



BHTCC NEWSLETTER

TERM 3, 2013

Better Health Tai Chi Chuan Inc.
ARBN Y2072442
A non-profit organisation

To provide
an enjoyable
and supportive
environment
for all to learn
and to grow through
Tai Chi Chuan.

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All forms of contribution
to the BHTCC Newsletter are
very welcome.

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Better Health Tai Chi Chuan is a non-profit organisation aims to
provide an enjoyable and supportive environment for all to learn
and to grow through Tai Chi Chuan

Welcome to 2013

**CLASSES RECOMMENCE THIS TUESDAY 16 JULY
2013**

Better Health Tai Chi Chuan

Classes for 2013

New and Term Enrolments:

any Tuesday evenings between Feb - Oct. at 6.30 pm

Venue: St George Girls High School
at the new gym, Victoria St., Kogarah, 2217
(Entrance via Harrow Road)

Time: 7.00 - 8.00 pm and 8.00 - 9.00 pm Tuesday

Our website is

<http://www.betterhealthtcc.com.au/>



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Aldous Huxley was a great thinker and a great writer. Here is a paragraph he wrote about Tai Chi. It is from his Novel, 'Island'. If you know of any other similar literary gems in relation to Tai Chi can you please send it to me so that we can put it into a future edition of this news letter...

"No leaps, no high kicks, no running. The feet always firmly on the ground...movements intrinsically beautiful and at the same time charged with symbolic meaning. Thought taking shape in ritual and stylized gesture. The whole body transformed into a hieroglyph, a succession of hieroglyphs, of attitudes modulating from significance to significance, like a poem or a piece of music. Movements of the muscles representing movements of the consciousness...It's meditation in action; the metaphysics of the Mahayana expressed not in words, but through symbolic movements and gestures

Memory Lapse?

Having problems like me, remembering all the forms and moves from the class lessons? Help is at hand.....

You can hire or buy all of the DVD's forms that are taught in class. These DVD's produced by Dr Paul Lam are a brilliant aid to your tai chi journey.

John Gough, Senior Instructor and our likeable librarian is on hand before class to purchase or hire DVD's. He also has a quantity of tai chi books and magazines that you can borrow.

If you have access to a computer, below is the link to a free lesson from Dr Paul Lam

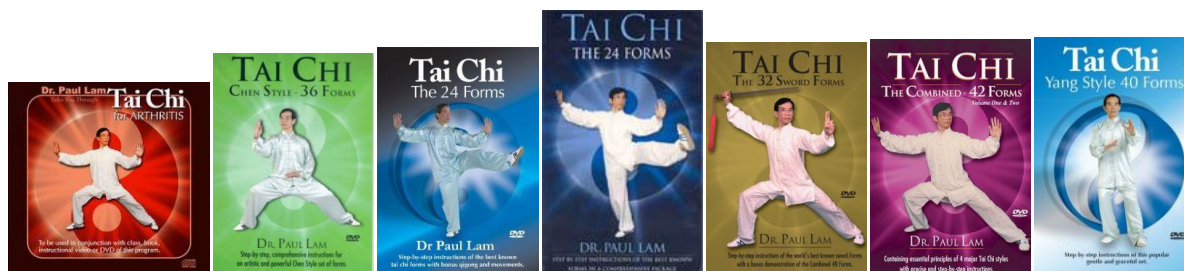
[Tai Chi for Beginners, 8 Lessons with Dr Paul Lam - Free 1st Lesson ...](#)

▶ 44:26 ▶ 44:26

www.youtube.com/watch?v=hIOHGrYCEJ4

May 22, 2011 - Uploaded by Paul Lam

Begin Your Journey to Better Health with Six Easy Steps *TAI CHI* FOR BEGINNERS - 8 Lessons with Dr *Paul* Lam...



What is Tai Chi? (from our website - Better Health Tai Chi Chuan)

Tai Chi originated in ancient China, it is a wonderful exercise enjoyed by millions of people around the world. It is proven to improve muscular strength, balance and fitness. The smooth and gentle movements of Tai Chi enhance concentration and promote relaxation leading to harmony of body and mind.

How Does Tai Chi Benefit You?

Medical research has shown that Tai Chi reduces stress, improve immunity and lowers blood pressure. Tai Chi for Health program is proven to relieve pain and improves quality of life. Tai Chi improves your mental and physical well-being making you healthier and happier.

