



NEW SOUTH  
WALES  
NEWSLETTER

TERM 3 - 2010

## INAUGURAL FALLS PREVENTION TRAINER'S WORKSHOP

As the population ages we are realising the growing costs of falls related accidents. Such accidents often occur due to loss of balance as we go about our daily activities. While at the moment it may be happening to our parents, it may soon impact on our lives as well. Through research Tai Chi based balance and stability programs have been shown to be particularly effective in falls intervention.

On the weekend of the 26th & 27th June, the Australian Academy of Tai Chi (AATC) launched its first specialised *Train the Trainer* Program for *Falls Prevention, Balance and Stability* in Sydney. Grandmaster Gary Khor, who was senior advisor to the Central Sydney Health on Falls Prevention Research personally conducted the workshop, and assisted by Instructor Margaret Dean who has been working, for some time, with patients in nursing homes and aged care facilities.



The enthusiastic feedback from the participants confirmed the quality of the Academy's Falls Prevention program which will soon be released on DVD. The training program will also be made available to all persons Australia wide.

If you are interested in being a part of this new venture please contact the Academy Office on:-

Tel: 02 9797 9355. Email: [aatc@optusnet.com.au](mailto:aatc@optusnet.com.au). Web: [livingchi.com.au](http://livingchi.com.au)

## SEMINAR 2010 17 - 19 September COLLAROY

### A rare opportunity to learn from two world standard Tai Chi masters.

Grandmaster Khor, author and Tai Chi forms creator will present ancient traditions and systems from the Shaolin Temple and Taoist Wudang Mountain.

Master Rod Ferguson will present the latest research information on Medical Tai Chi Qigong which includes Falls Prevention, Diabetes, Arthritis, Parkinson's.

**Overnight package \$450** (before Aug 15th) ( After 15th Aug **\$600** )

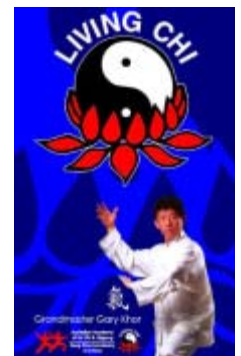
Price includes —Accommodation, Meals, Teas, Seminar Sessions.

### DAY WORKSHOP ONLY

**Two Day workshops \$370.** With lunch and tea (After 15th August **\$400**)

**One Day workshops \$230.** With lunch and tea (After 15th August **\$230**)

**Half Day workshop \$120.** With tea only. (After 15th August **\$150**)



Phone: 02 9797 9355

Email: [aatc@optusnet.com.au](mailto:aatc@optusnet.com.au) Web [www.livingchi.com.au](http://www.livingchi.com.au)

## ICAFOA Dinner

The inaugural ICAFOA (*Instructors, Class Assistants and Friends of Academy*) Dinner, a sumptuous Chinese Banquet was held in Sydney on Saturday 5th June. We were honoured to be joined for this auspicious occasion by Grandmaster Khor and his wife Wendy. With everyone enjoying the wonderful 6 course banquet, picked to satisfy hungry tummies and also to stimulate our senses and with the lively conversation from Grandmaster Khor, who really does tell some good jokes, the night was a raging success.



The only person to successfully decipher the ICAFOA acronym was Joan Wright, who unfortunately could not attend the dinner due to the birth of her grandchild on that day. Pick up your prize at the next ICAFOA Dinner, Joan.

The next ICAFOA Christmas Dinner will be held on the 11 December. Venue to be advised. So please mark your calendars, polish up your dancing shoes and get ready to wet your whistle to sing along to all your favourite Christmas carols. We are gathering numbers for the event so please advise Monika on 9534 2082 or the Office 9797 9355 of your intention to attend as we need estimate of numbers before we can book the event.

The invitation is extended to all Academy Instructors, Class Assistants, Students and their respective partners.



### HAVE YOU EVER THOUGHT OF BECOMING A CLASS ASSISTANT OR INSTRUCTOR?



*Academy Instructors are not born wearing Tai Chi uniforms! However do you know some Instructors are so inspired by the Academy and it's ideals that when they leave this world, they request that they be allowed to wear their Academy Uniform? Granted these exceptional cases are few however many Tai Chi students become Instructors because they wish to contribute some goodness back to the community.*

***So have you ever considered becoming an instructor?** It's a sure way to increase your skills and knowledge of Tai Chi, Qigong and related Chinese energy arts. Not only will you get healthier and fitter, you will also be contributing to the health of the community. It can also be a part-time job.*

*The basic requirements for an AATC Instructor are a reasonable skill level, enthusiasm, dedication and love for the art. After that, the Academy will train you and supply ongoing support. Be aware, too, that there are different areas in which you can specialise. You might only want to teach through the day or you might only want to do private classes, say for businesses or retirement villages. Or, maybe, only teach the lower levels.*

*The AATC is the largest Academy outside of China, headed by Australia's highest qualified Grandmaster. To find out more, contact the office on 9797 9355*

### WUDANG - CHINA TOUR 1st - 14th Oct 2011 \$4999

- **BEIJING** - Great Wall & Forbidden Place (Peking Duck) **SHANGHAI**- EXPO site.
- **WUDANG MOUNTAIN** - Training with Taoist monk (*Crouching Tiger movie site*)
- **YELLOW MOUNTAIN** - Taoist Immortal Nature Paradise
- **SHANGRI-LA** - Hill tribe maidens and lost land paradise
- **KUNMING** - unique Stone Forest



### INDIA TOUR 2nd - 15th JAN 2011 \$5200

Maharajas & Mughal & British Empire Arts  
Taj Mahal, Delhi, Yoga Ashram, Forts, Camel ride, Feed Monkey

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