

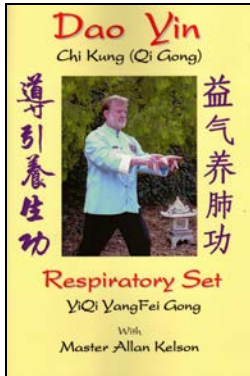
# Advanced classes starting in Term 1 - 2021

Adelaide (pm)

## Dao Yin - Respiratory Set

For Chi Kung students who have completed the 1<sup>st</sup> Chi Kung set ( 1 & 2)

Conducted over 1 term.



Textbook or E-book (pdf)



DVD / or USB mp4 available at class  
Filmed in China

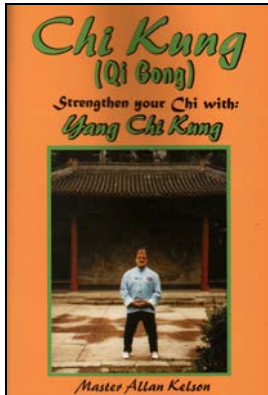
North Adelaide ( am)

## Yang Chi Kung

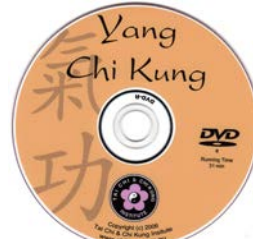
North Adelaide Fri 9.30am

Semi Static exercise for Chi Strengthening & mind focus

Conducted over 1 term



Textbook or E-book (pdf)



DVD / usb  
Mp4

## Tai Chi 8 - Yang Style

We are teaching **Tai Chi 8** at **Adelaide** for our advanced **Tai Chi** students **8.10pm**

Tai Chi 8 is a nice short set which helps practice left & right turning and useful for training in smaller spaces. The class will include practise of Yang 24  
Our instructors had the opportunity to learn this set at the Beijing Sports University in 2000 with Master/ Professor Mun, the creator of the set.



## Advanced Booking Discount

Remember to book - **E-mail your interesting in attending before 22<sup>nd</sup> January.**  
to get a substantial discount and we can plan and confirm our classes.

太極



氣功

## Celebrating 36 years in SA Newsletter & Schedule for Term 1 - 2021

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

We hope you are using what you have already learnt to relax a little during this unprecedented & frustrating time. Keep safe. We are well & awaiting the time we can all get together again in a more relaxing & less restrained way.

Due to restrictions during the Corona Virus situation

Classes will be suspended in Term 2 - 4.

All pre-bookings for Term 2/4 will be transferred to term 1 / 2021

Term 1 ( next 7 week term ) starts at:

**Adelaide** Tuesday 2<sup>nd</sup> Feb and  
**North Adelaide** Friday 5<sup>th</sup> Feb at 9.30am.



Instructors Jamie & David teaching SKF class at Adelaide

“Jin Gang Quan” 金剛拳 **Diamond Fist Set - from Shaolin**

Current SKF students will resume section 3 at 8.10pm

## Term 1 - 2021 “ Have a Try on Week 1”

**New Beginners classes** will be starting next term at  
**Adelaide (pm):** Chi Kung 6.15pm & Tai Chi 7.15pm 2<sup>nd</sup> Feb

**North Adelaide:** Friday 5<sup>th</sup> Feb at 9.30am

Friends & family can attend

Details are on our website: [www.taichi.com.au](http://www.taichi.com.au)

**Adelaide Poster “ Have a Try on Week 1”**

direct link: [www.taichi.com.au/PosterAdelaide2021.pdf](http://www.taichi.com.au/PosterAdelaide2021.pdf)

## Contact Us

The office / phone is not attended during Term Break

**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 - 2021**

**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</b>  <b>Max Green Hall</b> 123 Gilles St  (off Pulteney St & opposite Stephens St)	<b>Tue</b>	6.15pm	Chi Kung ( 1st set )	Section 1,2	<b>2nd Feb</b>	16th March'
			6.15pm	Dao Yin - CK - <b>Respiratory Set</b>	1 Term		
			7.15pm	Tai Chi (24) (3 Terms)	Section 1,2		
			7.15pm	<b>Tai Chi 8 + TC 3Rev</b>	1 Term		
			8.10pm	Shaolin Keep Fit <b>SKF</b> Jin Gang Quan 3 Tms	SKF S3		
<b>North Adelaide</b> (Fri am) Allan, Heather, Jennifer , Helen	<b>Estonian Hall</b> 200 Jeffcott St (Cnr Childers St)	<b>Fri</b> (am)	9. 30am  9..30am	Chi Kung (1st set)  <b>Yang Chi Kung</b> <i>For advanced students only</i>	Section 1,2  1 Term	<b>5th Feb</b>	19 <sup>th</sup> March

