

## Number 93

October 2015

### **TAI CHI FOR HEALTH**

#### **October Special:**

20% off when you order the Tai Chi for Energy DVD. Offer ends 31 October 2015. Not to be used with any other discount.

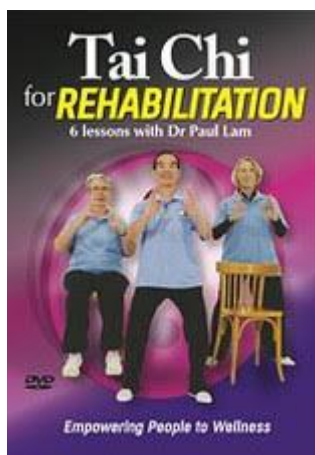
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## **Dr Lam NZ Workshops ~ July 2016**

@ Tauhara Retreat & Conference Centre in Taupo, NZ  
<http://www.tauharacentre.org.nz/> ... check this place out!

*Come and explore tai chi with Dr Lam in a beautiful serene setting with wonderful energy, catch up with tai chi friends and make new friends. This is a very special 3-day NZ residential retreat workshop with accommodation and vegetarian home cooked meals onsite. Spaces are limited and will book out fast ... register **NOW!!!** \*First Paid - First Served basis*



Fri 15th July 2016  
**Depths Yang 24 Forms Workshop**  
(A rare workshop with Dr Lam)

Sat 16th & Sun 17th July 2016  
**Tai Chi for Rehabilitation Instructor Training Workshop NEW**  
(with multiple updates)

For information and registration Contact: MT Tamara Bennett  
[smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)



## TCHI (Tai Chi for Health Institute) NZ Master Trainer's and Senior Trainer's Workshop Schedules

For workshop **details** please contact the trainer directly

MT Chris Hattle	<a href="mailto:hattle@xtra.co.nz">hattle@xtra.co.nz</a>	06-356-4332	027-285-2002
MT Tamara Bennett	<a href="mailto:smilingdragon@outlook.com">smilingdragon@outlook.com</a>	09-235-8648	021-255-1087
ST Hazel Thompson	<a href="mailto:taichiproductionsnz@gmail.com">taichiproductionsnz@gmail.com</a>	03-980-6399	021-168-1763
ST Helga Meyer	<a href="mailto:helga.m@clear.net.nz">helga.m@clear.net.nz</a>	09-372-2210	027-302-3003

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### Instructor Training Workshops *(subject to change)*

\*Note: 4FP = for Fall Prevention, +Up = Updates

<b>TAURANGA</b>	10-11 October	Tai Chi for Arthritis + Updates	Contact: MT Tamara Bennett
<b>RAGLAN</b>	24-25 October	Seated Tai Chi for Arthritis	Contact: MT Chris Hattle
<b>AUCKLAND</b>	21-22 November	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
<b>DUNEDIN</b>	January 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
<b>WHANGAREI</b>	27-28 Feb 2016	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
<b>New Plymouth</b>	26-27 Mar 2016	Tai Chi for Health	Contact: MT Chris Hattle
<b>HAMILTON</b>	2 April 2016	Tai Chi for Arthritis 2 + Fall Prevention	Contact: MT Tamara Bennett
<b>QUEENSTOWN</b>	16-18 April 2016	Tai Chi for Arthritis 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
<b>AUCKLAND</b>	4-6 June 2016	Tai Chi for Arthritis 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
<b>TAURANGA</b>	3-4 Sept 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>Christchurch</b>	1-2 October 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>AUCKLAND</b>	12-13 Nov 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>HAMILTON</b>	4-5 March 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
<b>KERKERI</b>	1-2 April 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett

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### 'SBW' Skill Building Workshops *(subject to change)*

<b>AUCKLAND</b>	31 October	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>MASTERTON</b>	14 November	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>PUKEKOHE</b>	15 November	Sun 73 (possible 10am-4pm)	Contact: MT Tamara Bennett
<b>HAMILTON</b>	28 November	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>New Plymouth</b>	Feb / Mar 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
<b>INVERCARGILL</b>	February 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>WELLINGTON</b>	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
<b>QUEENSTOWN</b>	19 April 2016	Sun Style 73 (10am-4pm)	Contact: MT Tamara Bennett
<b>Bennett</b>			
<b>PUKEKOHE</b>	3 July 2016	Yang 24 & TCR - Get Ready for Dr Lam	Contact: MT Tamara Bennett

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If you have a group of people who would like a **Tai Chi for Health Instructor Training** workshop in your area, please contact MT Chris Hattle or MT Tamara Bennett.

