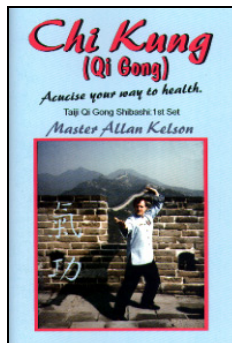


# Refinement class Starting in Term 2 - 2019

Adelaide & North Adelaide

Chi Kung 1<sup>st</sup> Set 太極 氣功 十八式 -



Textbook

## Chi Kung Refinement

Improve your Chi Kung by understanding the movements.

**Accuracy & Acupoints**

Conducted over 1 term.

### History

This set was taught for the 1<sup>st</sup> time in Australia by Allan in 1988 at North Adelaide



DVD / or USB mp4

available at class  
Filmed in Adelaide  
1993

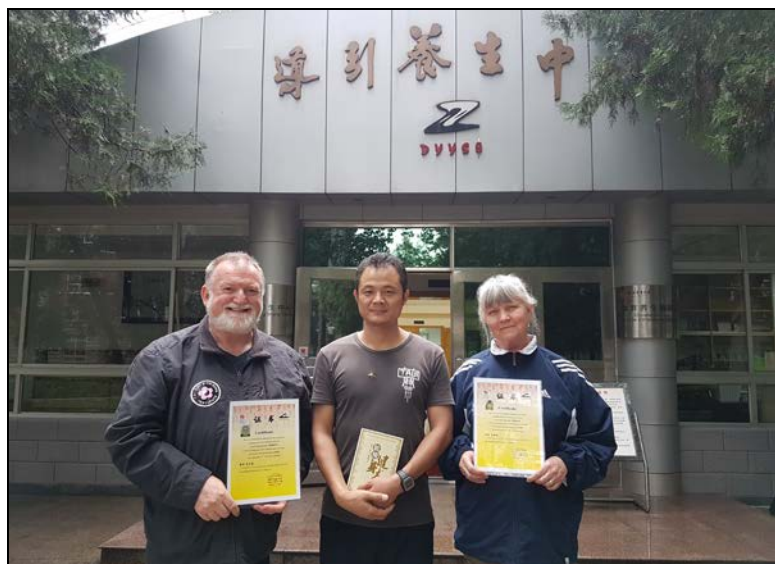


Photo: Allan & Heather with Dao Yin Coach Zhuang last year, Receiving their Certificates for **Sitting Dao Yin** at BSU – Dao Yin Department.

This set was designed for people in wheelchairs and benefits anyone with mobility issues.

Visit us at the

Health and Diabetes Expo – Saturday 6<sup>th</sup> April at the Adelaide Showgrounds.

### Advanced Booking Discount

Remember to book in for term 2 by week 7 of this term.

You get a substantial discount and we can plan our classes

太極



Celebrating 35 years in SA

Newsletter & Schedule for Term 2 - 2019

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

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

During the 5 week Term Holiday Break, you will have plenty of time to practice what you have learnt this term. See you soon.

Term 2 ( next 7 week term ) starts at

**Adelaide** Tuesday 7<sup>th</sup> May and

**North Adelaide** Friday 26<sup>th</sup> April at 9.30am.



**Congratulations** to all the current Chi Kung students who have been learning or revising this important **Dao Yin – Chi Kung Set for Diabetes & Wellbeing.**

This is one of 3 Dao Yin sets we teach.

The other two are for the Heart & Respiratory System.

Allan started training in the Heart set in 1988, 31 years ago in China, and then started introducing it to Instructors & students in Australia in workshops.

