



BALANCING THE CHI

Lynn Zelmer of the Australian Academy of Tai Chi has been providing tai chi instruction for 60 & Better members since 2002. Here he explains the background of the Academy and its involvement in the 60 & Better classes.

The Academy was established in Sydney by Grandmaster Khor approximately 35 years ago. It has since expanded to become one of the largest tai chi training organisations in the world with branches in many Australian cities.

While maintaining strong roots in the martial arts the Khor style tai chi set has been adapted for Australian needs and emphasises health benefits through balance and relaxation. As Grandmaster Khor explains, "The idea is to do simple things in a relaxed manner and then with improved skill take on more challenging things".

The Academy classes in Rockhampton emphasise the repetitive shibashi, or energy, routines as much as the tai chi set. This provides practice in the basics, leading to those the more challenging things. There are several different shibashi sets, the first of which is taught to all practitioners and rapidly becomes a relaxing and meditative exercise.

The tai chi set has six levels, the first three of which can be taught at the 60 & Better class. The higher levels of the set are taught in the evening classes, along with the more advanced routines based around dancing with weapons (sword and fan).

The 60 & Better class is held every Monday morning at the South Rockhampton Uniting Church Hall on Campbell Street. The class runs from 10:30 to 11:30 but please arrive a few minutes in advance to sign in. Wear comfortable clothes and bring your own water bottle.