

Number 79

August 2014

TAI CHI FOR HEALTH

August Special:

Tai Chi for Energy 2 is the exciting sequel to Tai Chi for Energy, and this month we are offering a 10% discount! Offer expires 31st August. 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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Workshops and Training Sessions with Master Trainer Chris Hattle

Training sessions with ST Tamara Bennett

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WORKSHOPS AND TRAINING SESSIONS

TAI CHI TRAINING / INSTRUCTOR QUALIFICATIONS

See below for an opportunity to attend a tai chi workshop in Wanaka with Chris Hattle Master Trainer.

**Tai Chi for Arthritis and MULTI - Update course – One Day.
NAPIER**

When	Saturday 20 th September 2014: 9am-4.30pm
Where	to be notified
Who	Instructors for the purpose of revalidating all TCHI Instructor qualifications Students are welcome to attend the morning (contact Chris Hattle to enquire)
Multi?	You may attend to update one or many TCHI qualifications
What.....	TC for Health programmes. Chris is currently qualified to revalidate TCA TCO SeatedTCA TCD TCE TC4Kidz + Fall Prevention module
Pre-course	An assignment for each subject you apply to revalidate is completed before the Update Day
Cost	\$150 base rate for TCA only Additional costs ... \$35 each additional subject All costs include gst
Register Paid registration by 24 th August 2014	Withdrawal after 27 th August will incur a \$50 administration fee Late registrations will also incur an additional \$50 fee

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GENERAL INFORMATION ABOUT THE TWO-DAY INSTRUCTOR COURSES BELOW

Participants: **Instructors & instructor-applicants.** A current First Aid certificate is recommended for all Tai Chi for Health Instructors

Students are welcome to attend as course participants (Attendance certificate)

Costs: Course cost as below plus DVD cost

Purchase of the relevant course DVD is additional.

Resource book "Teaching Tai Chi Effectively" is recommended.

Purchase resources from Hazel Thompson

Participants provide your own lunch
Light refreshments will be available for morning and afternoon tea

Course cost: Payable to Chris Hattle
\$325 incl gst Non-member TCHCNZ
\$295 incl gst Member TCHCNZ

OR Earlybird Check the individual course listing for this date
\$295 incl gst Non-member TCHCNZ
\$265 incl gst Member TCHCNZ
Late withdrawal from the course incurs an administration fee: check the date on each listing
Costs, venue, dates – subject to change

**SEATED TAI CHI for ARTHRITIS INSTRUCTOR TRAINING Course
with Chris Hattle Master Trainer
16th – 17th August 2014 (Saturday and Sunday)
9am – 4.30pm**

Where: Palmerston North: Guide Hall, 2 Panako Place. Awapuni.
DVD: Seated Tai Chi for Arthritis DVD (2009)
Dates: Earlybird = Payment by 20th July 2014
Late withdrawal 24th July (fee incurred)
Register: by 20th July 2014

**TAI CHI for ARTHRITIS UPDATE & TCA2 INSTRUCTOR TRAINING
with Chris Hattle Master Trainer
18th – 19th October 2014 (Saturday and Sunday)
9am – 4.30pm**

Where: WANAKA

Registrations of interest by August 23rd please

- ✚ E-mail: hattle@xtra.co.nz**
 - ✚ Mobile/Text: 027 285 2002**
 - ✚ Phone 06 3564332**
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**TAI CHI for OSTEOPOROSIS INSTRUCTOR TRAINING
with Chris Hattle Master Trainer
29th – 30th November 2014 (Saturday and Sunday)
9am – 4.30pm**

Where: It is great to have six or more participants
If you can aim towards having about six people attending this two day workshop in your region let me know ASAP.
We can work together to make the workshop happen.
No limitations on where in NZ though consideration for travel time is appreciated.
Contact Chris hattle@xtra.co.nz

Auckland & Pukekohe

Tai Chi with Tamara (Senior Trainer)

Skill Building Workshops 2014

***Pukekohe** @ Pukekohe East Community Hall, 232 Pukekohe East Road & corner Runciman Road (next to the tennis courts) [NEW Venue](#) ... 3 min from the motorway, 35 min from Auckland CBD, 1 hr from Hamilton CBD

***Ellerslie, Auckland** @ Leicester Hall, corner Findlay & Ramsgate Streets (??? location may change, I need to find a more affordable venue!)

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

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

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

REVIEWS

Dr Lam NZ 2014 – Triple Workshops in PUKEKOHE a Success!

HIGHLIGHTS:

Enthusiastic participants from Australia, Samoa and ALL over NZ experienced a full on 4 days of tai chi with Dr Lam, MT Chris Hattle, ST's Hazel Thompson, Tamara Bennett and all the way from the land of OZ Marta Venegas!

Thursday & Friday ~ 40 participants in the spacious classic old Pukekohe Town Hall for the **Exploring the Depths of Tai Chi for Arthritis Workshop**

Main hall had a glossy old wooden floor which was perfect for tai chi, with Dr Lam up on the big stage with his headset microphone

Smaller hall was used for a classroom ... as the workshop days are a beautiful mix of practice and information classroom time.