## Course Fees for Term 1, 2021

**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**

When E-Mailed by  
**22<sup>nd</sup> Jan**

**Pay  
At the door  
E-mail that you  
will be attending**

<b>Standard</b>	Individual enrollment for 7 week course (includes <b>Advanced &amp; Refinement</b> classes)	<b>\$88</b>	\$99 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>	\$69 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>	\$59 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> include those who booked as "2 for 1" in beginner 1 <b>Revision: beginner sets only ("2 for \$110")</b>	<b>2 for \$132</b> = Less than Concession price	2 for \$143
<b>Family / couple Advanced Sets &amp; Refinement</b>	<b>Advanced Sets in Chi Kung &amp; Tai Chi</b> (NB: Minimum numbers required)	<b>2 for \$138</b> = Concession price	2 for \$154

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

**NOTE:** discount 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) + include a phone number

**Advanced planning : Term 2 - 2021: week 1 starts: Adelaide CBD - Tues May & North Adelaide May 2021**

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

## SITE ENTRY FORM

This is the minimum standard set of protocols (updated as at 29 May 2020) for site entry that must be followed whenever a service provider, contractor, non-government employee or volunteer enters a South Australian Government site for work related purposes, recreational/ community use or hire.

Your details			
Name (first and last)			
Company/Organisation	Tai Chi & Chi Kung Institute - Adelaide		
Position	Student		
Site location	Gillies Street Primary School - Hall / Gym		
Purpose of visit	Learn Tai Chi & or Chi Kung Exercises		
Date	/ / 2021	Phone No.	

Question		YES	NO
1	Are you a designated essential traveller? If so do you have evidence of such?		
	If the answer is "Yes" do you have evidence of your self-managed self-isolation protocols?		
	<i>If the answer is "No" refer to Q2.</i>		
2	Have you returned to Australia from overseas in the last 14 days?		
	<i>If the answer is "yes" you should be in self-quarantine and will not be permitted on site.</i>		
3	Have you travelled from NSW, ACT or VIC in the last 14 days?		
	<i>If the answer is "yes" you should be in self-quarantine and will not be permitted on site unless you are an essential traveller see 1.</i>		
4	Do you have any symptoms of a cold, flu or virus? e.g. Temperature, fainting, dizziness, shortness of breath?		
	<i>If the answer is "yes" you should seek medical advice and will not be permitted on site.</i>		
5	Have you come into "close contact" with anyone from a "declared area" or who displayed cold, flu or virus symptoms or has been confirmed as having COVID-19 e.g. family, household members, friends?		
	<i>If the answer is "yes" you should seek medical advice and will not be permitted on site.' See Q6 If the answer is "no" go to Q7.</i>		
6	If you answered 'Yes' to Q5, do you have a medical certificate post contact clearing you of a flu or virus?		
	<i>If the answer is "no" you should seek medical advice and will not be permitted on site.</i>		
7	Have you been briefed and do you agree to comply with the practices of good hygiene and social distancing?		
	<i>If the answer is "no" will not be permitted on site unless you read, understand and comply with the requirements noted on the reverse of this document.</i>		

Your name	Signature	Date

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This is the minimum standard set of protocols (updated as at 29 May 2020) for site entry that must be followed whenever a service provider, contractor, non-government employee or volunteer enters a South Australian Government site for work related purposes, recreational/ community use or hire.

### Your details

Name (first and last)			
Company/Organisation	Tai Chi & Chi Kung Institute - North Adelaide		
Position	Student		
Site location	Estonian - Hall - 200 Jeffcott Street, North Adelaide		
Purpose of visit	Learning Tai Chi & or Chi Kung Exercises		
Date	/ / 2021	Phone No.	

Question		YES	NO
1	Are you a designated essential traveller? If so do you have evidence of such?		
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