

Number 75

April 2014

TAI CHI FOR HEALTH

April Special:

Buy Tai Chi for Flight and receive a 35% discount! Offer expires 30th April. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the [Products](#) section.

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Training sessions with STs Tamara Bennett and Hazel Thompson

Workshops and Training Sessions with Master Trainer Chris Hattle

ASA Conference

The First Lady tries tai chi!

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TCHC NZ's July 2014 \$150 Workshop Tuition Scholarships were Awarded to:

Kathy Smith (Alexandra)

Eileen Bandcroft (Auckland)

Sarah Ottaway (Pukekohe)

Helga Meyer (Waiheke Island)

Karin Brown (Auckland)

*There were 6 Full Member Scholarships available and we had 5 applicants
Congratulations to Kathy, Eileen, Sarah, Helga and Karin!

Attention Student Members

All Student Members who pay in full by the Early Bird deadline 15th May for a July 2014 workshop with Dr Lam in Pukekohe, will go in the draw for one of **two \$50 tuition refunds!**

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**

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

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

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

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.

Attention: Northland – Taranaki – Napier/Hawkes Bay

Interested in a **Skill Building Workshop** prior to Dr Lam's July Workshops?

Contact: Senior Trainer Tamara Bennett smilingdragon@outlook.com

09-235-8648 021-255-1087

Note: TCHC NZ pay travel expenses for the workshops leader.

This will help keep the workshop cost for participants to a uniform rate around the country.

Christchurch Workshop with Senior Trainer Hazel Thompson

Where: Halswell Hall, corner of Halswell Road and Halswell Junction Road

When: 17th May

Time: 12.30 to 3.30 pm

Price: \$35 or \$30 for TCHC NZ members

Syllabus

Something for everyone. Sets available include Tai Chi for Arthritis/2, Tai Chi for Diabetes, Tai Chi for Energy, Tai Chi for Beginners, Tai Chi for Osteoporosis, Yang 24 Forms, Sun 73 Forms. Requirements of attendees will determine the programme.

An opportunity to refine and develop your tai chi, work on problem areas and generally have fun!
We can discuss the differences between the sets and the synergy between Sun and Chen Styles.

TCA Updates will be possible by prior arrangement, and with the completion of a written assignment.

Afternoon tea provided.

Contact Hazel at taichiproductionsnz@gmail.com

Instructor Training & Practice Sessions.

Put your hand up to have the following workshops in your area

Chris Hattle Master Trainer plans to lead the following instructor workshops

- Tai Chi for Arthritis (TCA) Instructor
- Update TCA Instructor with TCA2 review
- Tai Chi for Osteoporosis Instructor
- Seated Tai Chi for Arthritis Instructor

Practice Sessions:

Chris would also like to hear from you if you would like practice sessions in your area.
Tai Chi for Arthritis, Osteoporosis, Diabetes, Energy, Kidz, Sun Style 73 forms.

Contact Chris:

hattle@xtra.co.nz

28 Wikiriwhi Cr., Palm.Nth, 4412

06 356 4332 (leave a message)

Tai Chi for Osteoporosis (TCO) Instructors flourish in the Lower North Island - & a plus for Nelson

The month of February brought an instructor workshop to Wellington with Master Trainer Chris Hattle and Enliven working together to bring the TCO training to fruition. As an extra and very special bonus Master Trainer Brenda Hum from Adelaide, joined the leadership of the workshop for her first visit to New Zealand. One tai chi instructor travelled from Nelson to enjoy the atmosphere of the capital city. The other seven participants rallied from Wellington City and Hutt Valley.

The two day workshop was vibrant and very focused with a balance of tai chi practice, tai chi and osteoporosis information and a solid review of teaching strategies and becoming effective tai chi teachers. Friends met up and friends were made.



And more tai chi participants will now be benefiting from the skills and leadership of their leaders who now bear certificates as TCO Instructors. Congratulations to all eight of you.

America on Aging Conference 2014, San Diego

Recently Dr Lam made a presentation at the America on Aging Conference, which was very well received. Other conference activities included tai chi demonstrations, a free lesson with Dr Lam, and question and answer sessions at the exhibit hall booth.

