

T'AI CHI CHUAN
CHI KUNG
TU'I NA

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T'AI CHI & CHI KUNG FOR HEALTH SEPTEMBER '08

This information sheet is intended for people with particular health needs and their Carers and friends to help you understand more about how T'ai Chi Chuan and Chi Kung can work for you; below you will find some background information on these arts and ideas about how you can go about finding an appropriate class.

T'ai Chi Chuan and Chi Kung are 'internal' arts with their roots in the healing, meditational and martial traditions of China. The history of these arts can be traced back through the whole of Chinese history and myth as a number of strands that have been twisted together in various combinations depending on the requirements and views of those involved; religious and spiritual practises; theories relating to the flow of energy through body, mind and environment; fighting practises and military strategy; artistic and cultural practises, medical systems and social etiquette have all been involved in the development of the Internal arts.

CHI KUNG (QIGONG) is a relatively recent term that has been adopted to describe many of these practises; it means literally to work with the Chi (energy) and now covers a wide ranging set of practises. Chi Kung can be practised as religious ritual, healing art, meditation or martial art. It can involve simple exercises for calming and relaxation, sitting exercises or long complex sequences. All share common principles and features.

T'AI CHI CHUAN (TAIJI OR T'AI CHI for short) evolved around about 300 years ago as a fighting art. Through contact with other practises, it developed an approach based on relaxation, correct posture and use of the Chi rather than muscular strength, and hence also gained a reputation as a meditation and as a healing art as well. Central to T'ai Chi is the learning and practise of forms or sequences of movements where the basic principles are regularly worked with until they become natural to the player. The full system includes individual exercises, partner work of various types, meditation, martial applications and work with various weapons as well as the forms that are the best known and most widely practised of the various aspects. At its best, T'ai Chi includes all of these elements, as they seem to support and reinforce each other. T'ai Chi is now becoming increasingly recognised as a style of Chi Kung. The long history and diversity of the Internal Arts, along with the basic principles that underlie them makes them very adaptable to a wide range of different circumstances. It is the long term aim of these arts to create balance and harmony of body, mind and spirit, both in an individual and in society, and it is these aims rather than any particular movement that is important. It is the emphasis on principle rather than the external movement that helps us achieve this

HOW CAN T'AI CHI AND CHI KUNG BENEFIT YOU?

T'ai Chi and Chi Kung can help a person maintain a healthy and centred lifestyle and increase wellbeing. They can help to:

- Improve balance.
- Aid management and recovery from long term physical and mental illness, Injury and Stroke.
- Correct postural problems.
- Improving respiration and circulation and increasing oxygen intake.
- Increase range and quality of movement for people suffering from debilitating conditions such as Multiple Sclerosis, Arthritis and Parkinson's Disease.
- Relieve and manage chronic pain
- Reduce stress and tension.
- Provide a challenging and accessible activity

FINDING A CLASS

A wide range of classes are available. Some classes concentrate on T'ai Chi forms - others on individual Chi Kung exercises; some will be all standing whilst others will include seated exercises. Look for a class that suits your needs and abilities; they all offer the same benefits.

If you are unsure whether a class is suitable for you then do talk to the teacher beforehand if at all possible. Explain to them as clearly as you can what your particular needs are. Things you might want to ask are:

- Do they have classes available that are more appropriate to your needs?
- Will they be able to offer you advice about how movements might be adapted to suit you?
- Are they willing to let you have a learning partner in the class with you should you require one?
- If you are likely to miss classes regularly is this going to affect your progress - for instance if you are learning a sequence?
- Are they happy to allow students to develop at their own pace, even if they are learning a sequence as a group?

The list of classes below includes mainstream groups as well as those developed for people with particular needs.

Mike Tabrett lives in Cambridge where he teaches T'ai Chi and practises Tu'i Na, (Chinese massage and Acupressure). He is registered as a senior tutor with the T'ai Chi Union of Great Britain and a national trainer for the T'ai Chi and Chi Kung Forum for Health. He teaches regular classes in local colleges and halls as well as adapting mainstream T'ai Chi for people with special needs and for stress management work. Teachers of other classes described in this sheet are all long term students of Mike.

