



Number 71

December 2013

TAI CHI FOR HEALTH

The *Tai Chi for Health Community NZ* and *Tai Chi Productions Australia* wish you all a *very Merry Xmas and a Happy New Year!*



***Tai Chi Productions
Australia: Gordana, Kerrie,
Dr Lam and Louise***

Dr Lam's 2013 [Seasonal Greeting](#) video has photos from workshops and scenery around the world, do have a look!

Christmas Special:

DVDs make a wonderful (and easy to post) Christmas present. Buy any DVD and receive a 40% discount! One time offer December 2013 only. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the Products section ([click here](#))

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WORKSHOPS

Dr Lam NZ 2014 – Triple Workshop!

17th-18th July 2014 - **Exploring the Depth of Tai Chi for Arthritis** (Instructors have an opportunity to update their TCH certifications)

19th-20th July 2014 - (2 concurrent Workshops) **Tai for Energy Instructor Training and Tai Chi for Diabetes Instructor Training**

“Official Dr Lam 2014 Pukekohe Triple Workshop” **brochures NOW available!** Book early to secure your place!

Note: The weekend workshops on Saturday 19th and Sunday the 20th July 2014, will be held **simultaneously**, choose one 2-Day Workshop (TCD or TCE)

Contact: Tamara Bennett – 09-235-8648 or smilingdragon@outlook.com

WELLINGTON TAI CHI for OSTEOPOROSIS INSTRUCTOR TRAINING COURSE with Chris Hattle Master Trainer 1ST – 2ND February 2014 (Saturday and Sunday)

9am – 4.30pm

Tai Chi for Osteoporosis is a programme specially designed by Dr Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on Yang and Sun styles Tai Chi, it is easy to learn, effective and safe. The programme is designed with consideration to available medical evidence to improve balance and prevent falls. It will also improve relaxation, fitness and health. Tai Chi for Osteoporosis has incorporated Tai Chi movements that were shown by scientific studies to slow down loss of bone density and prevent falls

Participants: A current First Aid certificate is also required for TCO Instructor certification. Participants provide your own lunch. Light refreshments will be available for morning and afternoon tea

Where: 3-5 George Street, Thorndon. Wellington

Costs: Course cost as below plus DVD cost
Purchase of Tai Chi for Osteoporosis DVD: Purchase from Hazel Thompson
taichiproductionsnz@gmail.com

Course cost: Payable to Chris Hattle
\$320 inc gst Non-member TCHCNZ
\$290 inc gst Member TCHCNZ

OR Earlybird Payment by 17th December 2013
\$290 inc gst Non-member TCHCNZ
\$260 inc gst Member TCHCNZ

Withdrawal from the course after 7th January incurs a \$50 fee

Re-validation: By attending this course you may also re-validate the following other TCHI Instructor certificates: TCA, TCD, TCK, STCA, FP. An assignment will be sent to you on registration. Please contact Chris with enquiries & costing.

Register: by 6th January **Numbers are limited**
Contact Chris Hattle to register hattle@xtra.co.nz
Phone 06)3564332
(please leave a message)

NAPIER PRACTICE SESSION: Sun Style 73 Forms
When: Saturday 9th November 2013
10am – 1pm

Venue: Napier Age Concern rooms
98 Taradale Road, Onekawa (next door to Easy Print)

Cost \$40 (non members TCHCNZ)
or \$30 for TCHCNZ Members

plus Koha: Maureen's group in Napier is inviting registrants to consider contributing to koha for instructor travel and Age Concern room hire.

Registration closure: registration with payment closes 29th October 2013

To register contact Chris Hattle, details as above

On registration you will be provided with a bank account number for internet payment or address for postal payment

Tai Chi with Tamara (ST)

Skill Building Workshops 2014

Pukekohe @ Franklin: The Centre

12 Massey Ave (next to Town Hall, parking & entrance in the back)

Ellerslie, Auckland @ Leicester Hall, corner Findlay & Ramsgate Streets

March 2nd (Sunday) – Yang 24 1-4pm - **Pukekohe** Investment: **\$30**

March 30th (Sunday) - Sun 73 1-4pm - **Pukekohe** Investment: **\$30**

May 24th (Saturday) - Tai Chi for Health (TCA, TCE, and TCD "Get ready for July")

1-4pm - **Ellerslie, Auckland** Investment: \$35 or **\$30** TCHC NZ member price

June 29th (Sunday) - Tai Chi for Health (TCA, TCE, and TCD "Get ready for July")

1-4pm - **Pukekohe** Investment: \$35 or **\$30** TCHC NZ member price

August 24th (Sunday) – Yang 24 1-4pm - **Pukekohe** Investment: **\$30**

September 21st (Sunday) - Sun 73 1-4pm - **Pukekohe** Investment: **\$30**

October 18th (Saturday) - Tai Chi for Health (TCA, TCE, TCD, TCK and TCO)

1-4pm - **Ellerslie, Auckland** Investment: \$35 or **\$30** TCHC NZ member price

Please RSVP in advance if you plan to attend these sessions ... thank you

For a pdf file of these workshops please click [here](#)

NOTE: If your group would like a practice session in your area; I am available to travel to your town for a ½ or full day session. Contact me and we can work out the details.

Contact Tamara: 09-235-8648 021-255-1087
www.smilingdragon.co.nz

smilingdragon@outlook.com

ARTICLES

(Recently Dr Lam conducted a workshop in Minnesota, and afterwards he received this lovely letter from Ruth)

Dear Dr Lam,

Thank you for teaching us in Minnesota last weekend! The workshop was even more healing and helpful than I could have imagined.