**Welcome to our new students**

**Next New Beginners “ Have a Try on week 1”** is Term 2 ( invite family & friends)  
**Adelaide** Tuesday 7<sup>th</sup> May - Chi Kung: 6.15pm or Tai Chi 7.15pm

**North Adelaide** Friday 26<sup>th</sup> April - Chi Kung: 9.30am

Details & Poster are on our website or use this direct link:

[www.taichi.com.au/beginners2019.pdf](http://www.taichi.com.au/beginners2019.pdf)

**Email bookings are essential**

**Contact Us** The office / phone is **Not** attended during this Term Break.

**“Best Contact Method”** 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 2 - 2019**

**7 week terms**

Venue & Instructors	Venue Address	Day	Start Time (45 mins)	Set Taught	Section Taught	Starting date Week 1	Last Lesson of Term 2 Week 7
<b>Adelaide</b> (Tue) Allan AnnMarie, Lorraine Jamie, David	<b>Gilles Street Primary School Hall</b> <b>Max Green Hall</b> 123 Gilles St (off Pulteney St & opposite Stephens St)	Tue	6.15pm	Chi Kung (1st set)	Section 1,2	<b>7th May</b>	18th June 19
			6.15pm	<b>Chi Kung (1st set) Refinement</b>	1 Term	"	"
			7.15pm	Tai Chi (24) 3 Terms	Section 1,2,3		
			8.10pm	<b>Sword</b> ( 32 forms) ( over 3 terms)	Section 3	<b>7th May</b>	18th June 19
<b>North Adelaide</b> (Fri am) Allan, Heather, Jennifer , Helen	<b>Estonian Hall</b> 200 Jeffcott St (Cnr Childers St)	Fri (am)	9. 30am	Chi Kung (1st set)	Section 1,2	<b>26th Apr</b>	28th June 19
			9..30am	<b>Chi Kung (1st set) Refinement</b>	1 term	<b>3 weeks break</b> <b>26th Apr</b>	<b>17,24 &amp; 31st May</b> 28th June 19

## Course Fees for Term 2, 2019

**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.

		<b>Advanced booking Discounts</b> When Paid by <b>Weeks 5 - 7</b>	<b>Advanced booking Discounts</b> Mail or email <b>18th April 19</b>	<b>Full Fee</b> 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)	<b>\$79</b>	\$89	\$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)	<b>\$69</b>	\$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>	<b>\$59</b>	\$69	\$79 pp
<b>Family / couple Special offer Beginner sets only</b>	<b>Family members discount</b> 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> include those who booked as "2 for 1" in beginner 1 <b>Revision: beginner sets only ("2 for \$110")</b>	<b>2 for \$121</b> = Less than Concession price	2 for \$139 = 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)	<b>2 for \$138</b> = Concession price	2 for \$149	2 for \$159

**Credit Cards:** VISA & Mastercard & Amex only - Surcharge = 2%

**NOTE:** "2 for 1" vouchers or 50% off - Beginners section 1 only - *Not valid for Advanced classes.*  
**Other "Book Early Discounts" are available**

**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)

**Advanced planning : Term 3 - 2019: week 1 starts** Tues 30th July 2019 **Finishing: week 7** Tues 10<sup>th</sup> September

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

Updated 5/3/2019

# HEALTH & DIABETES

**Saturday  
6 April 2019  
10am-4pm**



# Expo 2019

**Adelaide Showgrounds,  
Ridley Centre**

## Latest in diabetes and health in South Australia

### LEADING HEALTH ORGANISATIONS

A range of providers will be offering health checks.

Try out the Hypo-Simulator experience.

**Hosted by  
Amanda Blair**



**Entry is  
FREE**

### GUEST SPEAKERS Q&A PANEL

Professor Alex Brown, Dr Elaine Pretorius and Pennie Taylor answer diabetes related questions.

Diabetes champions sharing their life experiences.

### COOKING DEMONSTRATIONS

Celebrity cooking demonstrations with Callum and Themis from Sprout Cooking School.

### A RANGE OF EXHIBITORS

Diabetes suppliers explaining their latest diabetes technology together with healthy food, product and activity businesses showcasing their programs.

### ACTIVE SESSIONS

Tai Chi and Chi Kung, dancing, exercise sessions and more.

Coast FM radio live crossover interviews.

## DIABETES SA HEALTH TRAIL

A 'Health Trail' for you to follow, visiting our many health exhibitors for information, giveaways and prizes to win.

**Visit [diabetessa.com.au](http://diabetessa.com.au) for more information**

**NDSS**  
national diabetes services scheme

**Diabetes  
SA** Support  
Always



Health & Diabetes Expo is funded through the National Diabetes Services Scheme.

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered with the assistance of Diabetes Australia.