



Allan (left) with his teacher Grand Master Yang Zhenduo (right), keeper of Yang Family Tai Chi

## Master Allan Kelson

### Institute Founder & Chief Instructor

Master Allan was the first South Australian trained and accredited in China for Tai Chi and Chi Kung. He pioneered the introduction of Traditional and Official Tai Chi and Chi Kung sets to the South Australian community, since 1985. He founded the Institute to maintain and improve the quality of tuition available to students, and regularly takes Institute Instructors to China for official accreditation.

### Teaching Tai Chi & Chi Kung since 1979

Endorsed by the Arthritis Foundation since 1988  
 Trained & Accredited at Beidaihe Chi Kung Hospital, China and Beijing Sports University  
 International Wushu / Tai Chi Judge, China 2004  
 World Medical Chi Kung Society, China  
 Foundation & Standing Council Member  
 Master Instructor, Swedish Medical Chi Kung Society  
 Founder, Chi Kung Clinic, South Australia



Allan (right) with his teacher Master Feng (left), 31st generation of Shaolin Kung Fu Temple and the Abbot Shi Yongxin (centre)



Special classes of Tai Chi and Chi Kung catering to school students are available

The Institute offers Beginner's courses in Tai Chi and Chi Kung throughout Adelaide. These courses are held during school terms and are preceded by a Free Introductory Lesson.

Continuing students can also take advanced courses of Tai Chi, Chi Kung, classical weapons and Shaolin Fitness sets.

Special classes and workshops are available for schools, conferences and organisations on request.



Master Allan Kelson, Dual Gold Medallist 1st World Traditional Wushu Competition, China 2004



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# Tai Chi Chi Kung



Health,  
Relaxation  
& Fitness





Allan receiving Tai Chi accreditation in China from Li Shi Ying (L) and Professor Mun Hui Feng (R) at the Beijing Sports University



Heather, Allan & Jennifer receiving accreditation in Dao Yin Chi Kung from Master Hui Xiao Fei



Instructors practicing Dao Yin Chi Kung on the Great Wall of China

# Tai Chi

Gentle Fitness Exercise

Tai Chi is a slow exercise that emphasises the natural movement of the muscles and joints. It increases the circulation and is excellent for improving both concentration and coordination.

Originating in the 16th Century in China and evolving from hard-style martial arts, Tai Chi is practiced today for stress reduction, relaxation and fitness. The movements are performed slowly, with emphasis on precision, posture and balance.

The first set students learn is the official Yang Style Tai Chi 24 Forms. This is the set most widely practiced in China today.

太极拳

# The Institute

**Teaching Official & Traditional Sets from China**  
The Tai Chi and Chi Kung Institute, was founded in 1988 by skilled, dedicated and professionally trained instructors. We teach official and traditional sets from China, with a focus on health, fitness and relaxation.

**Learn from SA's Only Instructors Trained and Accredited in China and Australia**  
We pride ourselves in the quality of tuition offered to our students. Our Senior Instructors train regularly in China at the prestigious Beijing Sports University, Hospitals of TCM and the Shaolin Institute.

**All Institute instructors are accredited Australian Sports Commission NCAS coaches at Level 1 or greater.**

# Chi Kung

Breathing and Relaxation

Chi Kung ("Qi Gong") has a documented history of over 2500 years, and has its foundation in Traditional Chinese Medicine. We refer to this as "Chinese Yoga", as it emphasises breathing, relaxation and calm through a series of movements.

气功

Chi Kung focuses on the flow of Chi (energy) through the acupuncture meridians. It is ideal for stress management, improves sleep quality and strengthens the practitioner physically and mentally. It is much easier to learn than Tai Chi.

The first set students learn is Chi Kung Shibashi in 18 Forms. This set is easy to learn and allows the student to quickly gain health and relaxation benefits.



Master Allan Kelson teaching Sun Style Tai Chi students



Master Allan Kelson and Institute Instructors during regular instructor training



Senior Instructor Heather Smith teaching Yang Style Tai Chi students