

**Number 76**

**May 2014**

## **TAI CHI FOR HEALTH**

### **May Special:**

Buy any Advanced DVD (Combined 42 – Vol 1 & 2, 42 Sword Forms, Chen Style 36 Forms, Yang Style 40 Forms and receive a 30% discount! Offer expires 31<sup>st</sup> May. As Dr Lam's New Zealand Agent, I do have his entire range in stock, which you can view at the [Products](#) section.

### **In this issue:**

Dr Lam's Triple Workshop in 2014  
Training sessions with STs Tamara Bennett and Hazel Thompson  
Workshops and Training Sessions with Master Trainer Chris Hattle  
World Tai Chi and Qigong Day  
Tai Chi Classes Fund Solar Lights  
Notes re First Aid training  
China Tour Diary

## **Dr Lam NZ 2014 – Triple Workshop! Early Bird \$\$ 15<sup>th</sup> May**

### **Attention Student Members!!!**

All Student Members who pay in full by the [Early Bird deadline 15<sup>th</sup> May](#) for a July 2014 workshop with Dr Lam in Pukekohe will go in the draw for one of **two \$50 tuition refunds!**

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, you can only do one)  
***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](mailto:smilingdragon@outlook.com)

**NB:** *Master Trainer and Senior Trainers are all able to be assisted with travel funding through TCHC NZ to lead Practice Sessions / Skill Building Workshops.  
If you have a group of people who would like a practice session in your area please contact Chris Hattle, Tamara Bennett or Hazel Thompson*

.....*Tai Chi with Tamara (ST)*

## **Skill Building Workshops 2014**

### **Far North**

**Date:** June 14<sup>th</sup> (Saturday)

**Venue:** Coopers Beach St John's Ambulance Hall (9 St. John's Road, Coopers Beach, Far North)  
8am-9am **Sun Style 73**  
9am-12noon **Tai Chi for Health** (TCA, TCO, and TCD)  
**Investment:** **4 hours** (8am-12noon) \$50 or \$45 TCHC NZ member price  
**3 hours** (9am-12noon) \$40 or \$35 TCHC NZ member price  
**Contact:** Tamara [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com) 021-255-1087 or 09-235-8648

## **Auckland & Pukekohe**

\***Pukekohe** @ Franklin: The Centre 12 Massey Ave (next to Town Hall, parking & entrance in the back)

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

**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

**Contact:** ST Tamara Bennett [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com) 09-235-8648 021-255-1087

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

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

## **Christchurch Workshop with Senior Trainer Hazel Thompson**

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

**When:** 17<sup>th</sup> May

**Time:** 12.30 to 4.00 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](mailto: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](mailto:hattle@xtra.co.nz)

28 Wikiriwhi Cr., Palm.Nth, 4412

06 356 4332 (leave a message)

## WORLD TAI CHI DAY CELEBRATED IN WELINGTON

*By Ferne McKenzie*

Over 150 people from throughout the Wellington region including Wairarapa marked World Tai Chi Day with mass performances at the Karori Recreation Centre on Saturday (26 April) as part of a coordinated event celebrated worldwide.

At 10am sharp, Tai Chi clubs and schools in time zones all round the world began their activities with the same routine, the Yang-style 8 forms, so it became 24 hours of "one world ... one breath" around the globe. Similar festivals were held elsewhere in New Zealand.



The purpose of the worldwide annual event is to promote the benefits of Tai Chi and bring together practitioners of the many different styles of Tai Chi that have developed from the ancient Chinese martial arts.

Research, including recent clinical trials at Harvard Medical School in the US has verified that the slow graceful movements associated with Tai Chi measurably build muscle strength, improve balance and joint movement, reduce blood pressure, relax tension, and can even reverse the bone-weakening process of osteoporosis, as well as being a fun thing to do.

At Saturday's event, over 100 experienced members of Wellington region Tai Chi schools and clubs participated in mass demonstrations of well-known forms, sharing their passion and enabling newer students to see and join in.

The two hour programme was filled with many forms which people could participate in, including those using fans and swords. There were also three demonstrations from the Chen Style Taijiquan Academy; the Wellington School of Tai Chi Chuan and from wudang wushu Wellington. The programme tried to cover all the major family forms, one from Dr Lam and from Cheng Man-ch'ng.

The event was jointly sponsored by the New Zealand Kungfu Wushu Federation and the New Zealand National Tai Chi Chuan Association, with the help and support from Tai Chi Associates Wellington.

The organiser, Ferne McKenzie, would like to thank WCC for the use of their venue, and the leaders and demonstrators and participants for making the day a success

If you want to know more about tai chi, contact Ferne at [ferne.david@xtra.co.nz](mailto:ferne.david@xtra.co.nz) and she can recommend instructors in your area.

## **ARTICLES**

### **Tai Chi Classes Fund Solar Lights**

Anna Durie, Instructor, Samoa and New Zealand

*(this article originally appeared in the Samoa Observer on 9 February)*

What do solar lights, Tai Chi and the village of Malaela have in common?

Her name is Anna Durie.

