



December 2014

***TAI CHI FOR HEALTH***

**December Special:**

Continuing the xmas shopping theme, give the gift of health this xmas with 30% off any Beginners Series DVD. Offer expires 31st December.

**In this issue:**

Training sessions with Great Fall Prevention videos and articles  
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Hello everyone

Dr Paul Lam's New York Fall Prevention Team is doing amazing work, and now there is an excellent [video](#) presentation about their results. Do make sure you watch it and "Like" it – and I know they would enjoy reading your positive feedback

The New York Times also featured a two-part article on Falls Prevention, which makes very interesting reading. You can read Part One [here](#) and Part Two [here](#)

[Welcome to New ST](#)



[We are delighted to announce the appointment of a new Senior Trainer, Jill Freeman from Mangonui. Jill has already organised a very successful workshop for Senior Trainer Tamara Bennett, and is looking forward to arranging Skill Building Workshops in 2015.](#)

## Welcome to New Committee Member



Margaret Dando from Dunedin has agreed to join our Committee. Margaret has worked with Age Concern Otago for many years and has a strong interest in Falls Prevention. We look forward to working with her.



## **TCHI (Tai Chi for Health Institute) NZ Master Trainer's and Senior Trainers' 2015 Workshop Schedule**

For workshop details please contact the trainer directly

<b>MT Chris Hattle</b> 2002	<a href="mailto:hattle@xtra.co.nz">hattle@xtra.co.nz</a>	06-356-4332	027-285-
<b>MT Elect Tamara Bennett</b>	<a href="mailto:smilingdragon@outlook.com">smilingdragon@outlook.com</a>	09-235-8648	021-255-1087
for more detailed information for Tamara's workshops, please click <a href="#">here</a>			
<b>ST Hazel Thompson</b>	<a href="mailto:taichiproductionsnz@gmail.com">taichiproductionsnz@gmail.com</a>	03-980-6399	021-168-1763
<b>ST Jill Freeman</b>	<a href="mailto:jill@simplywonderful.co.nz">jill@simplywonderful.co.nz</a>	09-406-0969	

## **2015 ~ Tai Chi for Health - Instructor Training Workshops** *(subject to change)*

<b>HAMILTON</b>	28-29 March	Tai Chi for Arthritis by <b>MT Chris Hattle</b>	Contact: <b>MT Elect Tamara Bennett</b>
<b>KERIKERI</b>	16-17 May	Tai Chi for Arthritis by <b>MT Chris Hattle</b>	Contact: <b>MT Elect Tamara Bennett</b>
<b>WAIHEKE Island</b>	30-31 May	Seated Tai Chi for Arthritis	Contact: <b>MT Chris Hattle</b>
<b>WHAKATANE</b>	27-28 June	Tai Chi for Arthritis	Contact: <b>MT Elect Tamara Bennett</b>

<b>DUNEDIN</b>	9-10 July	Tai Chi for Osteoporosis (?)	Contact: <b>MT Chris Hattle</b>
<b>THAMES</b>	1-2 August	Tai Chi for Arthritis	Contact: <b>MT Elect Tamara Bennett</b>
<b>NELSON</b>	12-13 Sept	Tai Chi for Arthritis	Contact: <b>MT Chris Hattle</b>
<b>TAURANGA</b>	3-4 October	Tai Chi for Arthritis	Contact: <b>MT Elect Tamara Bennett</b>
<b>NEW PLYMOUTH</b>	November	Tai Chi for Osteoporosis (?)	Contact: <b>MT Chris Hattle</b>

## **2015 ~ Tai Chi for Health - Skill Building Workshops** *(subject to change)*

<b>PUKEKOHE</b>	22 Feb	Sun 73	Contact: <b>MT Elect Tamara Bennett</b>
<b>HAMILTON</b>	8 March	Tai Chi for Health programmes	Contact: <b>MT Elect Tamara Bennett</b>
<b>NELSON</b>	7 March	Tai Chi for Health programmes	Contact: <b>MT Chris Hattle</b>
<b>PUKEKOHE</b>	12 April	Yang 24	Contact: <b>MT Elect Tamara Bennett</b>
<b>DUNEDIN</b>	April	Tai Chi for Health programmes	Contact: <b>MT Chris Hattle</b>
<b>WAIPUKERAU</b>	20 June	Tai Chi for Health programmes	Contact: <b>MT Chris Hattle</b>
<b>NAPIER</b>	1 August	Tai Chi for Health programmes	Contact: <b>MT Chris Hattle</b>
<b>MASTERTON</b>	November	Tai Chi for Health programmes	Contact: <b>MT Chris Hattle</b>
<b>NEW PLYMOUTH</b>	November	Tai Chi for Health programmes	Contact: <b>MT Chris Hattle</b>
<b>PUKEKOHE</b>	15 Nov	Sun 73	Contact: <b>MT Elect Tamara Bennett</b>

**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, Jill Freeman or Hazel Thompson*

## **ARTICLES**

### **Tai Chi: buy one get 4 free**

Gurney Bolster, M.A., Senior Trainer  
Pittsburgh, Pennsylvania, USA

The “Health Beat” weekly emails from Harvard Medical School recently presented “5 of the best exercises you can ever do”. Swimming was first, tai chi second, followed by strength training, walking, and Kegel exercises. Hmmm, I said to myself. Why wasn’t tai chi number one? Thinking about it more, I decided that not only should tai chi be first on the list, but it could be considered the all-in-one best exercise. Let me explain:

Tai chi includes strength training, especially in the legs and deep postural stabilizer muscles (an often neglected muscle group in conventional exercise). Improving lower body strength, postural support and breathing, tai chi allows the upper body to release excess tensions while engaging the coordinated power of the body as a whole. Tai chi builds strength where we need it most.

An hour's tai chi class is much the same as an hour of walking. Tai chi is traditionally done standing with considerable, if not constant, attention to foot placement, balance, and transfer of weight. This careful practice of the mechanics of walking is slow, deliberate and internally focused. Mindful tai chi walking will take you farther (and more safely) in the long run.

As for Kegel exercises, the isometrics done to tone the pelvic floor muscles, tai chi engages this area of the body with every step. "Push down, sink, and deliver" teaches us to use the Dan-tian breathing to mobilize our energy, stabilize our core and coordinate the entire body. Tai chi puts the Kegel into action, instead of doing an isolated (and boring) squeeze and release exercise.

And then there is swimming. The gentle flow of water is often given as a metaphor for the smooth continuity characteristic of tai chi sequencing. The idea of moving against the current is used to engage the subtle resistance which drives the movement intent. Imagine the ripple effect after a pebble is dropped into water to feel how energy radiates from center to periphery (or from the Dan-tian to the extremities). Visualize the ocean waves to enhance the sensory experience of resiliently, rhythmically shifting weight from one foot to the other. Engaging the mind is an essential element of tai chi, too often overlooked in Western exercise. And finally, envision doing Yang style Repulse Monkey, an upright version of the crawl without the kicking, the pool, or the chlorine.

So, you see, tai chi is the 5 – in – 1 best exercise you can ever do!

Wishing you all a Merry Christmas and a Happy New Year,

*Hazel*