

# Odds at the End

## And the things people say...

### Health committee changes

As the union continues to develop the health committee has been relaunched. During the Covid crisis much of its work was to inform members of working updates across the UK. To that end it launched a Facebook page as well as a Covid page on the union website.

The committee's main aims are now collating and generating information for the TCUGB website and magazine; working to increase public and medical profession awareness of tai chi and qigong as a health tool and building links with health organisations in both physical and mental health. €

### TCUGB logo competition

To celebrate 30 years of the union we are inviting members to come up with a logo to mark the occasion.

The logo will appear on the union website, social media and press releases. The winner will be given full credit and the logo will also appear on commemorative merchandise such as T shirts.

email your entries to [enquires@taichiunion.com](mailto:enquires@taichiunion.com)

“We practise the form slowly so we get all of the details right: so we tick all of the boxes.

Then, if we have to make a move quickly the boxes will tick themselves.”

*Karn Holford  
Senior student,  
Bonsai Tai Chi Academy*

### Tai chi moves



[www.largecow.com](http://www.largecow.com)

“All tai chi is qigong.  
Not all qigong is tai chi.”

*Marnix Wells*

### Letter to the editor

#### From Jane Lauchbury

One area that I think we neglect and I believe TC&OA should be covering is teaching tai chi and qigong to children.

Personally, I have done quite a bit of visiting schools, events and youth organisations, teaching children and young people tai chi and qigong. I found that qigong worked well and because the various schools, festivals, Guides, Brownies etc wanted something with tai chi in the title, I used tai chi-qigong Shibashi. Taught with appropriate language and humour for each age group, and more reference to tai chi for the older ones, it worked extremely well. It worked so well for teachers and teaching assistants that one boarding school invited me to run qigong sessions after school for the staff, for several months.

The older groups such as Guides and Rangers also enjoyed some sensing hands contact work and some meditation. The most challenging were key stage 1 (5-7 year olds) and I did 35 minute sessions every day for a week with the whole of KS1 (a group of about 90 children of this age group) in our village school, culminating in a ‘performance’ for parents to celebrate Chinese new year. The benefits for children and young people were clearly visible but there was no significant funding available for ongoing sessions.

In due course I'd like to see our internal arts community working towards popularising tai chi qigong for children and young people as well as the other end of the age spectrum. It should have mass market appeal for all sorts of reasons!

Highlighting this age group occasionally in the magazine and online would be a really good start. We can also draw it to the attention of the mainstream media.

Sincerely,  
Jane

*Jane Lauchbury is a director of TCUGB.*

[www.longwatertaichi.co.uk](http://www.longwatertaichi.co.uk)

**For anyone interested in teaching children Betty Sutherland's book *Chi for Children: A Practical Guide to Teaching Tai Chi and Qigong in Schools and the Community* is available on Amazon: [www.amazon.co.uk](http://www.amazon.co.uk)**