If you have a group of people who would like a **Tai Chi for Health Skill Building Workshop** in your area, please contact MT Chris Hattle, MT Tamara Bennett, ST Hazel Thompson or ST Helga Meyer.

\***Master Trainers** and **Senior Trainers** are able to apply for travel funding assistance through **TCHC NZ Inc** to lead Workshops.



## Tuition Scholarships ~ TCHC NZ Inc 2015-2016

### TCHC NZ Inc **Student Member** ~ Instructor Training Workshop Tuition Scholarships (3)

- **Three (3)** individual **\$100 Student Member** Tuition Scholarships are available
- The TCHC NZ Inc Student Member applicant must have been a **member for six (6) months prior to the application.**
- Each scholarship will be awarded for the attendance to an NZ TCH Instructor Training Workshop led by NZ Master Trainer, during the 2015-2016 TCHC NZ Inc Society Year (1 September 2015 - 31 August 2016)
- Only one \$100 scholarship can be awarded for any one NZ workshop
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents [secretary@tchc.co.nz](mailto:secretary@tchc.co.nz)
- See the TCHC NZ Inc website for a list of NZ Master Trainer Instructor Training Workshops <http://www.taichiproductionsnz.com/workshops-index-2/workshops-1/>
- The **Application Close Date** is one **(1) month prior** to the scheduled Early Bird payment date for the workshop which the applicant is planning to attend. '

### TCHC NZ Inc **Full Member** ~ Tuition Scholarships to attend Dr Paul Lam's *Tai Chi for Rehabilitation Instructor Training Workshop* in Taupo on the 16-17 July 2016 (2)

- **Two (2)** individual **\$200 Full Member** Tuition Scholarships are available
- Scholarship(s) awarded to attend Dr Lam's TCR Instructor Training workshop in Taupo on 16-17 July 2016
- The TCHC NZ Inc Full Member applicant must have been a **Full Member for one (1) year prior to the application close date of 1 March 2016** (Full Member since 1 March 2015)
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents [secretary@tchc.co.nz](mailto:secretary@tchc.co.nz)
- For details about this workshop, email Master Trainer Tamara Bennett [smilingdragon@outlook.com](mailto:smilingdragon@outlook.com)
- The **Application Close Date** is **1 March 2016**

## ***CONGRATULATIONS TO MARGARET DANDO!***

Margaret Dando from Age Concern Otago (and TCHC NZ Committee Member) has won the Dignity Champion Award for Community for her amazing work in establishing the falls prevention programme for older people, Steady As You Go! Well done, Margaret!

## ***WORKSHOP REPORTS***



Tai Chi Associates Wellington held another very successful workshop led by David Mackenzie of Fierce Tiger Tai Chi Chuan School.

This time we had 14 people learning the 13 Yang Style Tai Chi Short Form developed by Yang Zhenguo in the late 1990's. The style is **traditional** - similar to the 40 Form or the 103 Form with characteristics like a small *grasp the birds tail* rather than

the **standardised** 24 Form where the *grasp the birds tail* is quite large.

Have a look at <https://www.youtube.com/watch?v=Xoj2gRCYAZY> . Thanks again to Janet Chew, Andrew Hardwick, Marie Turner, Tanisha Fearon and David Mackenzie for making it a great afternoon.

Ferne McKenzie

## ***ALSO FROM FERNE***

The internationally renowned Grand Master WONG KIEW KIT is holding a Chi Kung workshop in WELLINGTON (venue TBA) during the three days of LABOUR WEEKEND. This is a very special event and a first for New Zealand. Please read the attached PDF for more information and NOTE that the EARLY BIRD CLOSURES ON THE 7<sup>th</sup> OF OCTOBER. All enquiries Sippe Douma [nzshaolinwahn@gmail.com](mailto:nzshaolinwahn@gmail.com) or phone 021613996 Billets can be arranged for people from out of town if necessary. Please contact Ferne McKenzie [ferne.david@xtra.co.nz](mailto:ferne.david@xtra.co.nz) or 043891433 if a bed is required.

**FROM MY PHOTO ALBUM**



*The very first Master Class in Racine, Wisconsin. Six candidates gained their Teaching Certificates for the Yang 24 Forms or Sun 73 Forms*



Last night of the China Tour.

Not a blue shirt in sight!

*Hazel*

NB Dr Lam does not endorse any workshops within this letter which are not conducted by an accredited Tai Chi for Health Master or Senior Trainer.

***BORN STRONG***

I have a limited number of Dr Lam's memoir, Born Strong, available at \$25 each, plus \$5.50 postage. Please email me if you would like a copy.

That's all for this month, next month I will have more wonderful talks from the USA workshop.

Hazel

