

SENIORS/ADULT TAI CHI

for balance, supple joints, stronger legs/back, better posture, flexibility, de-stressing, energy and stamina.

Highland Park: Mon 10.00-11.30am (Malisa)
Trinity Methodist Church (opposite Lloyd Elsmore Pk) \$7

Howick: Thurs 1.30-3pm (Malisa)
Howick RSA (25 Wellington St) \$7

Howick Parkinson's/Stroke Rehab Course:
Tues 12.30-1.30pm (Malisa)
Repeating ten lesson block course (\$70)
Vincent St. (Please Enquire)

Manurewa: Weds 11.30-12.30pm (Malisa)
RSA (2-8 Maich Rd) \$7

Pakuranga: Mon or Thurs 1pm (Madeleine)
TeTuhi Community Centre (13 Reeves Rd) \$7

Papakura: Tues or Thurs 10-11am (Malisa)
Papakura RSA (40 Elliott St). \$7

Takanini: Mon or Weds 10am (Elaine)
Takanini Community Hall (8 Takanini Rd). \$7

Government recognized Teachers
CTC provided ACC's "Fall Prevention Tai Chi"
programme for Manukau Counties for the
nine years it was recently available in NZ.

All Club teachers & assistants are regularly certificated.

***Beginners can start at any time.
Fees range from \$4 to \$12 (please enquire).
Want to join? - just show up 5 mins early.***



YOUNGER ADULTS TAI CHI

***with authentic Tai Chi martial-art
theory, principles and instruction.***

Also suitable for semi-fit adults and fit seniors

Grey Lynn: Mon & Thurs 7.30-9.30pm
Community Centre (510 Richmond Rd).
\$12 per (paid monthly), \$15 (beginners casual).

Manukau CBD: Saturdays, 10am-12pm
Beginners 10.00am-11.00am
Push Hands 11.00am-12.00pm
Totara Heights area, please enquire. \$15

CHEN TAI CHI CENTRE



Head Teacher: **Malisa Ng**

Phone: **09 266-7473**

Website: **taichichen.org**

Email: malisa@taichichen.org

Why Learn Tai Chi?

People take up tai chi for its legendary health benefits, stress relief, flexibility, whole body fitness regime, martial art skills, low impact exercise, public demos, its beautiful art-form, socialising, club overseas travel opps or just to have a good time. We cater for all these needs.

What are the health benefits?

You do not need to be fit to start.

Low impact exercise (equivalent to a moderate aerobics workout), boosts immune system, softens tight muscles, higher energy levels.

Proven benefits for balance/coordination, leg strength. Good for mobilising stiff and frozen joints (especially spine and lower back).

Helpful for emphysema and asthma (expanded respiratory capacity), reduces arthritic pain and provides better sleep patterns.

Helps stabilise systemic issues (eg Diabetes II, Lupus) and more. Tai Chi provides great relief for stress and anxiety..

Its an excellent low impact exercise for those with blood pressure or cardio issues. Tai Chi is an excellent, gentle exercise for recovering from injury, surgery or chronic illness.

What do I wear?

Sneakers or tennis shoes and clothing that won't restrict movement. "T" shirts and track-pants are popular.

Introducing Chen style Tai Chi

What is Tai Chi (Taiji)?

Tai Chi (Tai Chi Chuan or Taijiquan) is an ancient Chinese martial art practised by all ages for its formidable self-defence and exercise/health benefits. As one of the most “internal” and subtle of the martial arts it takes longer to become an adept practitioner but the benefits are that much greater. Less physical exertion is required than is the case with the more “external” martial arts yet it’s still a real workout. Tai Chi is very popular in China and is practised by people life-long well into their 90s.

What is Chen style Tai Chi?

There are now five main styles of Tai Chi: Chen, Yang, Sun and two Wu styles. Chen is the original, parent form which originated from the Chen clan’s village in remote China. It was kept hidden in the Chen family until recent times because it was a valuable self-defence art for the villagers. It was also practised by young and old for its wonderful exercise and health benefits.

Tai Chi is slow and boring – right?

Wrong! You may be thinking of the very popular “24 Step” (which many people do not find boring). It was adapted from traditional Tai Chi by China’s Phys-Ed Department for daily, nation-wide use during the latter stages of the Cultural Revolution in the 1960s.

The club teaches the original and more lively (martial) form of Tai Chi known as Chen style. This traditional style can be adapted successfully to any age group.

A modified (slower, more gentle) form of Chen is used in our popular Rehab and Fall Prevention classes for seniors (originally sponsored by ACC New Zealand from 2003-2013).



Teachers: Rosa, Ross, Malisa, Madeleine, David.

“Here in Auckland I promote Chen style by systematically teaching everything I know in an open and candid manner.”

As club members mature there is opportunity for further growth through exposure in public demonstrations, assistance in community teaching, workshops with quality visiting Chinese Masters and overseas trips to Tai Chi conventions in Asian countries.

Our students also love the social and educational events we regularly host each year.”

Malisa Ng (Club Founder)



CHEN STYLE TAICHI CENTRE

www.taichichen.org



2017 Feb - Nov

**CHEN TAI CHI CENTRE
Auckland**

Lively Chen style Tai Chi

**Tai Chi suits all ages and fitness levels.
Come join our friendly club!**

For more information contact:

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