



Getting Started with Tai Chi

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Australian Academy of Tai Chi

The 60 & Better tai chi class provides a relaxed and informal approach to tai chi. We work on an easy-to-follow exercise program that reduces stress and improves balance. We don't push participants beyond their limits; 'no pain, no gain' does NOT describe Academy tai chi.

We follow a variety of static and moving forms, all modelled on traditional Chinese tai chi with its long history. The result is a number of gentle exercises that connect martial art postures in a graceful, flowing form. Many of the same postures and movements can be seen in the 'harder' martial arts, where the intent is self-defence or even attack, but we keep them soft and relaxing.

In all the tai chi exercises we try to be graceful, as well as having an appropriate stance or movement. If you do find yourself overbalanced or 'hurting', then adjust your stance or movement so that you aren't pushing yourself so hard.

Tai chi sessions begin with stretching routines that attempt to 'take the kinks' out of our bodies and get us ready for the slower, gentler and more relaxed forms that follow. Start with your feet flat on the floor and your weight balanced. Consciously relax your body, especially your neck and shoulders, tuck your backside in slightly so that your body remains upright, and unlock your knees. Extend your arms, torso, etc., during stretching exercises, but otherwise keep your movements relaxed, smooth and more contained.

Breath through your nose with your mouth closed. Relax and let your breath lengthen, keeping it even without either forcing or holding your breath.

More formal instruction is available from the Academy through evening classes in Mt Morgan, Yeppoon and Rockhampton. Phone Debbie on 07 4936 1858 for details.