Healthy selection of fruits and nuts for morning & afternoon teas, with a few biscuit and HOME BAKING from local tai chi students!

A bounty of lunch and dinner cafés and restaurants to choose from

Saturday & Sunday ~ 30 participants attended the **Tai Chi for Diabetes Instructor Training** and **Tai Chi for Energy Instructor Training Workshops**.



On Sunday the new Instructors demonstrated, in their groups, the new Tai Chi for Health set they had just become certificated in. Then MT Chris Hattle and the three STs **demonstrated Sun 73**. As a finale, Dr Lam demonstrated his own set called the Evolution of Tai Chi.

Below are a few comments from participants ...

“Just wanted to say thank you for arranging such a wonderful and inspiring Workshop on the Weekend. I really enjoyed it and everything was done with such efficiency, warmth (internal and external!) and enthusiasm. So much so that when I got home and discovered there was still one single room available at the Sydney workshop I booked and paid to go!!!” Eileen (Auckland)

“The course was really inspiring. I thoroughly enjoyed it.” Karin (Auckland)

“Such a great job organising the workshops. Thank you very much. It was ideal to have it close to the airport, with motels, shops and cafes all close by. Happy tai chi!” Margaret (Dunedin)

“Thanks for a fantastic workshop this weekend. I’m still buzzing with all the excitement over the weekend. Brilliant stuff.” Nina (Auckland)

“I had no preconceptions of the workshop (I likened it to a book with each page a surprise) and found it a very positive experience. My teacher (Marie Turner) recommended I attend because she thought I would benefit from it and she was right.

I enjoyed the unfolding of the programme and seeing Dr Lam in person His enthusiasm and joy when imparting his knowledge were infectious, particularly when he has presented to many workshops over many years to many culturally different audiences. I am not sure if I had fun because I was trying to absorb as much of the information as I could but I found it stimulating. I enjoyed having a different facilitator for each of the group sessions and the interaction between the group as a whole and the smaller groups but watching Dr Lam, Tamara and the other facilitators performing tai chi was inspirational. As it is when Marie gives a demonstration.

I very much appreciate all the behind-the-scenes hard work you and your team undertook to make this event so successful. The organisation before, during and after was superb. Kind regards” Margaret (Wellington)

PHOTO CDS

The photo CDs from the Pukekohe workshops will be ready by 8 August.

There is one CD for the Depth of Tai Chi for Arthritis workshop, and a joint CD for the Tai Chi for Diabetes and Tai Chi for Energy workshops. Price \$25. To order please contact Hazel.

ARTICLES

The Tai Chi for Health Toolkit

By Doctor Paul Lam

To do a good job you need the right tools.

Over the years I have built up the Tai Chi for Health toolkit with many specialised tools, including DVDs, books, CDs and YouTube free lessons. Sometimes I meet people who tell me their tai chi journey began after a serious illness or injury, and they found even the most basic forms demanding. One lady told me recently that it took her three months to master the warm ups.

These people inspired me to create Tai Chi for Rehabilitation. This is a combination of Sun, Chen and Yang moves, which can be done at a very basic level. It can be done lying down, seated or standing and is achievable even for those who feel they are lacking in energy and motivation. Each of the 6 lessons include modifications and participants can gradually increase the amount of physical effort they expend.

I have used my medical training in psychology to gently encourage people to take charge of their rehabilitation, and to make time to care for themselves. I also wanted even the most advanced practitioners to enjoy this program, using it themselves for stress relief after a busy day teaching. There are hidden depth to Tai Chi for Rehabilitation, and I know everyone will enjoy discovering them. In my own practice I sometimes work right through the trilogy, going through Rehabilitation, Energy, Energy 2 and finishing with the next logical step – the Chen 36 forms. I truly enjoy feeling my qi revitalise through this combination!

Now instructors can build up their tool kit, and be able to browse through it, choosing the most appropriate form for their participants.

FOR SALE

Three red Kung Fun Fans. Stainless steel blades, open to 63 cm across.
Storage case. \$25 each or three for \$60. Contact Hazel. Postage would be \$5.50 for one, or \$6 for three (NZ Post bag).



Interview with Paul Lam from the Yukon Times, Alaska

by Special Reporter Peter Wannan



Interviewer:

I understand, Paul, that recruiting and teaching trainers for Tai Chi in the Yukon has its special challenges.

Paul:

Yes, it does. I would like you to meet our most recently qualified trainer, Leigh “Grizz” Bear.

(Grizz shown above demonstrating Sun Style “Wave Hands in Clouds”.)

Interviewer:

Were there any special features, Paul, required for training in this environment?

Paul:

Yes, there were. My senior Teaching Assistant, Hazel modified our training method for the occasion.

It is now referred as “Stepwise Progressive Training with Cattle Prod Method.

We think it will be a big hit so we are trialling it in New Zealand our next workshop at Pukekohe. We expect immediate results and a great improvement in the speed of the learning process.

(Hazel shown above reminding “Grizz” that the following paw faces down in Waves Hand in Cloud”)

Thanks Peter!

Hazel