is a martial Qi Gong taken from the Baji Quan (Eight Ultimate Fist) system. It is specifically aimed at the five major organ systems of Chinese medicine: Stomach, Liver, Lungs, Heart and Kidney. This set of exercises is quite gentle and is also suitable for all who are interested. If time and students interest allow, other Qi Gong exercises may be introduced for the edification of the students.

Assessment

This is not a certificate course and there is no formal assessment for this course. Due to the flexible nature of Adult Education classes, parts of the curriculum may be adapted to suit the needs of the class.

A Certificate of Participation may be issued on request.

Telephone: 08 8920 1200

Facsimile: 08 8920 1222

Cnr. of Trower Rd & Parer Dr, Casuarina

PO Box 40196, Casuarina 0811

www.schools.nt.edu.au/csc

Further questions or course advice:

08 8920 1200 or email us at

csc.nightclasses@ntschoools.net

Note: All classes need a minimum number of students to go ahead. If your class does not have enough students it will be cancelled and you will be informed.

Term 1 – 2009 commences
week beginning February 9th

Term 2 – 2009 commences
week beginning April 27th

Term 3 – 2009 commences
week beginning August 3rd

Term 4 – 2009 commences
week beginning October 12th