

## TRAINING

USA:  
Saturdays:  
1.30-3 pm advanced  
4-5 pm first level  
Tuesdays 6-7.30 pm  
(Advanced class)

USA:  
Middletown, VA

AUSTRALIA:  
1/2 day & 1 day  
intensives, periodic.

AUSTRALIA:  
City of Blue  
Mountains, NSW

## WEBSITES

[www.traditionaltaichi.com](http://www.traditionaltaichi.com)  
[www.rannataichi.com](http://www.rannataichi.com)  
[www.thesixthdimension.com](http://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.

## PHYSICAL, MENTAL, & INNER AWARENESS BENEFITS THROUGH TAI CHI CHUAN:

- Yang Cheng Fu Form
- Yang Lo Chan Form
- Standing Qi Gong
- Push Hands
- Martial Applications
- Self Defence Uses
- Health Applications
- Philosophy
- Tenets

# TAI CHI & Qi Gong



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## 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 assists in calming the mind, and building mental focus and concentration.

This fluid, internal energy art appeals to the physical, mental, and inner awareness levels of the practitioner, becoming an encounter with oneself. In this way, Tai Chi can assist in maintaining not only physical well being but also inner well being through unvarnished 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 structure and purpose of each movement and posture.

## TRAINING

Instruction is in the **Yang Cheng Fu** long form, later followed by the **Yang Lo Chan** historical long form. The training incorporates **Qi Gong** to tap into your Chi energy and **Push Hands** to learn your center. **Sequential learning:** Tai Chi is learned as a sequential series of movements. Each training session builds on cumulative knowledge from previous trainings. E.g. the first third of each form 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 simultaneous yin and yang – receptivity and action, cool and warm, light and 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 and websites are listed on the back of this brochure.
- 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 STYLES OF TAI CHI CHUAN

Modern forms of Tai Chi are named after the families that developed them. The modern Yang styles taught by Dr Ranna-Lesley Lachlan derive from a form developed during the 1800s by **Yang Lo-Chan** 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 short time and make it possible for the elderly and sick, he modified the form, removing most of the Fa-jing)movements and subtle Jin articulations that are 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 **Erle Montaigne**. Master Montaigne later returned to Australia.

Meanwhile, in Australia, **Dr Ranna-Lesley Lachlan** (PhD, BCPP, RPE) had begun Tai Chi study in 1978, and trained in the Ching Chung "Praying Mantis" style taught by Master Ben Su. When he retired, she trained in Yang family Tai Chi with Master Ian Garbett, a respected Tai Chi, Wing Chun, and Karate teacher, who had studied with respected masters in Sydney and Tokyo. Master Garbett introduced Ranna to Master Montaigne as a result of an alliance between the two Masters' training groups. She received her Black Belt/ 8th Degree Instructor grading through that alliance in 1986. Ranna taught in Australia for several years before relocating to the USA in 1998. Since then she has taught Tai Chi in Australia and the USA.

\* Reference for Yang Cheng Fu history: "General Principles of Tai Chi", Erle Montaigne, 1984.  
Brochure text: © 1991, Ranna-Lesley Lachlan.  
This edition: © 2016.  
Brochure production: Winchester Arts Management.  
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