Dr Lam was supported by Professors Beverley Roberts (USA) and Professor Rhayun Song (Korea), plus Master Trainers Ileina Ferrier (Hawaii), Robin Malby (Walnut Creek, USA), Senior

Trainers Hazel Thompson and David Nakamaejo. Stanley Michaels, from the Hawaii Health Department was extremely helpful.

Aging issues are a major problem and expense around the world, with the USA taking a proactive approach to keeping seniors fit and independent. A lot of interest was received from some major agencies.

THE FIRST LADY TRIES TAI CHI...

Here in the US major news stories were swept aside to make room for footage of Michelle Obama trying tai chi in China with a group of young people! The First Lady is very involved in health and exercise issues, and it is exciting that she has given her personal endorsement to tai chi.

[Watch](#) the video.

World Tai Chi and Qigong Day 2014

The Wellington area invites you to their event:

Saturday 26 April 2014
9.30am for a 10.00am start
Karori Recreation Centre
251 Karori Road, Karori (Behind the library)
Ferne McKenzie ph 04-3891-433 ferne.david@xtra.co.nz
[Entry by Koha](#)

CHINA TOUR DIARY

In March Dr Lam conducted a weeklong workshop in Zhuhai, China, on the 24 and 73 forms. This was followed by a further week touring Wuyi Mountain, Xiamen with his 20 participants.



Jill Newcombe has written a wonderful and funny piece about the workshop, and next month I will have her piece on the China Tour

This is China, by Jill Newcombe

En route to China ...

First task is to meet up with 4 other Australians at Hong Kong Airport ... with luck I will be able to recognise Bev ... they are flying in from Brisbane .. I'm flying from Sydney. Spotted ...easy, success, all smooth sailing. It's then onto the escalator that takes you to the train, that takes you to the ferry, that takes you to Zhuhai. Will all this work? Will we make the last ferry to Zhuhai? If public transport is as efficient as Sydney we've got NO chance!!! But, to quote Monika, this is China ...easy, success, all smooth sailing.... we arrive in Zhuhai. A Green Taxi (because Monika told us to get a green taxi) to Nan Hai Oil Hotel and we arrive around 1am Sydney time.... earlier, China time. Mike, Denise and Rosalie are loaded into the golf buggy ...it doesn't start ... the staff don't panic they just laugh!!! ... remember, this is China ...eventually we are all in our new little home .

Zhuhai Workshop...

“Show me”, Dr Lam says... I had successfully positioned myself in the middle back row, Bob to my left excellent cover I'm thinking....but still my legs go to jelly, my heart pounds and hands shake ... why am I doing this I ask myself? Breathe deeply, calm down, I tell myself and so the journey begins.

...but wait ... there's a camera ... no, it's taking videos enter Hazel ... 1, 2, 3 we hear her say ... can this floor just open up and swallow me??? ”Don't worry ... I'll just put it on Youtube” ... says the New Zealand accent ... seriously? ... surely I misheard the Kiwi accent ... no, the word is repeatedYoutube please floor swallow me now!!!

We practise. We are constantly asked to “show me”. We practise... 1,2 3 click... practise and practise some more... 1, 2, 3 ... click.

I listen to the most extraordinary explanation of song (I thought you sang that) and jing (never heard of that), spiral force (thought that was a cyclone) ... I wonder if I have “got” any of this ... I keep trying.

I watch the others in my group and marvel at their expertise. I copy some ... I listen and learn from others. There is Debra ... so graceful and the master of spiral force, Kittywho moves so effortlessly she glides, Gurney ... how low can that girl go, Sherry ... with wonderful advice, Bob ...who was given high praise from our Master Trainer for his improvement of form before the workshop even began, Monika ...always interrupted by phone calls but one to follow if I forgot and Rosalie .. thank you for asking all questions I didn't! And, of course, Marie ...our French Canadian from Singapore ... we missed her on tour.

There are moments when we are all in the flow and it's a “wow” factor (where's the 1,2 3 click when you need it!), there are moments when someone forgets .. but it doesn't matter. **This IS Tai Chi... .**

I accepted my certificate with pride and excitement about what I have learnt. Secretly I am looking forward to getting home to practise in the privacy and freedom of my home. At this stage I have no idea how far I have advanced, if at all!!!

More next month

Hazel