

# Advanced Sets in Term 1 - 2022



Textbook or E-book (pdf)



## Chi Kung – Dao Yin Respiratory Set

for Chi Kung students who have previously learnt this set and want to revise or Chi Kung students who completed the 1<sup>st</sup> Chi Kung shibashi set

**Adelaide** 6.15pm &  
**North Adelaide** 9.30am



Ancient  
Dao Yin  
pictures



Instructors Jamie & David teaching 20 Tai Chi Sword students at Adelaide CBD venue this term



**Tai Chi Sword**  
is continuing  
Section 2 Tuesdays  
**at 8.10pm**  
for current & previous  
sword students



Chief Instructor Allan Kelson teaching a Corporate outdoor class for **Perks Accountants** as part of Mental Health Month in October

太極



氣功

## Celebrating 37 years in SA Newsletter & Schedule for Term 1 - 2022

[www.taichi.com.au](http://www.taichi.com.au)

We hope you have enjoyed learning the **Chi Kung** relaxation exercises or the more challenging exercises of **Tai Chi** this term.

### Classes starting in Term 1

Term 1 - 2022 ( 7 week term ) starts at  
**Adelaide** Tuesday 1<sup>st</sup> Feb and  
**North Adelaide** Friday 4<sup>th</sup> Feb at 9.30am.



North Adelaide Instructor Heather teaching Chi Kung shibashi 2<sup>nd</sup> set students

### Advanced Booking Discount for next term

Remember to book for term 1 – by email  
You get a substantial discount and we can plan our classes.

**Note:** Next **New Beginners** classes will start again in Term 1  
1<sup>st</sup> & 4<sup>th</sup> Feb 2022

We have many interested New students waiting to start in 2022

**IMPORTANT NOTE:** - keep safe

**Double Covid Vaccination** required for all indoor classes starting 2022

### Contact Us

The office / phone is not usually attended ( answering machine only)

**Best Contact Method** please send an email: [office@taichi.com.au](mailto:office@taichi.com.au)

# Tai Chi & Chi Kung Institute

G.P.O. Box 66, Adelaide, SA, 5001

[www.taichi.com.au](http://www.taichi.com.au)

Email : [office@taichi.com.au](mailto:office@taichi.com.au)



Courses being offered for current & previous students. (Minimum numbers apply)

**Book Now for Term 1 - 2022**

7 week terms

Venue & Instructors	Venue Address	Day	Start Time (45 mins)	Set Taught	Section Taught	Starting date Week 1	Last Lesson of Term 1 Week 7
<b>Adelaide</b> (Tue) Allan AnnMarie, Lorraine Jamie, David	<b>Gilles Street Primary School Hall Max Green Hall</b> 123 Gilles St  (off Pulteney St & opposite Stephens St)	<b>Tue</b>	6.15pm	Chi Kung ( 1st set )	Section 1	<b>1st Feb</b>	15 March'22
			6.15pm	Dao Yin ( Resp set )	1 Term		
			7.15pm	Tai Chi (24) (3 Terms)	Section 1, 3 & 3 Rev		
			8.15pm	Sword (32) (3 Terms) Tai Chi Sword exercise for Fitness	Section 2		
<b>North Adelaide</b> (Fri am) Allan, Heather, Jennifer , Helen	<b>Estonian Hall</b> 200 Jeffcott St (Cnr Childers St)	<b>Fri (am)</b>	9.30am	Chi Kung (1st set)	Section 1	<b>4th Feb</b>	18 March '22
			9.30am	Dao Yin ( Resp set )	1 Term		

## Course Fees for Term 1, 2022 Early Booking Discounts

Please note:

Advance booking discount may not apply in the event of small classes.  
Class fees are based on a minimum class size and Hall rental fees.

