

2nd TARANAKI TAI CHI CHUAN WORKSHOP with Orlando Garcia.
11, 12, AUGUST 2018 at Highlands Intermediate School Hall.

All members and non-members are invited to join us for a weekend of learning and discovery – Instructor, Orlando Garcia joins us again from the Wushu Culture Association in Auckland. As Director and Principal Instructor, Orlando has been practicing various styles of Martial Arts since 1973. He attended University studies in the Science of Education Majoring in Physical Education in Tunja - Colombia, Masters at the Beijing University of Physical Education Major in Wushu (Kung Fu), Taiji Quan (Tai Chi) and he has Diplomas in Therapeutic Chinese Exercises, Therapeutic Chinese Massage, and Medical Qigong. He also is a Kung Fu and Tai Chi International Competitor, Judge and Coach. He was three times World Champion in traditional styles.

Orlando Teaches Meditation courses at Selwyn College under the Community Education Programme and is registered as a Medical Qigong Advanced Therapist with the NZ Qigong & Traditional Chinese Medicine Association.

Orlando has been running regular classes in NZ since 1997 and runs seminars and courses both in NZ and in different countries in South America. He opened his Medical Qigong and Chinese Manual Therapy practice in 2008 and we are delighted he is once again joining us in New Plymouth to further enhance our own knowledge and enjoyment of Qigong and Tai Chi.

Our workshop weekend offers an exciting and health promoting programme suitable for beginners to the advanced student so pop these dates in your diary now and pick up a registration form at your next class or email jharre@primowireless.co.nz for a copy.

PROGRAMME:

SATURDAY

9.00 – 9.30am Registration

Session One: 9.30am – 12.30pm Warm Up and Revision on **Ba Duan Jin** and **Qigong Stick Form**
Introduction to **Mawangdui Daoyin Shu**

Lunch: 12.30pm – 1.30pm Bring a plate for a shared lunch

Session Two: 1.30pm – 4.30pm **Mawangdui Daoyin Shu** with addition learning tips & health benefits
Theory of Traditional Chinese Medicine

SUNDAY 12TH AUGUST 2018

Session Three: 9.00am – 12.00pm **Yang Style Tai Chi Chuan Forms, Principles And Techniques**

Cost:

TTCCA Members: \$15 per session; \$30 for two sessions; \$45 for three sessions

Non-Members: \$20 per session; \$40 for two sessions; \$60 for three sessions

(Memberships welcome - \$10 annual subscription)

We have included a Registration Form for the Workshop here with this newsletter for your convenience and also a poster advertising the event if you are able to share with friends, family, work colleagues, etc who you think may be interested in joining us for all (or part) of the weekend.

OTHER WORKSHOPS AVAILABLE:

The Wushu Culture Association has programmed three workshops which our members may like to join in if they are planning to be in Auckland on any of the following dates:

Date: Saturday July 14th 2 – 4 pm

Venue: Onehunga Community House. 83 Selwyn St, Onehunga, Auckland

Practice: Daoyin Yangsheng Gong Shier Fa (12 Methods of Daoyin)

Cost: Gold Coin Donation

Date: Saturday August 25th 2 – 4 pm

Venue: Onehunga Community House. 83 Selwyn St, Onehunga, Auckland

Practice: Taiji Yangsheng Zhang (Taiji Stick for Health)

Cost: Gold Coin Donation

WORLD QIGONG DAY

Date: Saturday 8th September 2018

Time: 10.00am

Venue: PukeAriki Main Foyer (or outside if weather permits)

The theme of World Health Qigong Day 2018 is “**Health Qigong – a Way to Healthy Life**”. Please join us for a FREE public class/demonstration and be part of this worldwide event with Qigong participants from countries everywhere all joining together at 10am (their local time) to promote and enjoy this exercise method renowned for its ability to enhance health and wellbeing for all ages and abilities.

RAFFLE TICKETS

Just a quick reminder there are still raffle tickets available. This will be drawn on the night of our Midwinter Christmas Pot Luck function so remember to bring along a little bit of cash if you haven't already purchased a ticket. There will also be a mystery raffle on the night too so we are all looking forward to seeing what our wonderful President, Eleanor has in store for us!