Additional effects including improved relaxation, balance, posture, and immunity. There are many scientific studies showing the Tai Chi for Health programs relieve pain, improve diabetes control, daily activities, strengthen muscles, improve quality of life, balance and prevent falls.

Why Come?

Exercise is essential for health, Tai Chi is a suitable exercise for health because it is:

1. An effective exercise

Harvard Medical Publication May 09; "Tai chi is often described as "meditation in motion," but it might well be called "medication in motion..." Scientific studies have confirmed Tai Chi's many health giving benefits.

2. A mind body exercise

It is equally important, if not more so, to have a healthy mind as well as healthy body. Tai Chi is an exercise for both mind and body. The National Center of Complementary and Alternative Therapy in USA says Tai Chi is beneficial: "for health benefits that may be experienced from meditation."

3. Improve health and wellness Tai Chi for Health programs are enjoyable exercises that have been shown to improve diabetes control, relieve arthritis pain, improve health and quality of life.

At Better Health TCC, we are dedicated to empower you to improve health and wellness in a friendly and interactive environment. We have qualified and caring instructors, people travelled thousands of miles to learn from us. We teach well recognized tai chi forms and styles, including Dr Lam's Tai Chi for Health programs, the most popular 24 forms tai chi, the 42 forms, the tai chi sword, yang style, chen style and Sun styles. So whether you are a beginner or an advanced practitioner, We are sure you will find Better Health Tai Chi Chuan a great place to learn.



Great article 10 June 2013 quoting Dr Paul Lam about tai chi that was in the Sydney Morning Herald

Tai chi ... a gentler way

<http://www.smh.com.au/lifestyle/tai-chi--a-gentler-way-20130607-2ntml.html>

Not all exercise needs to be fast and furious. Some slower activities, such as tai chi, may be just as, if not more, beneficial than sweatier workouts. Originating in China, it is arguably one of the most popular exercises in the world, which involves breathing correctly while slowly moving your arms and legs in a series of postures. Better still, like walking or jogging, it's free (once you learn the movements) and can be performed anywhere at any time.

Tai chi postures, which are repeated until the full sequence is completed, aim to strengthen the body, reduce ill health and improve your mental state. "Tai chi is a mind body exercise," says **Dr Paul Lam**, a lecturer with the University of NSW's school of public health and community medicine and director of the **Tai Chi for Health Institute** (taichiforhealthinstitute.org).

"During a practice session, all parts of the body are gently exercised, whilst at the same time you are being mindful of the moment and focusing on tranquillity. This combination is described by many people as a 'high'."

In particular, if practised outside, tai chi can help put people back in touch with nature. Studies have shown that exercising outdoors can be associated with greater feelings of revitalisation and increased energy, alongside a decrease in stress and depression.

"Both physical exercise and a mental state of tranquillity is a part of human nature, which we have been deprived of by our modern busy life," Lam says.

What happens to your body when you do tai chi?

For such a slow, gentle exercise that uses a notable lack of weights or props, tai chi is a deceptively hard, but effective, workout. "Many studies have shown that tai chi builds muscle strength, improves balance and flexibility," Lam says. "It is especially effective at building the deep stabiliser muscles that support our back, which most 'conventional' exercises do not."

A study published in the *Archives of Physical Medicine and Rehabilitation* found tai chi "may be beneficial to elderly individuals for muscular strength and endurance enhancement", and that it is safer, more cost-effective and easier to perform than other forms of exercise.

The participants, who performed 108 movements during a 54-minute daily workout found "significant" increases in muscle strength after taking part in the tai chi program.

Tai chi is fantastic for the musculoskeletal system, osteopath Danny Williams says (thetravellingosteopath.com). "Not only does it move the body within its comfortable boundaries, it also improves muscle and ligament proprioception (balance), increases oxygenation of muscles, aids removal of waste (through the lymph) as well as calming the autonomic nervous system that controls all our natural stress responses," he says.

Other research points to tai chi's health benefits, namely in reducing the risk of type 2 diabetes, osteoporosis and increasing mobility in arthritis sufferers. Research at the University of Queensland found that depression, diabetes and obesity can all be improved through a gentle mind-body therapeutic program. "Other reported benefits include improvements in energy levels, sleeping patterns, urinary control, breathing, immunity, confidence, self-esteem and coping; and positive changes in life perspective and family harmony," says Dr Xin Liu, a University of Queensland scientist and director of the study.

How often should you do it?

