

Number 80

September 2014

## **TAI CHI FOR HEALTH**

### **September Special:**

My new program, Tai Chi for Rehabilitation, leads seamlessly into Tai Chi for Energy or Tai Chi for Diabetes. Buy Tai Chi for Diabetes and receive a 30% discount. Please use coupon code TCD0914

### **In this issue:**

Workshops and Training Sessions with Master Trainer Chris Hattle  
Training sessions with ST Tamara Bennett  
Review of the Wellington "Big Class" by Ferne McKenzie  
Humour Essay by Doctor Bob McBrien

### **WORKSHOPS AND TRAINING SESSIONS**

#### **TAI CHI TRAINING / INSTRUCTOR QUALIFICATIONS**

**with Chris Hattle Master Trainer.**

-----

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

**This workshop is now in Palmerston North**

When	Saturday 20 <sup>th</sup> September 2014: 9am-4.30pm
Where	Guide Hall, 2 Panako Place, Awapuni, Palmerston North
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 <b>one or many</b> TCHI qualifications
What.....	TC for Health programmes. Chris is currently qualified to revalidate TCA TCO Seated TCA TCD TCE TC4 Kidz + 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 <sup>th</sup> August 2014 Withdrawal after 27 <sup>th</sup> August will incur a \$50 administration fee Late registrations will also incur an additional \$50 fee

---

---

#### **TAI CHI for ARTHRITIS UPDATE & TCA2 INSTRUCTOR TRAINING**

**October 2014**

- It is greatly appreciated that the hospitality of "Wanaka" beckoned.
- NB: This workshop has been cancelled.
- Please keep watch on the newsletter for further tai chi training opportunities to be scheduled in places of NZ beauty such as Wanaka!

.....  
**TAI CHI for OSTEOPOROSIS INSTRUCTOR TRAINING**  
**with Chris Hattle Master Trainer**  
**Please note new date**  
**15<sup>th</sup> – 16<sup>th</sup> November 2014 (Saturday and Sunday)**  
9am – 4.30pm

**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 plus DVD cost

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

**OR** Earlybird payment date 30<sup>th</sup> September 2014  
\$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

**Resources:** Purchase of the TCO DVD is additional.  
Resource book "Teaching Tai Chi Effectively" is recommended.  
Purchase resources from Hazel Thompson

[taichiproductionsnz@gmail.com](mailto:taichiproductionsnz@gmail.com)

Participants provide your own lunch  
Light refreshments will be available for morning and afternoon tea  
Costs, venue, dates – subject to change

Contact Chris [hattle@xtra.co.nz](mailto: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

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

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

**October 18<sup>th</sup> (Saturday)**      **Tai Chi for Health** (TCA, TCE, TCD, TCK and TCO)

1-4pm - **Eilerslie, 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](mailto:smilingdragon@outlook.com) [www.smilingdragon.co.nz](http://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

### Wellington “Big Class”

by Ferne McKenzie



On the 2<sup>nd</sup> of August, the Wellington Tai Chi Associates held their 6th annual “Big Class”. This is an occasion where all Dr Lam Instructors and students get together to have fun and participate in the forms which are taught by our instructors. This year we had a challenge, David MacKenzie and Tanisha Fearon did mirror image of 24 forms and then we got everyone to have a go.

Our guests again this year was Leslie Kentfield who shared with us some qi gong and Glen Keith who demonstrated a more martial version of the 24 form. Andy Hardwick, as always was the MC. I would like to thank all the leaders, instructors and students who made this yet another great event.

## ARTICLES

### Humour Essay

Dr Bob McBrien is one of Dr Lam’s USA Master Trainers who writes a regular humour column. This month he is sharing it with us too.

While attending Dr Lam's January Workshop in Sydney folks from the USA became aware of back to school advertisements on TV. Students were finishing their summer holiday and preparing to go back to school in January or February. Here in the USA and Canada the school year begins in September, or late August. In this month's essay I, again, turn to the humor found in the activities of teachers and children and focus on the first day of the new school year.

\*After his first day at in kindergarten, Will returned home and told his mother, 'I'm wasting my time going to school. I can't read, I can't write, and they won't let me talk.'

\*Teacher: John, you copied from Fred's exam paper didn't you?

John: Why do you say that?

Teacher: Fred's answer to question ten was "I don't know" and your answer was, "Me, neither!"

\* After the first two weeks of first grade little Bobby was getting poor marks on his assignments. One Monday morning he gave his teacher quite a surprise. He tapped her on the shoulder and said ..."I don't want to scare you Miss Murphy, but my daddy says if I don't get better grades, somebody is going to get a spanking."

\*Martha is a kindergarten teacher, and on the first day of the new school year, a little girl handed her a note which read: 'Please be advised that the opinions expressed by Marilyn are not necessarily those of her parents.'

\*Early one morning, a mother went to wake up her son.

'Wake up, Sonny. It's the first day of high school.'

'Go away Mom! I don't want to go.'

Mom said, 'Give me two reasons why you don't want to go.'

Sonny replied, 'Well, all the kids hate me for one, and most of the teachers hate me, too!'

Mom answered, 'Oh, that's no reason not to go to school. Come on now and get ready!'

Sonny was determined, he said, ' Well Mom, give me two reasons why I should go to school.'

Her reply was, 'Well, for one, you're 52 years old. And for another, you're the school principal!'

### **FOR SALE**

Three red Kung Fun Fans. Stainless steel blades, open to 63 cm across.

Storage case. \$20 each or three for \$50. Contact Hazel. Postage would be \$5.50 for one, or \$6 for three (NZ Post bag).



See you next month,

*Hazel*