You see, close to the time when I first discovered tai chi, nearly 20 years ago, I happened to be near Baltimore, Maryland when there was a world championship martial arts tournament there. I saw many impressive sights and outstanding masters that day, but there is only one that remains vivid in my memory. In the Masters Demonstration, in one corner of the floor was an Australian in flowing, creamy white silk named Dr. Paul Lam. Your beautifully flowing demonstration

introduced me to a completely new picture of tai chi. I have remembered and been inspired by it ever since.

The workshop in Minnesota confirmed what your students have told me, that you get even better each year. I would have found that difficult to believe possible, 20 years ago, yet now I understand. You are right; what I saw then and now is how deeply you love people.

You and your participants taught me wonderful things about Tai Chi for Energy and specific ways to better teach tai chi this weekend! Beyond that, I feel very blessed to have been immersed in the loving community that you attract, and to have witnessed your love as it drew forth the very best from within each participant.

You and your participants are marvelous ambassadors of good will, health and peace for our world. Please convey my appreciation to them, as well, for all of them added unique qualities of their own to your marvelous program. You all have given us gifts to be passed on; I shall do my best.

With appreciation and respect,

Ruth Kneile
Des Moines

Dr Lam's December newsletter is focused on tai chi families, and he shares these two stories from mother and son Linda and Grant Ebeling. I would love to hear from any New Zealand tai chi families.

Seeing Mom in a Different Light **Grant Ebeling, Instructor, Eagan, MN**

A couple of years ago when Mom returned from one of Dr Lam's trainings and showed me the new form she had learned, I was immediately enamored. Something struck me about the balance of Chen and Sun, of the familiar and the new. When she told me that she would be hosting a TCE training at home, I was interested, but didn't think I could make it. It was a nondescript weekend in the middle of the life of a busy college student, and school comes first.

Naturally, while talking with Mom a mere 2 weeks before the training, I decided to check my calendar. Surprisingly, it was actually clear. Unfortunately, I didn't know the form. Luckily, the internet was available.

Thus began a series of short but intense learning sessions as I was taught by Mom via Skype. This was how I was used to working with her, from the very beginning. Regardless of how polished an exterior she presented during class, I got a first row seat to the chaos behind it; I was her guinea pig. So this sort of improvised Skype lesson, laptops propped up sideways, working around furniture and cords, the dog getting underfoot: this is what I was used to – nowhere near formal or polished, but rather effective chaos.

Once the workshop was underway, it went more or less as I had anticipated. I met awesome new people, got to meet Dr Lam, learn the details of the form, deepen my Tai Chi, and come to love TCE. The workshop went smoothly, with no hitches, but this was no surprise to me. After all, it had been planned by Mom. She did my birthday parties when I was younger with the same degree of concentration, so this flawless execution of a workshop is what I had expected.

When the training drew to a close, the coordinators took turns to demonstrate their favorite forms. For Mom, this meant the Sun 73. This is, again, something I had seen before. I remember her showing the family the cool new form she learned when she came home from the work shop, I'd seen her teach it in class, and seen her perform in a park. However, this time was different, and gave me a true sense of her skill and professionalism. For once, I got to see her focus on the form – not skipping backwards to avoid the couch, not kicking the footstool out of the way, no trying to nudge the dog (or his toys) out from underfoot – and it was, honestly, impressive.

Tai Chi Family/Family Tai Chi

Linda Ebeling, Senior Trainer, TCHC Board Member, Scholarship Committee Chair, Eagan, MN

This past October, I had the experience of hosting my first workshop for Dr Paul Lam. When I heard ST Hazel Thompson compare hosting a workshop for Dr Lam to planning a wedding, I laughed. This was a new experience with a myriad of details to attend to and nearly two years of planning to organize. Just like any large family gathering,

I knew the help of my tai chi family of fellow instructors and class participants would be a vital part of a successful Tai Chi for Energy workshop. It would also be a way to get people involved and build community. Several members of TCH shared their experience and advice. Others gave their time and expertise by assisting during the workshop. Local volunteers from the Twin Cities helped with various tasks such as set up and registration during the workshop. It did indeed feel like a family pulling together, sharing their talents and efforts to make sure participants would get the most out of the TCE workshop.

The tai chi family expanded when my son, Grant, decided he would like to attend the workshop and become a certified instructor. When I became a certified TCA instructor, Grant, at the age of 12, was my first student, helping me practice teaching before I started up a class. Years later, he continues to enjoy tai chi, attending some of my classes and assisting in events. Of course, I had been talking about Dr Lam's TCE workshop quite a bit at home. However, it wasn't until Grant returned to college in September, (at the 11th hour when most college students make decisions) that he let me know of his desire to attend and become a certified TCE instructor.

Grant knew TCA, but he had never done TCE and would only have a very short time with the DVD to learn the form. To help Grant prepare for the workshop, I taught him TCE via Skype. Grant did a great job during the workshop; he knew the form well and was a spokesperson for his group during one of the breakout sessions.

My first Dr Paul Lam workshop very much became a family event. Like a large wedding with company coming from out of town, hosting was filled with hard work and a few headaches. But in the end it became a uniting of tai chi and family, friendship, growth and joy.



That's all for this year! Have a wonderful Christmas and a very happy New Year,

Hazel

