

TRAINING

USA: Saturdays 1-2 & 2-5 pm Tuesdays 5.30-7pm	USA: Middletown, VA
AUSTRALIA: 1/2 day & 1 day intensives, periodic.	AUSTRALIA: City of Blue Mountains, NSW

WEBSITE & EMAIL

www.traditionaltaichi.com
www.rannataichi.com
www.thesixthdimension.com

TUITION FEES

USA: \$10.00 / hr, prepaid in multiples for the number of hours in each block of trainings per month.
AUSTRALIA: \$50 half day; \$100 full day.



- Previous Tai Chi & martial arts experience welcome.
- Beginners welcome.
- See “How To Participate” inside this brochure.

www.traditionaltaichi.com
www.rannataichi.com



TAI CHI & QI GONG
YANG STYLES - LONG FORMS

TAI CHI
& Qi Gong



**TRADITIONAL
TRAINING**

TAI CHI CHUAN

Tai Chi Chuan is an internal martial art which also has profound health benefits. Based in the principle of “stillness within movement™”, it can also be called a form of moving meditation.

This flowing, internal energy art appeals to the physical, mental, and spiritual levels of the practitioner, being as much an encounter with oneself as with the discipline. In this way, Tai Chi can assist in maintaining not only physical well being but also inner well being and self awareness.

Therapeutically, Tai Chi works by unblocking energy in the meridians of the body and is a natural companion to energy based therapy methods like Acupuncture, Polarity Therapy, reflexology and others. The therapeutic benefits of Tai Chi are believed to include assisting in recovering from trauma and in managing ailments like stress, hypertension (high blood pressure), muscular tension, migraine, stiffness and inflexibility in the joints. It is also believed to aid the digestion, soothe the nervous system and benefit the heart and circulation.

To study Tai Chi you need only two things: (1) to be positively determined in mind and (2) a teacher who can show you not only the movements but also the underlying philosophy and the purpose of each movement and posture.

1ST YEAR OF TRAINING

Instruction is of the **long form** of **Yang Cheng Fu style** Tai Chi. The training incorporates **basic push hands** and **Qi Gong** to tap into your Chi energy.

Sequential learning: Tai Chi is learned as a sequential series of movements. Each training session builds on cumulative knowledge from previous trainings. The first third provides many of the building blocks for the second third and so on.



STILLNESS WITHIN MOVEMENT™

It has been suggested that the basic principle of Tai Chi is derived from the I Ching. The term I Ching has three meanings: **ease, change, and changelessness.** (Da Luis, 1972.)

Ease suggests that the practice of Tai Chi flows easily and comfortably. **Change** refers to how the energy of the Tai Chi form and of the body itself are always moving through cycles of yin and yang – receptivity to action, cool to warm, light to deep – in a natural ebb and flow of expansion and contraction that is never static. **Changelessness** indicates one of the goals of Tai Chi: that even while engaged in the series of ever changing movements of the Tai Chi form, the body is poised and centred while the mind is relaxed and peaceful, quiet and still.

Thus there is “stillness within movement™”.

HOW TO PARTICIPATE

- Contact to request a place in the training. Phone number is at the contact pages of the websites listed on the back.
- Acceptance into ongoing Tai Chi training is conducted in the traditional way: After you apply, you will be required to attend a short interview prior to your joining the training. **Exception:** 1/2 day and 1 day intensives.
- Once accepted, confirm your place in the training by the due date. Prepayment of tuition for each block of training sessions is required. Fees are listed on back.

Note: For ongoing training, only confirmed participants may attend. Due to the sequential nature of Tai Chi learning, casual/ walk-in attendance is not possible.

YANG CHENG-FU STYLE TAI CHI

Modern forms of Tai Chi are named after the families that developed them. The modern Yang styles taught by Dr Lachlan derive from a form developed during the 1800s by **Yang Lo-Sim** of Hopei Province in China. That was the **Yang Lo-Chan style**.

Later, in the mid-1920s, his grandson, **Yang Cheng-Fu**, studied his family’s forms of Tai Chi from the age of twenty. After seeing many invasions of his country, he decided that the people needed Tai Chi to be fit and able to defend themselves and their country. To achieve this in a relatively short time, and to make it possible for the elderly and sick, he left out the fast, explosive (Fa-jing) movements and leaping kicks that were part of the older style.

Yang Cheng-Fu also standardized any of the postures that were only slightly different from each other, and made all the movements slow. So it is from Yang Cheng-Fu that we have received the modern, slow moving form of Yang Cheng Fu style Tai Chi.

Yang Cheng-Fu trained his four sons. In 1949, during China’s Cultural Revolution, the eldest son, **Yang Sau-Chung**, fled to Hong Kong. He had no sons, so passed on his teaching to three selected disciples. One of these disciples, **Chu King-Hung**, passed on the Yang Cheng-Fu style to **Grand Master Erle Montaigue**.

Grand Master Montaigue trained **Dr Ranna-Lesley Lachlan** (PhD, BCPP, RPP, RPE). Ranna began Tai Chi training in 1978, originally learning the Ching Chung style before being introduced to Yang style and ultimately meeting Master Montaigue. She received her 8th Degree Instructor grading from Grand Master Montaigue in 1986, in Australia. She has taught Tai Chi in Australia and the USA.

Reference for Yang Cheng Fu history: “General Principles of Tai Chi”, Erle Montaigue, 1984.
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