

A WEEKEND OF "CHI" IN BUNDABERG

PRESENTED BY MASTER ROD FERGUSON - AATC National Chief Instructor

Rod has over 30 years full time teaching experience in Tai Chi and Qigong. Although Rod has earned very high honours (gold and bronze medals in Australia, America and China), his teaching style is natural. By adapting the movements, he helps students of all levels to gain insights. His enthusiasm and love of the art are contagious so come along prepared to enjoy learning through play and mindful meditation.

Saturday 28th August

All these unique sets of traditional arts are exclusive to the Academy refined and developed by Grandmaster Khor and taught directly to Rod.

9am-10am: **Fan Revision**

A great opportunity to come and learn, practise and refine the Dragon Phoenix Fan with the Master! Rod has won gold medals in China for his Fan routine – even if you are only a beginner fan practitioner, or aspiring to learn, this is a class not to be missed!

10am-10:15am: Morning tea

10:15am-11:15am: **Lohan 1&2**

Rod has been to the Shaolin Temple in China and has studied with Grandmaster Khor who was ordained with that title by the Abbot of the temple. We will look at the history of the temple and practise the techniques developed to improve chi flow, health and flexibility.

11:15am-12:15pm: **Tai Chi Levels**

Practise and refine your Khor Tai Chi with Rod. Beginners are especially welcome, but any student who wants to refine and improve their Tai Chi form and gain a deeper understanding will benefit from this session.

\$20 one \$35 two \$45 all three

12.15pm-1pm: lunch break

1pm-4pm: **Shibashi X** - \$49

Shibashi X was designed as a progressive workout by Grandmaster Khor. Shibashi X differs from other Shibashi forms in the AATC by drawing more on Wushu and Tai Chi forms. You can now increase the variety of movements that you practise and gain even more benefits.

\$85 Whole day - \$75 Whole day without Fan

Location: Bargara Cultural & Community Centre, Cnr Hughes Rd & Watsons Rd, Bargara

Sunday 29th August 9-10:30am **Tai Chi and Qigong in the Park: \$7**

Open to all - a group practice of **Shibashi 1**, **Tai Chi** and **Lotus** with Rod - suitable for beginners through to advanced students. Rod will also lead us through the **"Wild Goose"** Qigong set, and will follow with some spectacular and inspiring demonstrations: an opportunity not to be missed!

Location: Botanical Gardens, Hinkler Ave, Nth Bundaberg (Chinese Pagoda behind Fairymead House)

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AUSTRALIAN ACADEMY OF TAI CHI & QIGONG - Qld.
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