



International Cheng Ming Chinese Martial Arts

Miriam Rosewame – Head Instructor

ABN 60 673 380629



Miriam & students - practising Hsing-I twelve Animals form. Feb. 2008

MONTHLY NEWSLETTER April 2008

Hello Everyone.

April has been busy with the extra class added in Tai Chi and Qi Gong for beginners. This has been going since February and is well attended. Held at Livingstone Community Centre at St. Johns Baptist Church, located at No. 1 Livingstone Street, Ivanhoe. It is good to see at least one male in the class. Welcome to Neil, a local of Ivanhoe, who is handy to use when I need to demonstrate martial art applications to the students as part of their practice in Tai Chi self defense applications. It would be great to see more men attend these classes, especially as it has been suggested by Master Wang Fu Lai of Taiwan that some of the Qi Gong forms are beneficial to men in the possible prevention of prostate cancer. This is based on the knowledge that if the kidneys are healthy so will the prostate be healthy.

Australia is the only country that seems to have more women than men take up the challenge of practicing Tai Chi and Qi Gong for their health as well as fitness.

Panton Hill Primary School has extended my program Kung Fu 4 Kids for another session this term. Many thanks again to principle Ross Allison for allowing me the use of the school hall. The support of the various parents is part of team work as we adults contribute to support the children in their choice of martial arts programs that promote the many health and wellbeing aspects as well as fitness and strength.

Other schools embracing this program and booked in for last term are Lalor Primary School and Clifton Hill Primary School.

It seems there is a trend for the softer style martial arts following the many cases of bullying and obesity being reported by schools and parents.

This style of martial arts encourages the practice of tolerance and perserverance to deal with confronting issues rather than aggression and counter bullying.



Some facts on “Chi”

Traditional Chinese medicine is derived from the Chinese philosophy of Taoism.

Tao gives rise to chi, or energy. The chi gives rise to yin and yang. Yin and yang give rise to the five elements. Water, wood, earth, fire and metal.

It is here that all physical reality begins. We are an integral part of the universe, so we are yin and yang. Chi is also the basic substance from which the cosmos is made.

The Taoists describe it as “the motive force in the transformation of things”.

Chi moves through the cosmos in cycles and through the earth in cycles.

It also moves through our body via the meridians of our body in a 24 hour cycle, spending 2 hours a day on each of our 12 organs.

CLASSES CURRENTLY AVAILABLE

Tuesday Livingstone Community Centre 9.30am- 10.30am
Baptist Church Hall - 1 Livingstone St. Ivanhoe
Tai Chi and Qi Gong

Tuesday Panton Hill Primary School 12.15 – 1.15p.m
Kung Fu 4 Kids.

Wednesday – Wattle Glen Studio 9.30am- 10.30am
Tai Chi, Qi Gong and Hsing-I five elements
100 Kangaroo Ground Road. Wattle Glen

Wednesday – Eltham Leisure Centre 12.15 -1.05p.m
YMCA Susan Street Eltham
Tai Chi and Qi Gong

Wednesday – Livingstone Community Centre 7.15p.m-8.15p.m
(as above)

Thursday - Wattle Glen Studio 7.p.m-8p.m
(as above)

Private lessons and other forms by prior arrangements.

All inquiries **Miriam 0418 576885**

www.internationaltaichi.com.au

miriam@internationaltaichi.com.au

Until next month, keep calm, relaxed, healthy and happy.

Regards Miriam
Chief Instructor