"Studies have shown that if people do 40 minutes of any exercise, including gentle exercise, on most days of the week their health and immunity would significantly improve, whilst their cardiovascular risk and risk for diabetes would decrease very significantly," Lam says.

"I would suggest 40 minutes of tai chi on most days of the week. However, five minutes a day is better than none, and 10 minutes is better than five. The thing about tai chi is that you can apply the principles to everything you do, so you can practise tai chi throughout your daily activities."

Keep in mind

"Remember that tai chi is different from conventional exercise, so you may need time to get used to it before you begin to enjoy the class and the health benefits," Lam says. "Be patient and persevere with a class for three to six months ... it could change your life."

Tai Chi in the news

If you're looking for a low-impact, yet challenging, and health-boosting exercise, tai chi may be the "perfect" choice. According to a [Harvard Health publication](#), tai chi can be a helpful component in fighting many health conditions, including arthritis, low bone density, breast cancer, heart disease, Parkinson's and sleep problems.

And unlike many conventional exercises, tai chi can be adapted and beneficial to nearly everyone — including people who are wheelchair-bound, recovering from injuries or seasoned triathletes. So what is tai chi? And what does it look like? The following, excerpted from *Tai Chi: The Perfect Exercise* by Arthur Rosenfeld, explains what it's like to get inside a tai chi practice.

So What Does Tai Chi Look Like?

Tai chi practice typically consists of a series of movements brought together like pearls on a string. Some people call the movements "postures," an unfortunate word because a posture is static and tai chi is dynamic; without movement, tai chi does not exist. Taken together, the movements of tai chi are referred to as a "form." Some tai chi forms are performed slowly, others are quite quickly and vigorously. Performing tai chi feels simultaneously relaxing and powerful. It leaves the player with the sense that she is moving in accordance with human structure and the laws of gravity, leverage, and inertia. Whether done dreamily and slowly or quickly with martial intent, tai chi embodies strong grace.

Tai chi is as much a state of mind as it is a system of movement. Demanding presence and attention to every sensation and detail, tai chi flees the moment the mind wanders. The instant we think about the pizza we're planning to have for lunch, worry about whether the babysitter is into the wet bar, glance at the sky to track an impending thunderstorm, feel a chill in our spine about an upcoming exam or performance review, tai chi in its pure sense goes out the window. Let the mind slip away to an interlude with a lover, pop off to a happy memory of a tropical vacation or the best margarita we've ever tasted, and because tai chi is all about the mind/body connection, it's gone. Return to awareness of the present moment, feel our muscles, our connective tissue, our joints and our bones, and tai chi returns. Because it requires a completely inwardly directed consciousness, genuine tai chi is not a performance and should not be done with an audience in mind.

Geometricians and physicists know that the spiral is nature's archetypal shape, being found in galaxies, tornadoes, seashells, the flow of liquid through pipes (or blood vessels) and water exiting a drain. In recognition of this natural design, tai chi movements—particularly Chen style, the founding family's original art—characteristically describe spirals. Spiral movement is a sign of tai chi's Taoist origins, and accounts for the fact that many people watching tai chi say that in addition to looking exotic and graceful, the practice also appears organic and natural.

Natural, however, does not mean easy. While tai chi is adaptable to fitness levels from wheelchair-bound patients to Olympic athletes and suitable from ages 12 to 112, the art challenges us at every level. Every student soon becomes aware that every movement has onion-like layers of depth and complexity. Watching tai chi in a local park, health club, senior center, or martial arts school, it will immediately become apparent—even within a single class—which players have been at it the longest. A seasoned tai chi practitioner usually exhibits smoother movements, seems more relaxed, may sink lower in his stances, and may perform strikes with percussive authority.

