

Messenger

Gold medal for Tai Chi sets

Tai Chi to most people is a slow way of exercising, but at an advanced level Tai Chi can be performed faster as a competitive sport.

Allan Kelson, from the Tai Chi and Chi Kung Institute, has returned from China after competing at the first World Traditional Tai Chi/Wu Shu Festival.

Allan was the only South Australian on the official 21-strong Australian team which competed with over 2,100 participants from 61 countries.

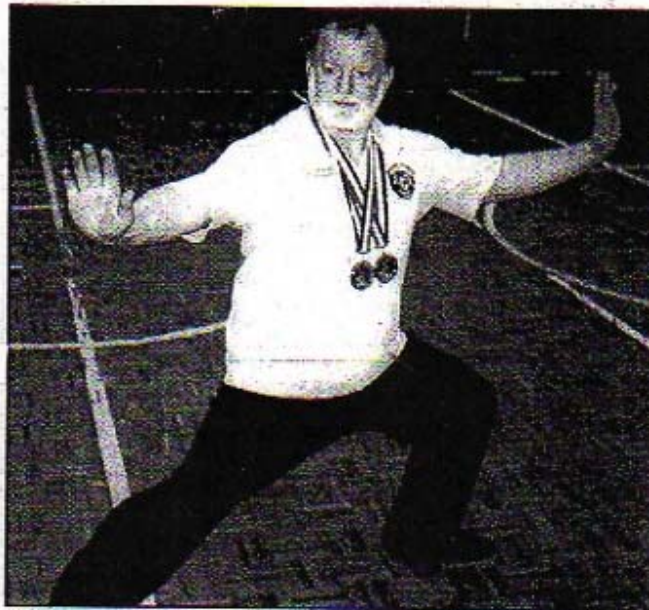
"It was just like the Olympics," Allan said.

"We entered the stadium of 100,000 spectators in our green and gold tracksuit following the Australian flag."

Allan was the first team member to win dual gold medals for Tai Chi and the Kungfu fan sets, on the first day.

"Little did I realise that when I first started learning Tai Chi 25 years ago, with a sore back, that I would end up in China representing Australia and winning gold medals," he said.

Tai Chi movements, based on martial arts, are performed at a slow pace and, together with controlled breathing, help



Master Allan Kelson with his two gold medals from the World Traditional Tai Chi/Wu Shu Festival.

to improve physical and mental relaxation, blood circulation, flexibility and concentration.

These exercises involve virtually no impact on the joints and muscles and use non-strenuous natural body movements.

Tai Chi is suitable for all age groups, and the Institute runs tailored classes for schools and community groups.

Nine instructors have trained at the Beijing Sports University.

The Institute will hold a

week of free lessons for beginners to introduce the official Tai Chi exercises from China,

For inquiries call
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www.taichi.com.au