

Number 84

January 2015

TAI CHI FOR HEALTH

January Special:

Tai Chi for Health is declaring 2015 the unofficial Year of the Senior! Buy Tai Chi for Older Adults and get a 30% discount. Offer ends 31st January. Not to be used with any other discount.

In this issue:

Training sessions
Feedbacks from this year's scholarship recipients

Hello everyone

This month our scholarship winners share their experiences in Pukekohe.



TCHI (Tai Chi for Health Institute)

NZ Master Trainer's and Senior Trainers'

2015 Workshop Schedule

For workshop details please contact the trainer directly

MT Chris Hattle hattle@xtra.co.nz 06-356-4332 027-285-
2002

MT Elect Tamara Bennett smilingdragon@outlook.com 09-235-8648 021-255-1087

for more detailed information for Tamara's workshops, please click [here](#)

ST Hazel Thompson taichiproductionsnz@gmail.com 03-980-6399 021-168-1763

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

HAMILTON	28-29 March	Tai Chi for Arthritis by MT Chris Hattle	Contact: MT Elect Tamara Bennett
KERIKERI	16-17 May	Tai Chi for Arthritis by MT Chris Hattle	Contact: MT Elect Tamara Bennett
WAIHEKE Island	30-31 May	Seated Tai Chi for Arthritis	Contact: MT Chris Hattle
WHAKATANE	27-28 June	Tai Chi for Arthritis	Contact: MT Elect Tamara Bennett
DUNEDIN	9-10 July	Tai Chi for Osteoporosis (?)	Contact: MT Chris Hattle
THAMES	1-2 August	Tai Chi for Arthritis	Contact: MT Elect Tamara Bennett
NELSON	12-13 Sept	Tai Chi for Arthritis	Contact: MT Chris Hattle
TAURANGA	3-4 October	Tai Chi for Arthritis	Contact: MT Elect Tamara Bennett
NEW PLYMOUTH	November	Tai Chi for Osteoporosis (?)	Contact: MT Chris Hattle

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

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

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

FEEDBACKS FROM OUR SCHOLARSHIP RECIPIENTS

\$150 Full Member Tuition Scholarship

Feedback to Scholarship Grant & TCD Course

Thank you for granting me the scholarship for this year's TCD course held in Pukekohe. The July seminar was my 1st opportunity to meet Dr. Lam personally, after having studied many of his DVDs.

Initially I felt a bit doubtful how well it would work to have two separate courses running parallel, - TCE and TCD. But I found that the set-up and management of the event proved very effective.

The 2 groups created inspiring enthusiasm and mindful contributions to the subjects shared by all participants.

I introduced the newly learned practice to my 2 tai chi groups in early October starting with an additional 1/2hour educational seminar. The Yang style sequence was very well received. I am happy to report a close to 40% increase in numbers in one of my classes.

Again, thank you for the grant. I look forward to the next seminar.

Karin Brown

Bays Yoga & Tai Chi

Forrest Hill, Auckland 0620

\$150 Full Member Tuition Scholarship

My Name is Margaret Hardgrave; I am employed by Sport Hawke's Bay as Kiwi Senior Coordinator. I have delivered exercise programmes to older adults for over 16 years.

TCHC NZ Committee Scholarship Grant enabled me to attend the 4 day Tai Chi Training Workshop in Pukekohe, achieving the following.

- Revalidation of TCA and TCE Certifications.
- Exploring the Depths of TCA workshop.
- Certification as a TCD Instructor.

The workshop helped me to perfect all Tai Chi forms while gaining a deeper appreciation of the Tai Chi Journey, gaining knowledge and taking learning to a new level.

Thank you for helping make this all possible.

Margaret Hardgrave

Kiwi Seniors Coordinator

Sport Hawke's Bay

Napier

\$150 Full Member Tuition Scholarship

In July this year it was my privilege to receive a scholarship to attend a TCE workshop at Pukekohe. Dr Lam, Master Trainers and Senior Trainers from both New Zealand and Australia were in attendance.

