

Chen style Tai Chi Centre 2010 – at a glance

What we do...



Our Tai Chi organisation:

- Provides **free Tai Chi classes** for senior citizens across Counties Manukau (thanks to ACC's Fall Prevention Programme). Others may participate at a subsidised rate of \$5.
 - Takes a **holistic** approach to attendee care by:
 - providing systematic class programmes with individual attention
 - providing fun classes and extra socialising opportunities and events
 - **Promotes** the many health benefits of authentic Tai Chi thru talks, demos, presentations and events
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Promotion ...



We seek to:

- Promote these free classes to interested organisations and **healthcare professionals** thru **on site presentations** (ppt talk, demo, audience participation, take-away material)
 - Establish longer term low cost **"seed classes"** which will become financially viable when class size reaches 15-20 persons
 - Establish informal **"referral" mechanisms** with concerned organisations, agencies and individuals so the free classes flourish, targets are met and funding survives.
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About CTC



We work or have worked with:

- ACC: providing Tai Chi lessons twice weekly across Manukau Counties
- Various community agencies: Otara Health, Middlemore Hospital, Pathways Trust, Counties Manukau Sport, Sports Auckland, Challenge Trust, Auckland City Council

We are:

- Malisa Ng (Founding Teacher of Chen Taichi-cise 1999):
 - New Zealander of Chinese ethnicity who grew up in the rubber plantations of West Malaysia, came to NZ in 1989 and eventually married here
 - Tae Kwan Do National Champion 1976 (Malaysia)
 - chosen "disciple" of one of China's leading Tai Chi grandmasters
- Bernard Williams (Club Secretary):
- Our associated teachers and assistants:
 - the wonderful dozen or so well trained teachers/assistants/volunteers who love to work in the community and make our classes possible
- Our Students: especially the older ones



We assist in health promotion with such groups us:

- Age Concern, Probus, Lions, Rotary, libraries, ethnic clubs and many others by means of regular events, have a go demos, presentations and inspirational talks.
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More than talk...

We teach:

- 20 free tai chi classes at 10 locations every week across Manukau Counties for ACC's Fall Prevention Program as mentioned above.
- low cost tai chi classes targeted at the **40-65 age group** to cater for for a variety of issues (frail non-ambulatory, respiratory, arthritis pain, cardio/stroke/surgery recovery)
- Regular low cost classes for the **elderly** at a variety of retirement villages and ethnic clubs (e.g. Tongans, Sri Lankans)
- 5 sports/martial art Tai Chi classes weekly for **healthy adults**

Benefits ...



Proven benefits for:

- **frail non-ambulancy** (improves balance, lower body strength and flexibility)
- **respiration & blood pressure** (great low stress exercise, improves lung capacity)
- systemic disorders such as **diabetes II, lupus, osteo** (helps stabilize)
- arthritis and **joint problems** (improves flexibility/mobility and reduces pain)
- female **incontinence** (strengthens pelvic floor) – well known Chinese remedy
- **surgical rehab** – e.g. after cardiac, joint surgery (excellent low impact/stress exercise)
- **vitality levels**, immune system, **depression** and sleep

Therapeutic exercise benefits:

Experienced traditional Tai Chi teachers also...

- teach additional “breathing” (**Qigong**) and weight shifting exercises
- attend to individuals re **alignment corrections** (especially posture)
- attend to individuals re low impact turning and use of joints

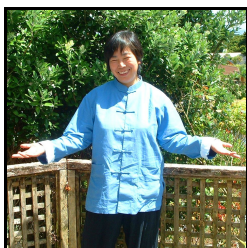
Quality Results



Teachers & Assistants

- Tai Chi members received the Osteoporosis Society’s “**You Deserve a Medal**” award two years running (2004, 2005) from president, Julie Gallagher
- Club senior students attend a comprehensive, graded training program and must pass rigid **Certification** standards. Certificated teachers are regularly mentored and monitored. Certificates renewed yearly after refresher courses
- Teachers adhere to a **set teaching format** and possess a current NZ First Aid/CPR certificate.
- **Health and safety** and **quality control plans** (monitoring by chief instructor and confidential feedback from all attendees) operate in all classes.

What’s next...



Low-cost/free (donation) classes across Auckland have room now

- These free or low cost targeted classes need a constant stream of **referred attendees** if they are to survive! We know the need is there.
- Free **referral cards**, waiting room **posters**, **talks** and more available on request
- Locations and timetable at www.taichichen.org
- Phone Malisa or Bernard at **(09) 266-7473**
- Email: malisa@taichichen.org, bernard@taichichen.org

Referees

- Dr. Graham Ford (Dip. Ger. Med.)
retired Medical Superintendent (Glenburn Geriatric Hospital, Auckland)
Email: ftbridge@ihug.co.nz Phone: 0923-60510
- Jennifer Venimore (ACC Senior Advisor Stakeholder Relationships)
Email: Jennifer.Venimore@acc.co.nz Phone: (09) 915-8378
- Dr Sherine Amarasekera (ACC)
Email: Sherine.Amarasekera@acc.co.nz Phone: (09) 915 8181
- Chen style Tai Chi Centre is a member of the NZ National Tai Chi Chuan Association.