FOR MORE INFORMATION OR TO RECEIVE UPDATES OF THIS LEAFLET BY POST OR E MAIL
PLEASE CONTACT ME AT THE ADDRESS ABOVE

September 2008

T'AI CHI CHUAN; 24 STEP

These classes teach the Short form and associated exercises. Longer classes may also include sitting meditation and simple partnerwork. :

Monday Evening

Parkside Community College; 24 Step Beginners ;, 7.-8.30. With Mike; starting 22/9/08. To book ring 01223 712340

This class will be working on the first part of the form and basic exercises. There will be a short extra session at the end for those continuing. (Approx £70/10 weeks; discount if booked before 1st. August)

St Ivo School St. Ives. 24 Step

Part 1 7-9pm .

Continuation 8-9.30pm. With Fara To book ring 01480 495717 . Starting 22/9/08 (Approx £70/10 weeks)

Tuesday Evening

Cottenham Village College

T'ai Chi Fundamentals 7-8pm

T'ai Chi Improvers 8-9.30pm. With Alison; TBC. To book ring (01954) 288751 (Approx £70/10 weeks)

Linton Village College 6.30-8 with Fara. Starting 14/4/08. To book ring 01223 712424 or book online www.bepartnership.org (Approx £60/10 weeks)

Thursday Morning

Short Form for Women 9.30-11.30 . TBC. For more details contact Alison 01223 277864 /

Alison@grey-heron.com

T'AI CHI CHUAN; CHEN STYLE OLD FRAME (LAO JIA)

Wednesday Evening

Salvation Army Centre Mill Rd 6.30 -8. Starting 1/10/08. A 12 week course focusing on the basic movements of the form to enable participants to join the later class where they will be able to develop the movements. The course will also include silk reeling exercises and basic push hands and applications. Fee £60/£40.

Numbers are limited. Please send a (non returnable) deposit of £30 to Mike Tabrett (address below) to secure your place.

CHI KUNG

Mixed Chi Kung exercises suitable for beginners or more advanced.

Monday Evening

Parkside Community College 6-7. All levels welcome. With Mike; starting 22/9/08. To book ring 01223 712340. New members are welcome at any time. (Approx £35/10 weeks; discount if booked before 1st. August)

Tuesday Lunchtime

Norfolk St Resource Centre 12.15-1. Drop in class. £2/class. Ongoing

Tuesday Evening

Coleridge Community College 7-8. All levels welcome. With Mike; starting 23/9/08. To book ring 01223 712340. New members are welcome at any time. (Approx £35/10 weeks; discount if booked before 1st. August)

Thursday Afternoon

Abbey Pool Studio 3.30-4.30 One of the Council forever Active classes for older people £2.50 members/£3 non members. No class August 14th & September 3rd., 10th. & 17th

INTEGRATED T'AI CHI & CHI KUNG CLASSES

These classes are suitable for Beginners or more experienced and combine standing and seated exercises..

Monday Morning

Trinity Hall, Burwell 10.20-11.20.

Start 22/9/08. Call Burwell Community Education (01223 811372) to book..

Wednesday Afternoon

Buchan St Community Centre, 3.45- 4.35.

This class is run as part of the Self Help Physiotherapy Service run at the Centre at this time. This is a free class. Check to see that there are no further last minute cancellations by phoning 01223 885332. No class September 3rd., 10th. & 17th

Thursday Morning

Lichfield Rd. Hall, Cambridge (just off Cherry Hinton Rd.) 11.30-12.30 £2 members/£2.50 non members. No class August 14th & September 3rd., 10th. & 17th.

Thursday Afternoon

Abbey Pool Studio 3.30-4.30 (all standing class) £2.50 members/£3 non members. No class August 14th & September 3rd., 10th. & 17th

Friday Afternoon

Church of the Good Shepherd, Mansell Way. 2-3. £2 members/£2.50 non members. No class August 14th & September 3rd., 10th. & 17th The last 3 classes are part of Cambridge City Council's 'Forever Active' program for the over 50's.

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