



天人合一

Pictured : Detian Falls on the Vietnam/China border in Guangxi Province China

Welcome back to Tai Chi training and hope 2015 is a year when we all can progress further on our own Martial Art journey.

To assist with this we will change things slightly this year which we believe will allow us more time to assist students at all levels achieve higher level of training both physically and spiritually.

We will have two separate 1 hour classes at both Inverloch and Foster , the first class will be for beginner to intermediate students , the second for advanced students.

To make the definition simple , those that have successfully completed the Beijing 24 and the Yang traditional 108 Tai Chi forms can be classed as advanced. Students at this stage will also have learnt at least 3 Qigong forms.

This change will give better instruction across all student levels from beginners to advanced. Weapons will not be introduced until advanced class or private lessons. Advanced students still welcome in earlier class if Yang style is your preference.

Your feedback welcome on these changes to classes  
Cost will remain at \$10 per class , potential for Inverloch to increase to \$12 if hall hire increase eventuates.

## Tai Chi Chuan

**Training venues , dates , times.**

• **Monday evenings:**

**NEW VENUE :** Banksia Lodge building , Foster. Commencing 2/2/15 @ 6 till 7 pm for beginners to intermediate 7 till 8 pm for advanced. Cost: \$10 per class

• **Tuesday evenings:** Commencing 3/2/15 @ Inverloch Community Hub Centre @ 7 till 8 pm beginners to intermediate & 8 till 9 pm for advanced. Cost :\$10 per class

## Shotokan Karate Will not commence until term 2

**Monday evening :** Commencing term 2 @ Foster Hall , Junior class @ 6 till 6.45 pm and Adult class @ 7 till 8 pm. Cost: \$10

Sensei Scott Griggs 4th Dan

**Private Tai Chi lessons:**

**Available for groups or individuals , just ask Andy**

## **2015 Term Dates**

- Term 1 — February 2nd till May 5th**
- Term 2 — June 1st till September 15th**
- Term 3 — October 5th till December 15th**

Tai Chi travel & events 2015:

This year on May 7th we will be once again taking a group of students to visit Guangxi Province China and to train with our Chen style Tai Chi Master , Master Yang Dong Bao. Students have been working hard on their Chen 74 form in preparation to receiving instruction on the very special Chen 64 form from Master Yang , this will be fantastic experience for those students . In addition they will get to experience this portion of rural China unlike any other tourist group and hopefully come back with a different perspective on not only Tai Chi but also the Chinese way of life.

At this point in time Andy and Karen are unsure if this will be their only trip to China this year to visit Master Yang , there is probability that they will accompany Grandmaster Eng Chor Khor along with members from Celestial Tai Chi College to the International Martial Art Games to be held in India some time late 2015 , more on this later.

We will endeavour to arrange another workshop with Grandmaster mid year the location will most likely be Inverloch again as this is a good venue , perhaps we may be able to learn some Wu or Sun style tai chi from GM.

Martial arts , specifically for us Tai Chi provides incredible opportunity to not only travel but to understand in more detail the martial way of life , to be humble , treat others with respect and the understanding that we are all on our own journey at our own pace and the journey never ends.

To contact PCMA club instructors :

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**Scott Griggs** (Shotokan Karate) on 0429 139 937 or home on 56 871387

Or visit PCMA website [www.promcoastmartialartsclub.com](http://www.promcoastmartialartsclub.com)

Ancient Andy saying !!!!!

Be humble , respectful , persevere with dedication and good stuff can happen !