

**AUSTRALIAN ACADEMY OF TAI CHI & QIGONG**  
**Queensland Newsletter – June 2010**

**" The essence of Tai Chi is to let yourself relax out of the way as the energetic forces flow through your body. "**

**Term 3** starts the week of **July 12<sup>th</sup>** – take the time to do something positive to ensure your own health and well-being now. The schedule is on the web, so you can check out venues and times for all classes. Also, check for our ongoing \$5 Active & Healthy park lessons – join a group to relax outdoors - and have a look at the new 'free' activities this round. If you work in the City, there will be two free classes to choose from. City Botanic Gardens will be on Tuesday lunchtimes for the whole stage, and King George Square on Thursday mornings for a 5-week trial.

Our **World Tai Chi & Qigong Day** event in New Farm Park on Saturday April 24<sup>th</sup> was a great success, with over 100 attending. Have a look at the photos and video footage on our website. There were also some great events held in regional areas: Bundaberg, Gold Coast & Rockhampton.

Rod has been invited to **present at two upcoming conferences in Dunedin in New Zealand** in November:- "The Australian New Zealand Geriatric Medicine" conference and the "Australian New Zealand Falls Prevention" conference. These will provide another great opportunity for Rod to spread the news about just how great Applied Tai Chi is for balance and stability, and for healthy ageing. So much research proves that Tai Chi is one of the most beneficial and appropriate interventions for older people. There is even new research that shows that we should be practising Tai Chi regularly after the age of 40 to fall-proof ourselves, as our balance starts to deteriorate by then

Rod has planned several **regional workshops** to assist him in funding his trip to New Zealand. These workshops will be in Rockhampton (Jul 24, 25), in Bundaberg (Aug 28, 29), and at dates to be advised for Toowoomba and the Gold Coast. Don't miss the opportunity to attend these special events if you live in those areas.

If you missed out on our first call for Instructor Training for **Volunteer Falls Prevention Teachers**, please contact Rod (rod@livingchi.com.au) as we can still include you in our ongoing training.

*Would you like to be a part of a team of people who will volunteer to go out to nursing homes, retirement villages and community organisations to teach Tai Chi Qigong for Falls Prevention, Healthy Aging and good health?? The Academy is looking for students to train in this field, to help older people regain their good health, balance and wellbeing. You will be trained in how to teach and how to break down each movement. You will also receive a curriculum and a certificate to teach in this particular setting.*

*This is a wonderful opportunity to give something to the community and help people to improve their quality of life. This is very rewarding, and research has shown that compassion and altruistic behaviour has a profound effect on a person's sense of wellbeing, immune system function and general health. And, did you know that when you start to teach others, an extra bonus is that you begin to understand and improve your OWN Tai Chi too! The Academy will cover your training, insurance & public liability. In return, as a volunteer, you will conduct applied Tai Chi sessions in the area you will be trained in, as part of the Academy. You may also choose to continue your training to become a professional Tai Chi Instructor.*

### **China Tour – Shaolin & Wudang – April 2011**

Dreaming of travelling to **China on a popular Academy tour** with Grandmaster Khor? Come along next year and be a part of this special tour, which includes training at the Shaolin Temple & Wudang Mountain. As well as these special events, your days will be filled with wonderful sightseeing and the camaraderie and Tai Chi practice along the way – not to mention the daily banquets! Send your deposit now!

Are you looking for a greater depth in your Tai Chi and Qigong practice – there is a way to immerse yourself by attending the **Annual Seminars** in Sydney (September 17 to 19) or Brisbane (October 29 to 31). More information will be posted on the website as it becomes available.

Have you been exposed to the **Polio virus** earlier in life and find the practice of Tai Chi and/or Qigong are of assistance in your wellbeing? If so, the AATC is currently seeking information from you. The

Australian Academy of Tai Chi (AATC) – through NSW instructor Alex McHarg - is initiating a program of research into how Tai Chi can be used to assist sufferers of Polio and Post-Polio Syndrome. Please read the following letter from Alex if you can help.

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Alex & Pam McHarg  
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Australia

8 June 2010

To All Instructors and Students  
Australian Academy of Tai Chi

### **Polio & Tai Chi**

The Australian Academy of Tai Chi (AATC) is initiating a program of research into how Tai Chi can be used to assist sufferers of Polio and Post-Polio Syndrome.

Polio is a highly infectious disease which invades the nervous system and has been nearly eliminated from the world being endemic in only four remaining countries. Post-Polio Syndrome (PPS) occurs when the Polio like symptoms reappear in people who experienced poliomyelitis, usually 15 – 40 years after the original illness.

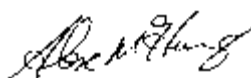
The symptoms of PPS such as muscle weakness, severe fatigue, pain in muscles and joints, with less common symptoms including muscle atrophy, breathing and swallowing difficulties, sleep disorders and cold intolerance are symptoms we know can be eased by the practice of Tai Chi.

AATC is currently seeking any information from Instructors and Students who may have been exposed to the Polio virus earlier in life and find the practice of Tai Chi or Shibashi are of assistance in their wellbeing. Polio may be an unknown disease in Australia now but anyone from and before the 'Baby Boomers' will remember someone at school walking with callipers or talk about Iron Lungs, both were associated with Polio.

For those who have information that can assist please contact;

AATC Newcastle Senior Instructor  
Alex McHarg, 1 Sister Luke Place, Singleton NSW 2330  
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Yours faithfully



Senior Instructor  
AATC Newcastle

