

LTU Tai Chi & Qi Gong Club

What is Tai Chi and Qi Gong?

Tai Chi Chuan, translated directly as 'Supreme Ultimate Boxing', is an ancient Chinese martial art form with roots in Taoist philosophy. It is most often practiced as a slow, meditative, series of movements, known as the form; though practiced at speed it is a highly effective and profound system of self-defence. Qi Gong is the practice of energy cultivation. Qi Gong exercises stimulate qi, basically translated as energy, or life force, which increases vitality and aims to harmonise the body with the mind.

What we do in Training.

Each two hour training session begins with approximately one hour of Qi Gong and warm-up exercises. While these exercises may at first appear simple and repetitive, their benefit is many-fold. Like all of the moves within the Tai Chi form, these exercises have martial application, which may be explained during the session. They aim to strengthen and relax the muscles, disperse tension, and hence stimulate the flow of qi to prepare the body for the form. New members are often surprised by the apparent vigour of the exercise, yet the principles are consistent with the philosophy of Tai Chi, to move efficiently, one must learn to move in relaxation.

Stiff and unbending is the principle of death.

Gentle and yielding is the principle of life.

Thus an Army without flexibility never wins a battle.

A tree that is unbending is easily broken.

- Lao Tzu, Tao Te Ching (76)

Classes may also include martial applications of the form, practicing punch-block drills and the rarely taught Push Hands exercise. This ancient Chinese art form, practiced in pairs, develops sensitivity to one's own movements and to the movements of another.

Qi Gong breathing exercises and practice of the form concludes each session. The flowing, circular movements are a meditation in movement. The body becomes relaxed; the mind sharp and calm.

Classes accommodate all levels of training. Instruction is tailored to suit individual's progress and according to the requirements of class members.

Training is held two times per week during semester:

Monday: 7pm -9pm in SARA studio

Thursday: 5:30pm -7:30pm in the Airport Lounge, Glenn College.

The first session you attend is free.

For further information, or to register interest for holiday classes,

email ltutaichi@yahoo.com.au or call Robyn on 0408 276 429.

INDOOR SOCCER

The season commenced with eight eager teams and after many weeks of matches in the Field House, two reached the Grand Final (Globe Wanderers and Devil Bears). The final is scheduled for 24 May, followed by medal and trophy presentations and a barbecue.

Indoor Soccer will be on again in Semester 2. If you want to be part of the action register by contacting SARA.

BASEBALL CLUB

Off to a good start

Welcome to season 2004. Our first home game for the season was held on Sunday 18th April and was a great success. Both teams claiming victory. Some highlights included some great hits in the one's and some great outs in the two's. Thank you to all for coming down to support the club.



Upcoming events

Trivia night has been moved and will now be held the week after Queen's Birthday weekend.

19th June 2004 – 7.30pm, location TBA

Lots of prizes and give aways.

A great night out for all family and friends.

Fees

LU Students	1 st year with club \$50 Other years \$75
Employed	\$170
Un-employed	\$130
Students of other institutions	\$130

Coaching Staff

Senior Club Coach	Leigh New (0411 692754)
Assistant Coach	Michael Sullivan (0417 575642)
Second Nine Coach	Jason Stephenson (0407 363201)
Third Nine Coach	Rhian Davies (0411 273493)

Committee Members

President	Tony Bullen (0419 341840)
Secretary	Sasha Patterson (0417 334363)

Sports and Recreation Association

FILL IN THIS COUPON FOR YOUR CHANCE TO WIN AMIEL'S NEW CD AND A PAIR OF SILHOUETTE SUNGLASSES VALUED AT OVER \$200



Name: _____

Phone: _____

Student No: _____

Only one entry per Student. Only the winner can claim the prize and they must bring their valid student card. You must be a La Trobe University Student to enter. Staff, Union Volunteers and Union elected board members are ineligible to enter.

Get the Ultimate Kickback from Contiki Resort Great Keppel Island

Just off the coast of QLD, but a million miles from the daily grind ... Kick back at Contiki Resort Great Keppel Island amongst the sun and sand and we'll give you the best kickback by sending YOU for FREE.

If you haven't heard already, Contiki Resort Great Keppel Island are giving people just like you free holidays ... Round up 10 friends to book that much-deserved trip away and as a kickback, Contiki Resorts will send you along for FREE*. That's accommodation, brunch and dinner daily and more than 40 free activities for nothing! Just go to www.contikiresorts.com and follow the links to the Contiki Kickback to register for your free information kit, or call 1300 305 005 to find out more. With 4 bars and SALT nightclub, all on hand at Contiki Resort Great Keppel Island, what are you waiting for?

From just \$99* per person per day (triple share) including brunch and dinner daily, and more than 40 FREE activities including sea kayaking, windsurfing, golf, gym, sailing, pool volleyball, tennis, archery surf skis and much much more – what are you waiting for?

What's the catch? There isn't one. If you organise 10 mates to each have a holiday- we give you a holiday at Contiki Resort Great Keppel Island to match FREE.