

ADULT NIGHT CLASSES



Fact Sheet Tai Chi

Tai Chi is a traditional form of Chinese martial arts which emphasises softness and relaxation. In modern times most people practice Tai Chi mainly for its health benefits rather than its martial prowess. Tai Chi as an exercise stimulates the nervous and circulatory systems as well as strengthening the joints, bones, and muscles.

In practice one seeks to utilise the minimum tension necessary to achieve the desired movement while at the same time expanding one's awareness of the whole body. Utilisation of the will rather than force is key to success in this art. Because the whole body is used, the whole body is nourished.

Tai Chi is mostly practiced at a slow & soft pace to allow the mind & body to relax. Regular practice helps to reduce stress & increase vitality. Learn 4 - 10 of the simplified 36 movement Chen Style Tai Chi Chuan form and 5 movements from the Yang style Tai Chi Chuan 32 movements form. Stretching and warm ups will be practiced every class session. You are never too old to learn or practice. It benefits most physical conditions, but those with serious health issues should consult their physician before starting this or any other form of exercise.

MOVEMENTS

Chen Style will be taught at a pace of at least 1 movement every 2 weeks – more may be taught depending on the class comfort level. The first 5 movements of the Yang Style will be practised every class. This introduces students to the similarities and differences of both styles to allow them to make an educated decision about which (if either) style they may choose to pursue further. Some Qi Gong exercises will also be introduced and practised every class. Additionally, each class will include a warming up session, stance training (held postures), and stretching. Both the health and martial aspects of the arts will be discussed and demonstrated.

STANCES

Ma Bu - Horse Stance; Si Lio Bu - Four Six Stance; Gon Bu - Bow Stance; Du Li - Single Leg Stance; Shui Shi - Empty Leg Stance; Jwo Pan Shi - Sitting Stance; San Qi Shi - Three Seven Stance; Pa Tui Shi - Stretching Leg Stance

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.

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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 4th

Term 4 – 2009 commences week beginning October 12th

Tutor Profile:

Kevin Walle has studied Tai Chi Chuan since 1988. He has been teaching Tai Chi since 1994 to students of all ages and fitness levels. These Adult Night Classes are taught in an easy-going, friendly manner conducive to all learning styles and goals.