



## **SENIORS FREE TAI CHI**

**for balance, exercise, health**

*For beginners – free 16 week course  
Enrol at location (only proof of age required)  
“Senior” means approx 65 (55 Maori/PI)  
Starts week 15<sup>th</sup> June*

**Botany Central:** Wednesdays 1.45pm  
Eastview Baptist (559 Chapel Rd)

**Highland Park:** Mon, Tues or Fri at 1pm  
Howick Little Theatre (Lloyd Elsmore Pk, left of entrance)

**Howick Township:** Thursdays 12.30pm  
Howick RSA (25 Wellington St)

**Manurewa:** Mondays 12pm  
RSA (2-8 Maich Rd)

**Papakura:** Thursdays 10.30am  
Papakura RSA (40 Elliott St).

**Takanini:** Wednesdays 10am  
Takanini Community Hall (8 Takanini Rd)

## **SENIORS/ADULTS \$6 TAI CHI**

**for balance, exercise, health**

*Subsidised for Adults not eligible for the above classes  
(Also suitable for Seniors finishing the above classes)*

**Highland Park:** Mon or Tues 1pm, Fri 2pm  
Howick Little Theatre (Lloyd Elsmore Pk, left of entrance)

**Howick Township:** Thursdays 12.30pm  
Howick RSA (25 Wellington St)

**Manurewa:** Mondays 12pm  
RSA (2-8 Maich Rd)

**Pakuranga:** Mondays and Thursdays 1pm  
TeTuhi Community Centre (13 Reeves Rd)

**Papakura:** Tues or Thurs 9.00am  
Papakura RSA (40 Elliott St).

**Papatoetoe:** Tuesdays 10am  
Adventist Church Hall (16 Puhinui).

**Takanini:** Mondays 10am  
Takanini Community Hall (8 Takanini Rd)

**Beginners can start at any time  
Fees range from \$3-\$12 (please enquire)  
Want to join? - just show up 5 mins early**



## **ADULTS TAI CHI**

*More active/challenging than Seniors' classes  
Also suitable for fit seniors*

**Beachlands:** Mondays 9am  
Te Puru Community Centre (main Highway)

**Highland Park:** Mon, Tues and Thurs 2pm  
Howick Little Theatre (Lloyd Elsmore Park)

**Mangere Bridge:** Mondays 7-8pm  
St James Church Hall (29 Church St)

**Otahuhu:** Mondays and Wednesdays 9-11am  
Town Hall (10 High St)

## **YOUNGER ADULTS TAI CHI**

**with authentic tai chi martial art instruction**  
*Also suitable for semi-fit adults and fit seniors*

**Grey Lynn:** Mondays & Thursdays 7.30pm  
Community Centre (510 Richmond Rd)

**Highland Park:** Tuesdays 7.30pm  
Scout Hall, 474 Pakuranga Rd (behind Trinity Church)

## **Why Learn Tai Chi?**

People take up tai chi for its legendary health benefits, stress relief, flexibility, whole body fitness regime, martial art skills, low impact exercise, public demos, its beautiful art-form, social opps, 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 (equivalent to a moderate aerobics workout), boosts immune system, softens tight muscles, higher energy levels.

Proven benefits for balance/coordination, leg strength. Good for mobilising stiff and frozen joints (especially spine and lower back).

Helpful for emphysema and asthma (expanded respiratory capacity), reduces arthritic pain and gives better sleep patterns.

Helps stabilise systemic issues (eg Diabetes II, Lupus) and more. Provides relief for stress and anxiety.

Its an excellent low impact 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?**

Sneakers or tennis shoes and clothing that won't restrict movement – T-shirts and track-pants are popular.

## **CHEN TAI CHI CENTRE**



Head Teacher: **Malisa Ng**

Phone: **09 266-7473**

Website: **taichichen.org**

Email: [malisa@taichichen.org](mailto:malisa@taichichen.org)

## 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)



**2011 Jan - July**

**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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