



Pictured is students at the last night of Tai Chi training for 2011 held at the Foster High School Hall.



Hope your Xmas and New Year went well and you are enthusiastic about improving your Tai Chi or Karate training in 2012.

Perseverance is most important for any martial artist, the more years we practice the more we become aware of just how little we know. Without perseverance it is easy to say it is just too hard and give up, with perseverance we are able to push through, open our minds to the possibilities that present with our Tai Chi/Qigong/Karate training and improvement will occur. The pace of this improvement is up to you, how much sincere effort and study you put in will be rewarded eventually through your perseverance.

Congratulations to students that obtained gradings in 2011.

Tai Chi : Beijing 24 - John Gemmill , Jan Matthews , Michael Adamek , Terry Noyes , Ros Noyes , Rhonda Cousens , John Matthews , Pat Pease , Joyce Whelan , Michelle Barnes , Carmel Cat-tach

Karate : Yellow Belt — Tyler Cocksedge , Jarvis Bindlos

Orange Belt — Toby Humphrey , Tyler Bindlos , Xavier Evans

2011 saw great individual progress throughout the year for the Shotokan Karate students , it is pleasing to see the reward for effort put in by all students and this is reflected when demonstrating their knowledge of Kata and techniques. Well Done to all and we will look for further improvement in 2012,

Tai Chi Chuan

Training venues , dates , times.

- Monday mornings: Sandy Pt , no class until further notice (Hall unavailable)
- Monday evening : Commencing 30/1/12 @ Foster High School Gym Hall @ 6 till 7 pm
- Tuesday evening : Commencing 31/1/12 @ Inverloch Community Hub Centre @ 7 till 8 pm
- Thursday : Commencing 9/2/12 @ Foster High School Gym Hall @ 6 till 7 pm

Shotokan Karate

Monday evening : Commencing 30/1/12 @ Foster Hall , Junior class @ 6 till 6.45 pm and Adult class @ 7 till 8 pm.

Sensei Scott Griggs 3rd Dan

Private Tai Chi lessons:

For beginners or advanced.

Cost—\$25 per hour

Venue— Andy & Karen's Dojo at Waratah Nth

2012 Term Dates

- **Term 1 — February 1st till May 11th**
- **Term 2 — June 4th till September 21st**
- **Term 3 — October 7th till December 14th**

To fit in with PCMA China trip we will have just 3 terms this year , terms will not necessarily run with school terms so please make note of the dates above.

Tai Chi travels 2012:

This year PCMA students will again be off to China to train in the beautiful surrounds of Guanxi Province. Karen , Andy and 8 students will leave Oz for China on the 11th of May and return to Oz on the 28th of May. We will have daily Chen style Tai Chi and Qigong practice , but this trip we will also be learning a Shaolin Wu Shu (Kung Fu) form , just for something different !! Mornings will be taken up with training ,then as usual the afternoons will be taken up visiting the sights of rural China , massage , shopping , relaxing , good food , meeting the locals ! etc.

Grandmaster Eng Chor Khor will again be taking his yearly trip to China in Sept/Oct with his Celestial Tai Chi College students , as always PCMA students are more than welcome to travel with the Grandmaster. This year Grandmaster tells me he will be going to Mt Wudang (The holy Taoist mountain) as part of the trip. Mt Wudang is the home of Chinese martial arts (Wu shu) , for Tai Chi/Qigong practitioners this really is a sacred place. If you are interested in this trip ask Andy for more information. Can check out Celestial Tai Chi college website at www.celestialtaichi.com.

[PCMA students interested in travelling to China in 2013 please let us know a.s.a.p , as we only take a small group and places can fill fast!](#)

[Just ask Andy or Karen if you want information on student training trips.](#)

2012 Memberships are due for all students at the start of February , membership fees will be \$30 per year.

(Fees go towards insurance and affiliation costs)

We are arranging a training session with Grandmaster and several of our experienced Tai Chi friends from Celestial Tai Chi some time in March/April , most likely this will be held either in the Park at Foster or if wet we will use one of the Foster Halls. These days are a great opportunity for students to meet and learn from an internationally recognised martial artist and Tai chi /Qigong practitioner. As soon as we have a date , we will let you know !

To contact PCMA club instructors :

Andy Law on 0409 871 305 or email andy@activ8.net.au .

Karen Law on 0438 871 188 or email karenl@activ8.net.au.

Andy & Karen home 0458 871 305

Scott Griggs on 0429 139 937 or home on 56 871387

Ancient Tai Chi saying !!!!!

When still , all parts are still.

When moving , all parts are in motion