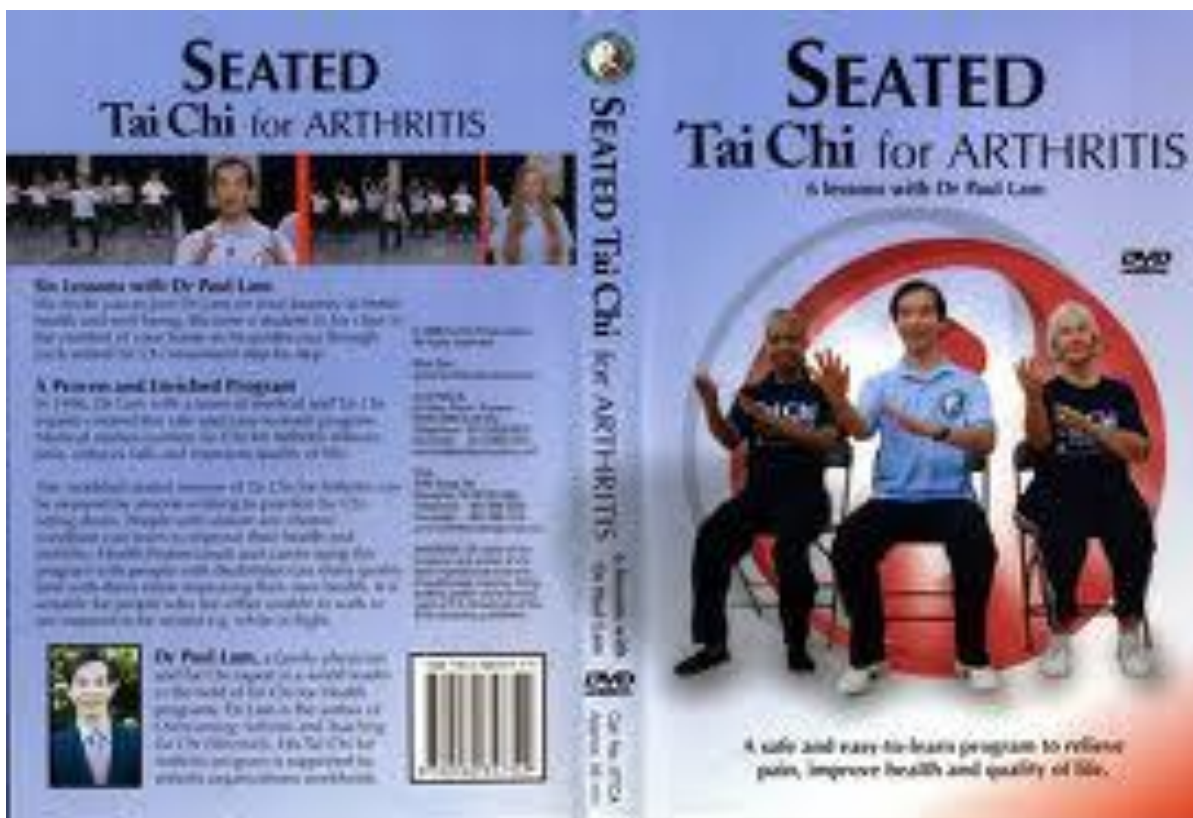
The original purpose of form practice was to test martial strength and alignment and to remain strong, rooted (more on this later), and relaxed in the kind of unpredictable situations a real-life battle might bring. In the battlefield of everyday life today, and with a focus on health and longevity, these beautiful movements function to enhance our balance, sensitivity, serenity, composure, and power. While the elderly and infirm player can find plenty of benefit in performing tai chi gently and in a high stance, the fittest, strongest, most flexible athlete can crouch on one leg

or go into deep and challenging stances. Form practice coordinates upper and lower extremities at every athletic level, all the while strengthening the body right down to the marrow.

As the tai chi onion suggests, traditional tai chi training follows a set curriculum. Each grade, or level, requires you to be able to do certain things. At the beginning, the focus is on relaxing the upper body, shifting the weight properly, and learning arm circles and stances. As the student's skill grows, the requirements become more demanding, traditional Chinese weapons such as straight and curved swords, spear, halberd, sticks, mace, and the long pole may be brought into play to build strength, increase mobility, sensitivity, and flexibility, and improve footwork and timing. Simplified tai chi will not include such tools, but if you find an advanced group at a park or martial arts school you may be lucky enough to catch a glimpse of the art's martial roots.

From the book Tai Chi: The Perfect Exercise by Arthur Rosenfeld. Excerpted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright (c) 2013. www.dacapopress.com.

Don't forget that you can still be a part of tai chi seated
If you want more information on any tai chi programs please see our Tai Chi Senior or Master Trainers (look out for the green tshirt) and you can always email me Philomena.kaarma@gmail.com



TIE CHI



GATHER ENERGY



PART THE WILD HORSE'S MANE



WHITE CRANE SPREADS ITS WINGS



PLAY THE LUTE



REPULSE THE MONKEY



GRASP THE SPARROW'S TAIL



CLOUD HANDS



HIGH PAT ON THE HORSE



SNAKE CREEPS THROUGH THE GRASS



GOLDEN PHEASANT STANDS ON ONE LEG



RIDE THE TIGER



ACHIEVE NOTHINGNESS