**Advanced booking Discounts**  
Email booking by **18th January**

**Full Fee When enrolling on week 1-3 At the door**

<b>Standard</b>	Individual enrollment for 7 week course (includes <b>Advanced &amp; Refinement</b> classes)		\$88	\$110 pp
<b>Concession</b>	Concession available for government card holders (pensioner, full-time student, unemployed + ("Seniors Card" for beginner sets - Ck 1 & 2, TC1 -3)		\$79	\$89 pp
<b>Revision</b> or <b>Extra Course</b>	Improve your knowledge by repeating a section which you've already completed. (where vacancies exist) or <i>Extra Beginner's Course</i>		\$69	\$79 pp
<b>Family / couple Special offer Beginner sets only</b>	Family members discount is now offered to help <b>families who live together, &amp; continue together</b> When continuing with your learning in the <b>Beginner Sets (Chi Kung 2 or Tai Chi 2/3)</b> <i>Revision: beginner sets only ("2 for \$110")</i>		2 for \$138 = less than Concession price	2 for \$149
<b>Family / couple Advanced Sets &amp; Refinement</b>	<b>Advanced Sets</b> in Chi Kung & Tai Chi (NB: Minimum numbers required)		2 for \$149	2 for \$159

**Credit Cards:** VISA & Mastercard & Amex only - Surcharge = 1.9% at class (by phone 2.1%)

**CLASS NUMBERS:** Minimum Number of students required to conduct a class is 10.  
(Classes may be combined so as not to cancel classes.)

**New Advanced sets** taking more than one term to complete minimum number 15 - 20 students required.

**Advanced Courses IF UNDER 10 STUDENTS - No Discounts Available - OTHERWISE THE CLASS MAY BE CANCELLED.**

**The Institute reserves the right to cancel / suspend any class with insufficient numbers to cover costs.**

In the event that a class is to be cancelled - every effort will be made to find another class for you,  
OR transfer course fees to the next term, by mutual arrangement.

**Cancellation by student:** If made 1 week or more prior to the course commencement - 50% Refund + Admin fee.

**FEES: NO REFUNDS** After the commencement of the course, unless the Institute cancels the class. **Transfer is possible.**

**COURSES:** Are **NOT TRANSFERABLE** to another person after the commencement of the term.

**MISSED LESSONS:** are **NOT TRANSFERABLE** to other terms except by early arrangement by email.

If joining on Week 1 - 3 please check the website: [www.taichi.com.au](http://www.taichi.com.au) for any changes.

as some classes and times may change due to enrolments:

Note: Best method of communication is now by Email: [office@taichi.com.au](mailto:office@taichi.com.au) + include a phone number

**Advanced planning** : Term 2 - 2022: week 1 starts: Adelaide & North Adelaide - Tues 3rd & Friday 6th May 2022

**Finishing: week 7** : Adelaide CBD only - Tues 14<sup>th</sup> & 17<sup>th</sup> June 2022

**Correspondence by Email Only** (include phone number) - [office@taichi.com.au](mailto:office@taichi.com.au)

Updated 8/12/2021



## WELCOME

CONDITIONS OF ENTRY TO A COVID SAFE CLASS  
TO PROTECT YOURSELF, FELLOW STUDENTS & INSTRUCTORS

**All persons are required to**

- Have **Double Covid Vaccination**: required for indoor classes.
- **QR Check in** is compulsory before entering venue.
- **Hand Sanitise**: Before entry all persons must hand sanitise.
- **Facemask is required** on entering & departing the hall.  
( maybe required during class) TBC
- **Pre-booked attendance only** by email to: [office@taichi.com.au](mailto:office@taichi.com.au)
- **Payments**: Book at class by Visa, Mastercard or AMEX
- Practice safe distancing while in the training hall
- **Wear soft shoes for classes** ( NO thongs, sandals or bare feet)

**Spectators at class are NOT allowed**

The infographic consists of three circular icons on a yellow background, each with a black border. The first icon shows a hand being sanitized by a blue bottle of hand sanitizer. The second icon shows a person standing inside a house with a red roof, surrounded by small black virus-like symbols. The third icon shows two yellow human figures standing apart, with a double-headed arrow between them and a checkmark above the right figure.

use the provided hand sanitiser before and after class

stay home if you have **ANY** cold or flu-like symptoms

practice safe social distancing in all public places

**We thank you for your understanding during these challenging times.**