Since arriving in Samoa in 2011, Anna began running Tai Chi classes in Apia.

The money she raised from her Tai Chi classes was then used to purchase 250 solar lights through the Rotary Club of Apia and the lights have now been gifted to the village of Malaela.

Along with two of her Tai Chi students, Mere Chappe and Catherine Cregan, a Apia Rotarian, Anna travelled out to Malaea where a presentation was made to Tifa'i Anae Su'a, President of the Malaela Women's Committee, and members of the group.



The committee members were shown the many benefits of solar powered lights including recharging and changing of batteries when needed.

The solar lights last up to 8 hours before requiring recharging from the sun and are perfect for providing alternative lighting for home. The battery in the lights lasts one to three years. More information on these lights can be found by contacting the Rotary Club of Apia including on their Facebook page.

Tifa'i said she felt privileged and excited about receiving the lights, and the saving it would make to everyone's electricity bills. Why the village of Malaela?

Well this is where Anna's father, the late William Dunn was born, where members of her family are buried and where some of them still live.

The village of Malaela was also one of the areas in Aleipata badly affected by the 2009 tsunami and where sadly, Anna lost four of her family.

Their memories continue to shine on.

## **FIRST AID TRAINING**

As the Tai Chi for Health Institute continues to expand, it is no longer possible to keep track of the first aid status of all instructors. The administration required to issue reminders and check certificates has become too costly. We do strongly recommend that you keep your first aid up to date – this is a good idea for everyone, whether they teach or not. However from now on the instructor and update application forms will state

“I agree that I must have a current CPR certification, a current accredited first aid course, or similar qualification eg RN or MBBS before teaching this program.”

A signature is required, but the maintenance of first aid status is now up to the individual, TCHI will not be monitoring it.

## **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 and other regions, with his 20 participants.*

### ***This is China, by Jill Newcombe, Part Two***

The Mountains are Calling...

7am departure for a flight to Wuyishan ... we meet our wonderful Sammy who mothers all of us for the next 7 days ... we're on the ground in Wuyishan by lunchtime. It's raining and we have an outdoor theatre to attend... daunting ... but I cannot miss it. I quickly put a few more layers on, zip up the coat, put the poncho on and I am ready to be taken to the theatre. Theatre in the round ... but we're the ones going round. Enthralled ... I do not notice the rain ... the magic ... mountains are suddenly floodlit, horses dance across the hills, there's a raft on the lake, a mystical lady floats across the night's sky, a tea ceremony, hundreds of exquisitely dressed actors ..... we are all lost in this mystical world .... and, at the end, beautifully clad actors ascend the stairs under bright red umbrellas and... tea is offered .....extraordinary.

The next day we are climbing mountains ... seemingly millions of steps ...little steps ...to the top where mist covers the peaks ...36 (I think) peaks can be seen from our vantage point. We cross the little bridge 3 times "for luck and many men" our beautiful little Spring tells us. I'm in China so I've already had the luck ....( I am now at home waiting for the many men ... I have lawns to mow, decks to oil, gutters to clean ... they will be useful!!!) I turn and see Paul doing Tai Chi; under an ancient arch, along the narrow twisting track, in the hedged rows of tea bushes ... "am I really here?", I ask myself in wonderment.

Then we are floating down the nine twist stream on bamboo rafts, water lapping at our feet and, on our raft, our lovely Khim is translating all the wonderful stories and amusing anecdotes that our guide has probably told time and time again ... but still they work. He even takes pics for us, of us.... the tip was obviously enough!



The next day we are back to the mountains and doing Tai Chi, en masse, in the shadow of these majestic structures and by the 6<sup>th</sup> twist of the 9 twist stream. I must be dreaming.... we seem to move as one ... there is something magically in the air ... we just seem to float away with movement. ....we are soooo ready for the New Zealand accent ... 1,2,3 ... video!

**This... REALLY IS... Tai Chi..... and we ARE in**

China!

From the mountains to the sea ... from tea ceremonies to temples.....

...and ... tai chi with the locals ... on the footpath, in the car parks ... we're there and they're there ... we look at each other and smile ... and then we do Tai Chi.

Xiamen .... a quick stop. In little electric vehicles we tour Guland Yu ... then a little panic as three of our family are lost, then found ... relief and hugs abound.

Shantou ....and we are invited to Dr Lam's home to meet his family ... an extraordinary invitation .... at the entrance he stands and we take photos ... oops ... wrong house!!! We move on ....

Dr Lam tells the story of the Government taking over the family's home and giving them one room to live in .... how can that happen? That is incomprehensible to someone who has grown up with

the freedom and security of Australia. Then, after years of fighting, he is given back the ownership of the property only to be locked out of some of the rooms that were given to other people. There are doors with padlocks .... but there is also happiness as this family reunites.

I laughed when we were at the wrong house, I smiled as I saw the happiness on Paul's face when he was surrounded by his family and I, along with others, cried when we heard his story ... and, then, I marvelled when I thought about his life's journey... extraordinary ...

next month, saying goodbye to China.

Have a wonderful May, and stay warm!

*Hazel*