The two days were totally inspiring for me, I learned so much not only about tai chi but also about myself as a person. The environment was relaxed, inclusive and non-judgemental - so conducive to learning!

As a result of this experience I was so inspired that I wanted more - so I booked myself into the Sydney Workshop in January. I had always thought this well beyond my means but with a bit of fundraising on my part I have made the dream come true!

Eileen Bandcroft

Glenfield, Auckland

\$150 Full Member Tuition Scholarship

I was very grateful for the scholarship which meant I attended all 4 days. It was an amazing experience to be immersed in a tai chi pool of knowledge, sharing, love and like-mindedness.

The 'beauty is in the basics' is what I took from the workshops. The repetition of practising the building-blocks of the forms reminded me tai chi feels better when you have familiarity, understanding, can practice regularly and make opportunities to apply the principles.

I instruct more confidently than before. I stripped back and simplified lesson plans. I'm thrilled my students report feeling more engaged and most now independently practise.

Thank you
Sarah Ottaway
Pukekohe

\$150 Full Member Tuition Scholarship

TCHCNZ

Scholarship Thanks

I have been very fortunate to have received a \$150 Scholarship to attend the TCA workshop with Dr Lam in July. This financial contribution enabled me to then sign up for the double workshop. The workshops helped me to deepen my understanding of Tai Chi and to renew my teaching licenses for TCA, TCD, TCK and TCE.

I was also able to hold my class fees at the previous low level in spite of a substantial increase in hall hire charges. My students and myself are very grateful for your support!
Thank you so much!

Helga Meyer

Tai Chi Waiheke
Waiheke Island

\$150 Full Member Tuition Scholarship

As a recipient of a Scholarship awarded by TCHI I attended the Pukekohe TCA In-depth workshop. Since returning to Alexandra I teach utilising the knowledge and skills learnt at the workshop. Dr Lam's repetitive teaching gave me understanding as to the gentle slowness required and I incorporated his methods in my first class after the workshop. The enthusiastic response from my participants as to how much they enjoyed the slower teaching method is an indication as to the value of the workshop. I thank TCHI and Dr Paul Lam for teaching me to help others climb their mountain with Tai Chi.

Kathy Smith

Steady as You Go and
Tai Chi for Health Instructor
Alexandra, Central Otago

\$50 Student Member Tuition Scholarship

The workshop was the best I have attended: well organised small groups allowed for more one on one attention w which I found very beneficial. I also appreciated the explanation of what the various moves in the form were for e. g. blocking an attack, disarming an opponent and so on. I am a visual learner and need to be able to picture why I'm doing what I'm doing. I would like to have more of this in future workshops.

Since the workshop, I have been able to practise with more focus and confidence.

Thank you very much for the scholarship and the opportunity to participate in such an inspirational occasion with such enthusiastic people.

Cheers

Jacky Fuller

Mt Cook, Wellington

\$50 Student Member Tuition Scholarship

Paul Lam's July workshop... Fantastic!

I highly recommend Paul's workshops to anyone wanting to become a Tai Chi for health instructor, or for anyone wanting to gain more insight to their existing Tai Chi.

Paul is a wealth of knowledge and experience with a great sense of humour.

Paul's demonstrations of the forms are brilliant. Especially his demonstration of Chen style 56 form. I don't think I blinked. I left the workshop feeling full of confidence and motivation to start teaching Tai Chi and I am now teaching a class weekly through a Martial Arts club.

I also recommend Paul's book "Teaching Tai Chi effectively". Easy to read, valuable knowledge.

And a big thanks to Tamara Bennett and Hazel Thompson who both helped Paul with the training. I would recommend classes with either of these ladies also if you get a chance.

all the best with your Tai Chi

Ian Blaine

Hunters Corner, Auckland

Wishing you all a very Happy New Year!

Hazel