

NSW TAI CHI SEMINAR

Sunday 1st DEC 2019

9:00 am to 3:00 pm

Morris Iemma Indoor Sports Centre, Multipurpose Room

150 Belmore Road North, Riverwood

Cost: \$50 member TCAA; \$60 Non-member

NOTE: Lots of parking in MIISC carpark.

15 minutes' walk northwards from Riverwood Station on Belmore Rd, righthand side.

9:00 – 10:30: Join the dots of your Tai Chi training

Presenter: James Gao



James is a 6th generation of traditional Yang Style Tai Chi practitioner with over 35 years of martial arts experience. He is the current TCAA president and multiple winners of past TCAA Open Tai Chi championships.

James' Plan:

I am going to share with the audience about my Tai Chi training goals, path, methods and etc.

11:00 – 12:30: Developing Balance in Forms

Presenter: Amy Lee



Amy has enthralled us all with the beauty, flow, balance and power of her performances during competitions and demonstrations. We've invited her to reveal some of her methods.

Amy was a kick-boxer with a few championships at an earlier time, but switched to Tai Chi after multiple injuries. Since then, she had won several China gold medals, and TCAA and KWA ones. Her proven ideas about what's important should be very interesting.

Amy's Plan:

My belief is that a balanced form comes from within, and it can be achieved by a harmonised mind and body. A tranquil mind empowers one to be aware of one's centre and movement. Then to look effortless, we also need to be equipped with flexibility and strength. On the day, I will be sharing some of my views in achieving the effortlessness in Tai Chi.

13:30 – 15:00: Investigating "Jing" and "Soong"

Presenter: Ken Goh



Ken has maintained a keen interest in Tai Chi since 1974, and feels that "push hands" is where the secrets are hidden, learnt, as well as applied. Ken will share his learning journey.

Ken's Plan:

What I wish to share are some methods I "discovered" that can help even a beginning player create the "Jing" (a springy unhurried force). One must attain the state of "Soong", a non-slack relaxed state of all the body's joints and muscles. But our bodies have fallen into a habitual state of tension from the usual life-stresses! I hope to share my experimentations that are designed to "trick" one's body to "kai (open)" and therefore "soong", which then allows the "Jing" to "show up". Once you get it, you will need to practice until you can get into the structure whenever, and even when you are feeling flustered.

REGISTRATION

**Please follow instructions in the body of the email notification
and be sure to include the Waiver.**

Enquiries: 0415 270 703 James: tcaaADM@gmail.com, Tai Chi Association of Australia