

Tai Chi for Health Classes

All new students start with the Sun Style short form specially designed for people of all ages and health conditions and for progression into higher levels and other styles of Tai Chi.

Sun style tai chi has footwork patterns which make it relatively safe and simple for all students to establish the correct whole-body rhythm and alignment that is a signature of all tai chi styles.

- Relaxation and better health
- Qigong - deep relaxed breathing
- Importance of posture
- Balance training

Tai Chi for Health improves balance, co-ordination, fitness, muscle strength, reduces stress and is well known to be beneficial for health and falls prevention.

Regular classes and workshops from beginners to advanced and include the modern “short” forms created especially for Tai chi for Health. The “short forms” have been specially adapted from SUN, YANG and CHEN styles to make the “magic” of Tai Chi as a health art accessible to a wide range of people who are interested in a gentle, safe and effective form of exercise.

These “short forms” are relatively easier to learn and are suitable for beginners and can be performed standing or seated. Longer and more complex forms are available for the student to extend their knowledge and skills of Tai Chi for Health beyond the beginner’s level and can also be performed standing or seated.

The Tai Chi for Health short forms include - Tai Chi for – Arthritis & Falls Prevention, Diabetes, Osteoporosis, Energy, Health & Falls Injury Prevention. In addition to these short forms for more advanced students are Yang 24, Yang 42, Chen 36 and Sun 73.

Classes Calendar for 2019*

START ANYTIME during Year – NO NEED TO WAIT

Term 1 - 9 weeks Monday 4 February to Friday 5 April 2019

Term 2 - 9 weeks Monday 29 April to Friday 28 June 2019

Term 3 - 9 weeks Monday 22 July to Friday 20 September 2019

Term 4 - 8 weeks Monday 7 October to Friday 29 November 2019

* PLEASE ENQUIRE FIRST as dates and times may change

SPECIAL WORKSHOPS/CLASSES including Dr Paul Lam's TCA Instructor Training program are also available in addition to regular classes and workshops – for details please enquire

TAI CHI FOR HEALTH

MODERN FOCUS on health, fitness and well-being of individual student, on safe and effective form of exercise, and not on martial or combat performance as in traditional Tai Chi Chuan (Taijquan)

- **SAFETY** – modern duty of care on health, fitness and capability levels of individual student – each student works at their own level
- **SCIENTIFIC & SECULAR** – gentle, safe, and effective form of exercise based on scientific or evidence-based reasoning and research
- **LEVELS of PERFORMANCE** - providing levels of progression from beginners to advanced with all levels modified to suit individual student



*** **Tai Chi for Health Resource** ***

*Tai Chi Dreaming: Scientific Study of
Tai Chi for Health as Mind-Body Exercise
for Health, Fitness Wellbeing*
ISBN 978-0-646-53323-0

By Elva Arthy & Dr Denis Arthy

First published June 2009, 2nd edition June 2010

ENQUIRIES for Tai Chi for Health

Contact - Elva Arthy

Master Trainer Tai Chi for Health

Tai Chi for Health - Redlands

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Tai Chi for Health Gentle Exercise

BEGINNERS – Level 1

Prior Tai Chi experience is not a prerequisite for participating at this level:

- Sun Style 12 Form – Tai Chi for Arthritis
- Yang Style – 19 Form – Tai Chi for Diabetes
- Introduction to Tai Chi Fan – Sections 1-2
- Australia Dreaming Qigong – 15 Form
- Introduction to Qigong
- Suitable for people with reduced mobility
- Rehabilitation & strengthening
- Balance training & falls prevention
- Relaxation training
- Tai Chi Mirror Qigong – Free Style

INTERMEDIATE – Level 2

Focussed practice of specific Tai Chi form and an introduction to key tai chi for health principles:

- Sun Style 31/40 Form -Tai Chi for Arthritis
- Yang Style – TCH& Falls Prevention - 11 Form
- Yang Style Beijing 24 Form
- Tai Chi Fan Form – Sections 1-3
- Tai Chi Fan -Exercise Medicine Aust
- Australia Dreaming Qigong – 15 Form
- Rehabilitation & strengthening
- Relaxation training
- Tai Chi Mirror Qigong – Free Style



INTERMEDIATE/ADVANCED

Levels 3 – 5

This level offers advanced students more challenging forms including an in-depth study of tai chi for health principles

