



BHTCC NEWSLETTER

TERM 1, 2009

Better Health Tai Chi Chuan Inc.
ARBN Y2072442
A non-profit organisation

To provide
an enjoyable
and supportive
environment
for all to learn
and to grow through
Tai Chi Chuan.

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All forms of contribution
to the BHTCC Newsletter
are very welcome.

Please contact the editor
for all submissions.

Welcome back! As we start the New Year, I would like to share with you some words of wisdom from Dr Paul Lam.

“Learning tai chi can be a most enjoyable and rewarding experience. As you embark on your journey to learn tai chi, take the time to find the most effective and enjoyable way for you.

1. Ask yourself the reason you want to learn tai chi. Is your purpose to improve health or for physical and spiritual growth?
2. If your purpose is to improve your health, [Dr Lam's Tai Chi for Health instructional DVDs](#) are ideal learning tools. Dr Lam and his medical and tai chi colleagues have designed special programs that are safe and effective for beginners and for people with a variety of medical conditions.
3. If your reason for learning tai chi is to strengthen your body, improve your mental balance and add harmony to your life, we would suggest you start with the [Beginners series](#) and as you become more proficient, progress further through our [Intermediate series](#).
4. Persevere with your practice. Give yourself time to absorb and understand the essential principles of tai chi - this will enable you to enjoy your practice, gain health benefits and progress steadily.
5. Keep an open mind to different aspects of tai chi. You can use Dr Lam's [tai chi books](#) and [articles](#) to learn more about tai chi.
6. Find a suitable class. The best way to find out if a class suits you is to visit it and meet with the other students and the teacher”

Carol Cheung
Editor

2009 CLASSES

| | | | |
|-----|------------------------|-----|---------------|
| 7PM | 24 forms for beginners | 8PM | Chen 36 forms |
| | 24 depth | | 42 forms |
| | Tai Chi for arthritis | | 48 forms |
| | Sun 73 forms | | |

2009 TERM DATES

| | |
|---------------------------|-------------------------------|
| Term 1: 3 Feb to 26 Mar | Term 2: 31 Mar to 31 May |
| Term 3: 26 May to 30 July | Term 4: 4 Aug to 24 September |
| Term 5: 29 Sept to 24 Nov | |

FROM THE LIBRARY

Welcome to Your Library for 2009.

The first thing students need to remember: This is your Library, provided for your enjoyment, so don't hesitate to use it.

For students new to BHTCC, your Library holds a variety of DVDs, Videos, Books and Magazines, and from time to time handouts covering various aspects of Tai Chi Chuan, many directly pertaining to the courses you will be learning, including "Tai Chi for Beginners"; "Tai Chi for Arthritis"; and "The 24 Forms".

New DVDs to the Library are; "Tai Chi for Osteoporosis"; "Tai Chi for Older Adults"; "Tai Chi Qigong for Health", all produced by Dr Paul Lam.

For the more experienced student, there is fascinating and informative visual and reading material to help deepen your understanding and enjoyment of Tai Chi.

I encourage you to take a read of the magazines, as they contain a wealth of information from around the Tai Chi world.

The average period for borrowing an item is 2 to 4 weeks, depending on demand.

Note. You can borrow most material at no cost, however there is a \$30.00 deposit on all Videos & DVDs, refunded on return. Items can be ordered and purchased as well.

**A friendly reminder to those who are still clinging onto Library Material from 2008:
PLEASE RETURN ALL ITEMS AT THE BEGINNING OF THIS FIRST TERM!!**

(Rumour has it, Your Librarian is known to be a grumpy old !!!!!!!!!!!!! if stock is not returned)

NB: Check out the Photo Boards, YOU may be a STAR!!!

A TRIBUTE TO A DEAR FRIEND

The school is saddened to learn that Angela's mother passed away in December 2008.

Ms Pansy Leung Hsu taught tai chi and qigong for many years in Honolulu, and gave workshops for various organisations including Senior Centres and Homes. She taught three classes per week for the Department of Education, Windward School for Adults, in Kailua, Hawaii, up to and including the Semester before Christmas, just four days before being admitted to Hospital.

During one of her visits to Sydney in 2000, she demonstrated two of the Mantis Style forms, the Single Person Push hand and the Mantis Fan, for BHTCC school. It's a wonder how Ms Hsu's spirit and qi kept her so vigorously active and living totally independently right up to when her advanced cancer shut her body down!

She passed away on the 21 Dec 2008, at 83 years young.

BHTCC Health & Safety Policy

Welcome to all new & returning students of BHTCC.

The health and safety of students, instructors and those visiting the school is considered to be of the utmost importance. BHTCC recognises that the promotion and maintenance of health and safety is primarily the responsibility of the instructors and its students. Most of our instructors have received first aid training and the instructors responsible for safety (Pat Webber and Fiona Black) also carry a well stocked first aid box.

The school has in place a Health and Safety Policy, all students and visitors are required to

- comply with the BHTCC health and safety policy;
- follow instructor's advice on matters relating to health and safety;
- ask questions when unsure;
- report problem or hazard to instructors promptly;
- ensure proper handling of swords and other instruments or equipment;
- cooperate with accident/incident investigations;
- respect safety signs and follow instructors' advice; and
- ensure their behaviour is safe and without risk to others.

When an incident or accident occurs or where students identify problems or potential hazards, they should report them to their instructor or the instructors responsible for safety & in their absence report said hazard/incident to the Treasurer Carol Cheung. Some examples of potential hazards are:

- Poor lighting or lights which are not working
- Wet or slippery floors
- Cords lying on floors or infringing on access area.
- Handbags, carry bags or drink bottles lying on the floor.
- Incorrect footwear

Driving & Parking in the grounds of Kingsgrove North High School

Caution must be taken at all times.

The speed limit is **10kph** and make sure you turn on your headlights after dusk. Please drive carefully to avoid any accidents to persons or property.

The parking areas to the right of the hall (turn right as you drive through the Richland Street entrance) are designated for student parking. When parking on school grounds please make sure that no car is blocked in. Do not park on the grass areas as there are plenty of car spaces available.

Please exercise courtesy and give way where necessary!

Results of the 2008 Student Survey

The school conducted a survey in 2008 and below is a summary of feedback received from students:

42 students responded to the questionnaire, of which:

- 20 have been with us for less than 1 year
- 5 have been with us between 1 to 2 years
- 17 have been with us for more than 2 years

They found out about BHTCC through:

- Friends/relatives – 16
- Newspaper – 11
- Website - 5
- Doctor/Physio – 6
- Chinese New Year Festival Stand – 2
- Pamphlets – 1
- January Workshop – 1

They like BHTCC because of:

- Camaraderie
- Friendly Instructors/ Excellent Teachers
- The supportive atmosphere
- Good/gentle exercise
- Challenging but relaxing
- Good for their health
- Non judgmental, happy people
- No pressure, steady progress
- Step by step teaching

They suggest we can improve by:

- Providing more detailed instructions
- Breaking up in smaller groups
- Incorporate more practice on Qigong
- Telling individuals specifically what they are doing wrong
- Having special nights with films and talks, questions and answers
- Holding 1 day weekend workshop for intensive training
- More talk on application of Tai Chi forms
- Providing information on the form they are learning
- Having 10 minutes discussion, Q&A time before each class

In summary, they love the professionalism of the instructors, the friendly atmosphere and the supportive and disciplined teaching method. We will work on the suggested improvements.

Thank you for your constructive and positive feedback!