

# TAI JI



*Traditional taijiquan training  
for the development of  
inner strength and harmony through  
concentration, co-ordination and relaxation  
of mind, energy and body.*

## **THE TAI JI WORKSHOP** **Beginners Classes** **Two Locations - \$10 per Class**

**On Kohimarama Beach by Kohi Yacht Club**

**Fridays 7-8 am (starting 8 Feb 2013)**

**St Andrews Church, 116 Selwyn Ave, Kohi**

**Tuesdays 9:30-10:30 am (starting 5 Feb 2013)**

### **WHAT IS TAI JI (TAI CHI)**

Tai ji is an internal martial art that embodies the Daoist principles of yielding, neutralising and returning. While its principles were formulated 2500 years ago by Laozi, founder of Daoism, it is generally accepted that its modern development commenced about 700 years ago when a Daoist sage, Zhang San Feng, refined its structure into a practical method for attaining immortality through the cultivation of Qi or "internal energy." Over time Tai ji has evolved into a flowing set of circular movements which are co-ordinated with the concentration of mind and breath. *See over.*

Physical health benefits include freeing up the internal pathways of the body, the internal organs are massaged by the gentle movements and the blood and tendons are strengthened.

Psychologically Tai ji pacifies the emotions and calms the mind. This is initially achieved by concentrating awareness on sensing and relaxing the body.

### **TAI JI TRAINING IN AUCKLAND**

These classes will give you a preliminary insight into the physical and psychological methods of Tai ji, and are designed to give you a brief introduction to the Tai ji training method, as formulated by Patrick Kelly.

Patrick Kelly was an inner student of the great Tai ji and White Crane master, Huang Xingxian, who was born in Fujou, China. Master Huang Xingxian established schools throughout South East Asia and made frequent visits to Patrick's Tai ji school in Auckland. Over the past 20 years Patrick has taught Tai ji all over the world, maintaining a network of his senior students who now teach thousands of students. He returns to Auckland each year to support The Tai Ji school in New Zealand.

Your instructors in Kohimarama are Rob and Annamirl Hunter, who have been studying with Patrick Kelly for many years. Rob is one of his senior students, teaching at Patrick's school in Newton and training with the other senior students there. During the last 8 years he has also travelled to Europe to train with Patrick and this has given him the opportunity to develop his practice with the European students.

Annamirl is also a senior student, having taught Tai ji in Hanover, Germany, and now at the school in Auckland where she deepens her practice with other senior students.

Rob and Annamirl are now offering these classes in Kohimarama as a service to the wider community. Their interest is in the deeper aspects of this art and how the Daoist principles from which Tai ji emerged can be applied to daily life, personal development and skillful movement.

**[www.psychotherapywerks.co.nz](http://www.psychotherapywerks.co.nz)**

**[www.thetaijiworkshop.co.nz](http://www.thetaijiworkshop.co.nz)**

**Mob: Rob (021) 978 969 or Annamirl (021) 670 908**