



Jamie Clarbull who teaches at Gawler, Adelaide and Semaphore, wins 3 Gold medals and National Grand Champion Prize

2008 National Tai Chi Champion teaches at Gawler

The National Tai Chi Association competition was recently held at Southport on the Gold Coast. There were competitors from Queensland, New South Wales, Victoria and South Australia.

A team from South Australia consisting of competitors Jamie Clarbull, who teaches at Gawler, Semaphore and Adelaide, Lorraine Clarbull, who teaches at Gawler and Semaphore and David Peters, all from the Tai Chi & Chi Kung Institute in Adelaide. Once again they went on their annual pilgrimage to the Gold Coast in Queensland to participate in the 2008 TCAA Open Competition.

On presentation of the medals, our team won seven gold medals and one silver medal. Jamie won Grand Champion Open Mens category and Lorraine won 3rd place, Over 60's Women category.

The hard training done by Jamie, Lorraine and David in the months leading up to the competition has paid great dividends and now they

are planning for next year's event. All three competitors are trained and coached by Master Instructor Allan Kelson who originally started classes at Gawler 12 years ago and started Tai Chi in Adelaide 24 years ago.

Tai Chi is usually known only as a slow, safe exercise and not so much for the competition side.

For beginners, the benefits are mainly improving concentration and mental focus.

You can meet Jamie and Angaston's Instructor Annmarie at the next free introductory lesson of Tai Chi & Chi Kung relaxation exercises, on Thursday October 16th at 6.15pm, being held at the Evanston Primary School Gym. Bookings are not required.

All instructors are Government accredited in Australia and China.

For further information, contact Tai Chi & Chi Kung Institute on 8371-2488 or visit the Tai Chi website www.taichi.com.au.



Tai Chi or Chi Kung

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Free Lesson: Thursday October 16th **Next 7 Week Term: October 23rd**

GAWLER – FREE LESSON 6.15pm

Evanston Primary School, 30 Para Rd, off Main Rd

ANGASTON – FREE LESSON 9.30am

Zion Lutheran Hall, 85 Murray Street

Tai Chi & Chi Kung Institute – Gov't Accredited Instructors – AUST & CHINA

www.taichi.com.au – 8371 2488