

Tai Chi & Chi Kung Institute ®

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Allan Kelson & the Tai Chi & Chi Kung Institute's - Tai Chi "suitable for some forms of Arthritis" Endorsement - 24 Years ago.

Master Instructor Allan Kelson and instructors of the Tai Chi & Chi Kung Institute in S.A. are happy to be celebrating 20 years since first receiving **official endorsement by the Arthritis Foundation of Australia (S.A) in 1988.**

Allan's motto has always been "**Teach people to help themselves**"

History.

Allan Kelson - The Pioneer of professionally run Tai Chi in S.A in 1985.

Allan Kelson was the **pioneer & 1st person in Australia** to introduce Tai Chi & the easier exercises of Tai Chi Qi Gong, to the Staff and the **Arthritis Foundation exercise instructors** in 1986/7, at the 99 Anzac Highway premises.

Over the last 30 years Allan Kelson has been involved with Teaching Tai Chi professionally.

Some of activities with the Arthritis Foundation included;

- Presenter at the **Juvenile Arthritis Conference 23rd January 1987**, public come & try sessions.
- **Arthritis week 1988** : Speaker & demonstrator for the seminar " Arthritis Guide to Good Management - Who to see, Where to Go & What to do when you have Arthritis" held at the Unley Civic centre
- **During Arthritis week in 1990**; Allan was involved with shopping centre promotions "**Move it in the Malls in 1990**" and out door activities.
- Allan also appeared on the **front page of the Arthritis Action Magazine in 1988** and was invited to advertise in & support this magazine in **1990 - 1992.**
- Special workshops were also conducted in 1989 with the proceeds donated the Arthritis Foundation for its research & promotional programs.



Group Membership.

Group Membership of the Arthritis Foundation of Australia (S.A.) was granted on the 29th November 1988, signed by the then South Australian President.

"official" Endorsement.

After a lot of consideration, which included observations of Allan Kelson's classes & training program, and the fact that at this time the Foundation took endorsing anyone or any product seriously and virtually never, the Arthritis Foundation of Australia - South Australia, took the unprecedented step and gave Allan Kelson the following "official" endorsement.

Quote from original documents.

"The Arthritis Foundation of Australia - South Australia recognise there can be many benefits of Tai Chi for people with Arthritis, when taught by instructors trained by Allan Kelson and the Tai Chi & Chi Kung Institute of Australia. It has therefore given (written) permission to the Institute to use the following in its information brochure."

"Tai Chi, the gentle exercise art, as taught by the Tai Chi & Chi Kung Institute is recommended by the Arthritis Foundation of Australia - South Australia, as an acceptable type of exercise for some forms of Arthritis"

31/10/1988.

All documentations are held.



Mrs Pauline Brooks (Arthritis Foundation) with

Master Allan kelson & Instructors from the Tai Chi & Chi Kung Institute

Promoting Tai Chi for Arthritis during the 1990 National Arthritis Week in 1990.

Over the last 20 years Allan Kelson has publicly been a strong advocate for the Arthritis Foundation. He has continuously and always used this trusted & valuable endorsement, ethically, in advertising, brochures, T.V and other media forms to promote the benefits of Tai Chi and the resources of the Arthritis Foundation, to the general public & health professionals in S.A , interstate & Overseas.

Please Note: The Tai Chi & Chi Kung Institute is not associated with current activities & programs with the Arthritis Foundation of South Australia, nor it's current Tai Chi for Arthritis program.

Accreditation.

Always lifting the standard.

Allan Kelson & The instructors at the Tai Chi & Chi Kung Institute continued to improve the standard & quality of Tai Chi In S.A.

All instructors at Tai Chi & Chi Kung Institute venue classes are Australian Government Accredited (NCAS) & at least 1 - 2 instructors who is Accredited at the Beijing Sports University in China.

Allan Kelson is Government Accredited by the Australian Sports Commission (NCAS) level 2, Accredited at the Beijing Sports University. Allan has won Dual gold medallist in China 2004, where he officially representing Australia. He is an International Tai Chi /Wu Shu Judge and in this capacity he judges for the National & Oceania Wu Shu competitions, including Tai Chi, and the Tai Chi Association's (TCAA) national competitions.

Be healthy, Be Safe

Many of the Institute students who have Arthritis have gain many benefit, however we always recommend anyone with Arthritis to contact their doctors & have the "**Doctors Approval form**" which can be accessed on our home page, filled it out by your Doctor before attending any Tai Chi or Chi Kung Class with the Institute.

REMEMBER: Move your body or you will loose your mobility, so, **learn a safe exercise, safely.**

Best of wishes to all for good health for the years ahead.

Allan Kelson

Master instructor/ Head Coach. (L2 ASC)

International Tai Chi Judge (2004 – 2012 China)

International Gold medallist (China – 2004)

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