- Sun Style International 73 Form
- Chen Style 36 Form- includes Silk Reeling
- Yang 42 International Form
- Tai Chi Fan – all sections - 52 forms
- Tai Chi Fan -Exercise Medicine Aust
- Australia Dreaming Qigong - 15 Form
- Tai Chi Mirror Qigong – Free style

CLASSES TIMES AND VENUE
Tai Chi for Health – Gentle Exercise

All Levels 1-5

Cleveland - Day

Tuesday 9.30am - 11.00am

Friday 9.30am - 11.00am

Redland Bay - Day

Wednesday 9.30am - 10.30am

Cleveland - Evening

Tai Chi for Relaxation & Health

Mondays 6.00pm - 7.00pm

Also by invitation only-

Tai Chi for Relaxation & Self-Defence

Mondays 6.00pm - 7.00pm

*Special workshops also available
Please enquire*



TERM & CASUAL FEES

Four Terms per year

Enquire for timetable and costs

Start Anytime - No Need to Wait

*Tai Chi for Health Redlands policy
requires all new participants to obtain a clearance from
their health care provider that their physical condition is
fit to safely participate in classes and activities*

PRINCIPAL INSTRUCTORS

Master Trainers Elva Arthy & Dr Denis Arthy

- Master Trainers - Tai Chi Chuan-Do - Martial Arts for Health & Self Defence - *Gentle Arts of Self Defence* (GASD) affiliated with Sakurakan-QUBBA, a non-profit incorporated martial arts association (est 1960)
- Tai Chi Instructors accredited with Alice Liping Yuan's Exercise Medicine Australia - Tai Chi for Health & Falls Injury Prevention Program
- Tai Chi Instructors accredited with Dr Lam's Tai Chi for Health Institute for Dr Paul Lam's Tai Chi for Arthritis program
- Completed various Tai Chi courses, workshops and other Tai Chi for Health programs with Dr Lam in Australia, USA and Europe since 1999
- Principal Course Providers of Tai Chi for Health Advanced Instructor Training Program since 2007
- Co-authors of the Tai Chi Textbook – *Tai Chi Dreaming: A Scientific Study of Tai Chi for Health as Mind-Body Exercise for Health, Fitness & Wellbeing*
- Presenters and authors of papers at the First International Tai Chi for Health Conference held in Seoul, Korea in December 2006

• **Master Trainer Elva Arthy** has been a professional teacher of movement and dance for over fifty years. She is also a Master Trainer with Dr Paul Lam for the Tai Chi for Arthritis Instructor Training Program since 2002 and is accredited with the Tai Chi for Health Institute (TCHI) running her own Tai Chi for Health school in the Redlands Community.

Elva has also been a community Fitness Instructor in the Redlands for over 30 years as a Personal Trainer, Older Adults Trainer and Group Exercise Instructor accredited with Fitness Australia. She has been a Tai Chi Instructor at International Tai Chi Workshops in USA, New Zealand, Korea & Australia. She is also the author of textbook - *Raging Ageing: Gentle Exercise Manual*,

Dr Denis Arthy is a Tai Chi Instructor accredited with TCHI and Exercise Medicine Australia and works with Elva in her role as Master Trainer with the Tai Chi for Health Instructor Training workshops and local classes in the Redlands.

Denis is also a Martial Arts Chief Instructor (Black Belt 3rd Dan) teaching Tai Chi for Relaxation & Self Defence for fifteen years as well as Judo, Jujitsu and Karate in his own school *Gentle Arts of Self Defence* (GASD). He has been a student of the "gentle" or "yielding" martial arts since the early 1960s in Judo and Jujitsu, with traditional Yang style Tai Chi Chuan & Goju Ryu Karate since the early 1990s, and with Sun, Chen and modern Yang Tai Chi styles since the late 1990s.

Tai Chi for Health Gentle Exercise

Tai Chi Redlands

2019



Elva Arthy

Personal Trainer
Older Adults Trainer
Group Exercise Instructor
Master Trainer with GASD
Master Trainer with TCHI

*Relaxation & Calming
Flexibility & Stretching
Balance & Strength Training
Health, Fitness & Wellbeing*

ALL ENQUIRIES

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1 May 2019