CHECK OUT THIS FABULOUS TAI CHI TRAINING OUTFIT. WONDERFUL BLUE AND SO COMFY. WORN ONLY TO SHOW PHOTO. YOU WILL BE MORE THAN HAPPY TO WEAR THIS ON TRAINING NIGHTS WITH MERINO UNDERNEATH TO KEEP EXTRA WARM. ONLY \$5 PER TICKET OR 3 FOR \$10 DRAWN ON THE NIGHT OF THE MID WINTER CHRISTMAS DINNER.

Only 8 pr left. 100%

See Ellie or text



cotton socks \$12.00

0272939824



**DON'T MISS OUT ON YOUR CLUB SHIRTS.
THIS WILL BE THE LAST ONE UNTIL WE HAVE OUR ANNIVERSARY SHIRT.**

CLUB SHIRTS; EXPRESS YOUR INTEREST TO ELLIE @ tonyeleanor60@gmail.com or see me at class. (I will be doing the rounds to help you all out). TTCCA will be ordering **White or Royal Blue** colours, this is in keeping with the last block of colours ordered. You are more than welcome to pick from a T shirt or Polo shirt. We have found a better quality of 100% cotton than the last order. These will keep their shape and not stretch. Place your order with me and I will receive a quote from the supplier.

PRICING: Depending on numbers I cannot give you a set price yet. The more ordered, the cheaper they become. You will not be committed until I have got back to you with a price. Usually \$30 to \$45 depending on the style. You are free to cancel your order should the quote be not acceptable. (Absolutely no worries at all).

Because we would like you to have the correct size I ask that you measure your favourite fitting T Shirt from under the arm across the front to the other arm pit. This is called a ½ chest measure. We can take it from there.

TIMETABLE

Just a quick reminder of all the options available for Tai Chi classes with our Association during the week and throughout the province – hope to see you and your loved ones at a class very soon. Remember, if you would like to bring along a friend or family member to try out Tai Chi and Qigong with you their first class is free.

Monday

9.00am-10.00am Oakura Town Hall, Oakura
11.30am-12.30pm Bell Block Hall, Bell Block
5.30pm-7.00pm Holy Trinity Church Hall, Fitzroy

Tuesday

9.15am-10.15am Merrilands Domain Hall, New Plymouth
5.30pm-6.30pm Waitara War Memorial Hall, Waitara
** Please register phone 0272682601*

Wednesday

5.30pm-7.00pm Holy Trinity Church Hall, Fitzroy
7.15pm-8.45pm Holy Trinity Church Hall, Fitzroy

Thursday

9.30am-10.30am Inglewood Town Hall, Inglewood
12.15pm-1.15pm Savage Club Hall, Hawera
7.00pm-8.30pm Stratford Primary School Hall, Stratford

Friday

9.15am-10.15am Merrilands Domain Hall, New Plymouth
10.45am-11.45am Merrilands Domain Hall, New Plymouth – Strength & Balance Introduction

Saturday

9.00am-10.30am Vogeltown School Hall, New Plymouth

\$4.00 per hour class & \$6.00 per 1 ½ hour class + \$10 hall hire per month with first hall hire free with membership OR \$10.00 per casual class OR \$5.00 per class with Strength & Balance Programme Referral
Proudly working with Sport Taranaki to provide Community Strength and Balance programmes

Live STRONGER For LONGER - Prevent Falls & Fractures

TARANAKI TAI CHI CHUAN ASSOCIATION INC

PRESIDENT:	Eleanor Arbuckle, Ph. 027 293 9824
VICE-PRESIDENT:	Judi Lee, Ph. 027 268 2601
SECRETARY – Correspondence:	Selina Mackie, Ph.027 815 1204
SECRETARY- Minutes:	Dorval Renaud Ph.022 315 4831
TREASURER:	Nick Morton 021 79 0597
NEWSLETTER EDITOR:	Veronica Bailey Ph. 06 75 88089 or 027 5588466 (txt only)
COMMITTEE:	Norah Lambie Ph.021 142 5326 Adell Morton Ph. 06 757 2226 Sarah Buist Ph. 021 022 44085,
PATRON:	Margaret Underwood, with mother, Nancy Underwood, Life Members.

Practice and be at one with yourself. Practice the movements then repeat the movements with the mind clear but focused



<. THIS GENT IS **CHEN MAN CHING**

