



## SENIORS' TAI CHI

*for balance, exercise, health  
(free for Seniors - others \$5)*

*For beginners – free 16 week course  
Starts week 25<sup>th</sup> Jan unless otherwise noted  
Enrol at location (only proof of age required)  
“Senior” means approx 65 (55 Maori/PI)*

**Botany Shops:** Tuesdays 2pm

Eastview Baptist (559 Chapel Rd)

**Buckland's Beach:** Tuesdays 12pm

Sea Scouts Hall (33 Morrow Ave)

**Highland Park:** Mon 1pm or Weds 1pm

Howick Netball Centre (Lloyd Elsmore Pk, left of entrance)

**Howick:** Tues 1pm or Frid 1pm

Howick Recreation Centre (563 Pakuranga Rd)

**Old Howick:** Thursdays 12.30pm

Howick RSA (25 Wellington St)

**Mangere Bridge:** Thursdays 10am

St James Church Hall (29 Church St)

**Mangere Town Centre:** Fridays 10am

Moana Leisure Centre (Wadden Place)

**Manurewa:** Thursdays 1.30pm

RSA (2-8 Maich Rd)

**Pakuranga:** Wednesdays 2.30pm

TeTuhi Comm Centre (13 Reeves Rd)

**Papakura:** Tues 10.30am or Thurs 10.30am

Papakura RSA (40 Elliott St).

**Papatoetoe:** Mondays 10am

Adventist Church Hall (16 Puhinui, Gt Sth Rd end)

**Takanini:** Mondays 10am

Takanini Community Hall (8 Takanini Rd)

## YOUNGER ADULTS' TAI CHI

*optional tai chi martial art instruction  
(also suits semi-fit adults/seniors)*

**Grey Lynn:** Mondays & Thursdays 7.30pm

Community Centre (510 Richmond Rd)

**Highland Park:** Tuesdays 7.30pm

Howick Netball Centre (Lloyd Elsmore Park, left of entrance)

## ADULTS' TAI CHI

*(also suits semi-fit seniors)*

**Beachlands:** Mon 9am, Weds 9am

Te Puru Community Centre (main Highway)

**Buckland's Beach:** Weds 11am, Fri 11am

Sea Scouts Hall (33 Morrow Ave)

**Highland Park:** Mon 2pm, Thurs 2pm

Howick Netball Centre (Lloyd Elsmore Pk, left of entrance)

**Howick:** Mon 11.30am, Tues 2pm, Fri 2pm

Howick Recreation Centre (563 Pakuranga Rd)

**Mangere Bridge:** Mon 10am, Weds 10am

Chinese Community Centre (99 Taylors Rd)

**Mangere Bridge:** Mon 7pm

St James Church Hall (29 Church St)

**Manurewa:** Mon 12pm, Thurs 12pm

RSA (2-8 Maich Rd)

**Otahuhu:** Mon 9am, Weds 9am

Town Hall (10 High St)

**Pakuranga:** Mon 1pm, Weds 1pm

TeTuhi Community Centre (13 Reeves Rd)

**Papakura:** Tues 9am or Thurs 9am

Papakura RSA (40 Elliott St).

*\* beginners may start at any time*

*\* want to join? - just show up 5 mins early*

*\* fees range from \$5-\$10 (please enquire)*



## Why Learn Tai Chi?

People take up tai chi for its legendary health benefits, stress relief, improved muscle tone and flexibility, self-defence, whole body fitness regime, martial art skills, low impact exercise, competitions/demos, its beautiful art-form, social contact/outings, club overseas travel 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 (yet equivalent to a moderate aerobics workout), boosts immune system (less colds/flu), softens tight muscles, higher energy levels.

Proven benefits for balance/coordination, leg strength, helpful for emphysema and asthma (expanded respiratory capacity), reduces arthritic pain and gives better sleep patterns.

Relief for stress and anxiety, significantly improves blood pressure (low or high), helps stabilise systemic issues (eg diabetes II, Lupus) and more.

Good for mobilising stiff and frozen joints (especially spine and lower back).

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

## What do I wear?

Anything light that won't restrict movement - T-shirts, track-suits and sneakers are popular. Serious practitioners can purchase custom clothing and footwear designed for tai chi use.

## 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, 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 for our popular Recovery/Fall Prevention classes - free for all seniors thanks to ACC.



*“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.*

*Students also love the social and educational events we regularly host each year.”*

**Malisa Ng**



**CHEN STYLE TAICHI CENTRE**

**[www.taichichen.org](http://www.taichichen.org)**



**2010 Jan - June**

**CHEN TAI CHI CENTRE**

***Lively Chen style Tai Chi***

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

***For information contact:***

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