

Advanced classes starting in Term 1 - 2021

Adelaide (pm)

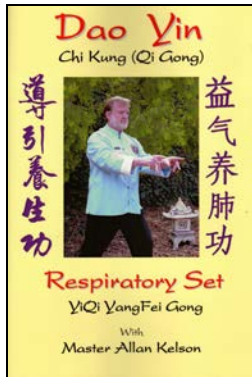
Dao Yin - Respiratory Set

For Chi Kung students who have completed the 1st Chi Kung set (1 & 2)

Booked Out.



DVD / or USB mp4 available at class
Filmed in China



Textbook or E-book (pdf)

North Adelaide (am)

Yang Chi Kung

North Adelaide Fri 9.30am

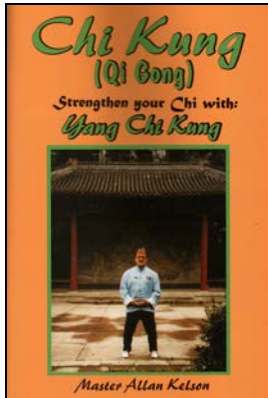
Booked Out

Semi Static exercise for Chi Strengthening & mind focus

Conducted over 1 term



DVD / usb
Mp4



Textbook or E-book (pdf)

Tai Chi 8 - Yang Style - Booked Out

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 Booked Out

Remember to book - **E-mail your interesting in attending** by **22nd January**.
Unless or until booked out

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Celebrating 36 years in SA

Newsletter & Schedule for Term 1 - 2021

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.

Classes starting in 2021

Term 1 (next 7 week term) starts at:

Adelaide Tuesday 2nd Feb **Booked Out**

North Adelaide Friday 5th Feb at 9.30am. **Booked Out**



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 8.15pm

Term 1 - 2021 “ Have a Try on Week 1”

New Beginners classes will be starting next term at

Adelaide (pm): Chi Kung 6.15pm **Booked Out**

Tai Chi 7.15pm **Booked Out**

Tai Chi New Beginners 8.15pm 2nd Feb **available**

North Adelaide: Friday 5th Feb at 9.30am

Chi Kung – New Beginners 9.30am . **Booked Out**

Yang Chi Kung – Advanced 9.30am . **Booked Out**

Contact Us

The office / phone is not usually attended during Term Break

Best Contact Method please send an email: office@taichi.com.au

Tai Chi & Chi Kung Institute

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

www.taichi.com.au

Email : 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 2 nd Feb	Last Lesson of Term 1 Week 7
Adelaide (Tue) Allan AnnMarie, Lorraine Jamie, David	Gilles Street Primary School Hall Max Green Hall 123 Gilles St (off Pulteney St & opposite Stephens St)	Tue	6.15pm	Chi Kung (1st set)	Section 1,2	Booked Out	16th March'
			6.15pm	Dao Yin - CK - Respiratory Set	1 Term	Booked Out	
			7.15pm	Tai Chi (24) (3 Terms)	Section 1,2	Booked Out	
			7.15pm	Tai Chi 8 + TC 3Rev	1 Term	Booked Out	
			8.15pm	Tai Chi (24) (3 Terms)	Section 1	TC1 extra	
8.15pm	Shaolin Keep Fit SKF Jin Gang Quan 3 Tms	SKF S3	Booked Out				
North Adelaide (Fri am) Allan, Heather, Jennifer , Helen	Estonian Hall 200 Jeffcott St (Cnr Childers St)	Fri (am)	9. 30am	Chi Kung (1st set)	Section 1	5th Feb Booked Out	19 th March
			9..30am	Yang Chi Kung <i>For advanced students only</i>	1 Term	Booked Out	

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
22nd Jan

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

Standard	Individual enrollment for 7 week course (includes Advanced & Refinement classes)	\$88	\$99 pp
Concession	Concession available for government card holders (pensioner, full-time student, unemployed + ("Seniors Card" for beginner sets – Ck 1 & 2, TC1 -3)	\$69	\$69 pp
Revision or Extra Course	Improve your knowledge by repeating a section which you've already completed. <i>(where vacancies exist) or Extra Beginner's Course</i>	\$59	\$59 pp
Family / couple Special offer Beginner sets only	Family members discount is now offered to help families who live together, & continue together When continuing with your learning in the Beginner Sets (Chi Kung 2 or Tai Chi 2/3) include those who booked as "2 for 1" in beginner 1 Revision: beginner sets only ("2 for \$110")	2 for \$132 = Less than Concession price	2 for \$143
Family / couple Advanced Sets & Refinement	Advanced Sets in Chi Kung & Tai Chi (NB: Minimum numbers required)	2 for \$138 = Concession price	2 for \$154

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

NOTE: discount vouchers - 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 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 + include a phone number

Advanced planning : Term 2 - 2021: week 1 starts: Adelaide CBD - Tues 4th May & North Adelaide 7th May 2021

Correspondence by Email Only (include phone number) - office@taichi.com.au

Updated 13/1/20211



WELCOME

CONDITIONS OF ENTRY TO A COVID SAFE CLASS

TO PROTECT YOURSELF, YOUR FAMILY & OTHER STUDENTS

All persons are required to:

- **Scan QR Code** on arrival and before entering the hall
- **Hand Sanitise on entry:** all persons must hand sanitise (you can use your own)
- **Contactless Temperature check** before entering the training venue
- **Pre-booked attendance only** by email to: office@taichi.com.au
- 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**

Enroll for the rest of the Term

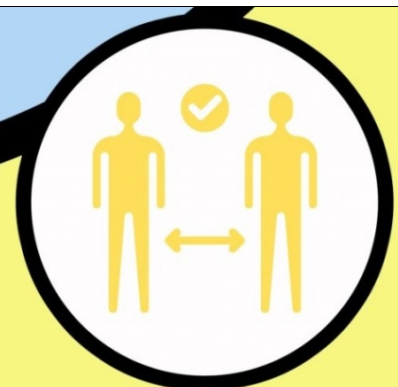
- **Fill out enrolment card** (available at class)
- **Payments:** Pay at class on 1st lesson by Visa, Mastercard or AMEX



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.