

# Improve Your Strength & Flexibility with Unique Tai Chi Bang (Stick)

Sun 24 Mar – 2pm to 5.30pm

Conducted by Fontane

Suitable for everyone. No experience necessary. Easy and fun to do.



- Strengthens the muscles, joints & tendons
  - Helps to prevent overuse injuries
  - Improves hand, wrist & arm strength
  - Unravels tension & strengthens the back
- ▶▶ *Masseurs, health professionals, musicians, gymnasts and keyboard users will find this training to be of immense value. The Bang (Stick) is an absolute necessity for all Tai Chi and Martial Arts practitioners who aim for substantial growth!*

Discover more flexible joints and a stronger you! ◀◀

The Tai Chi Bang (Stick), which is an indispensable component of the Hun Yuan Tai Chi system, is a **unique method of training the joints and tendons and the back**. Originally, this training method was passed on to only a select few. The **physical requirements** of the wooden handcrafted Bang (Stick) are still shrouded in secrecy. **This practice is rare nowadays**, even though it is a **fast and efficient method for improving your range of motion and overall flexibility**.

## Benefits from this Unique Training:

- (1) The Tai Chi Bang **helps to prevent overuse injuries** as it strengthens the wrists, tendons and muscles.
- (2) **It develops hand, wrist and arm strength**. If you notice that you may be losing hand and arm strength in performing daily tasks, such as opening jars and bottles, you will find a significant improvement after practising the Bang.
- (3) **It engages all the back muscles** that you didn't know you had, **thereby sculpting your body**



**and increasing your body's suppleness**

It enables you to feel and integrate the back with arm movements, elevating your Tai Chi form to a higher level. You will experience this immediately with the 1st set of movements.

- (4) **It improves coordination, internal power** and one's ability to apply and escape from **chin na** (joint locking techniques). It also **develops eagle claw power**.
- (5) Practising the Tai Chi Bang regularly will **improve your power and Tai Chi skills** without your even being aware of it.



You may choose to do 9 or 18 repetitions in your practice. 9 repetitions will take only 12 mins and 18 repetitions will take 24 mins.

**This training is easy and fun to learn!** Engage in unique exercises designed to redefine strength and flexibility holistically, focusing on areas that often remain untapped. You will be pleasantly surprised to feel the different back muscles being engaged. Discover the secret strength component within Tai Chi! **Let the Tai Chi Bang Workshop be your gateway to a stronger and more flexible you!**

Sun 24 Mar 2024 2pm to 5.30pm

St. Vincent's Primary School Hall

Bindel St, Aranda

>> Please bring a drink and a snack. <<

*A handcrafted wooden Tai Chi Bang & notes will be provided to each new participant.*

- **Fees: \$260**– GST included
- A special rate of **\$220**– for Students who are enrolled in Tai Chi, Qigong or Wu Dao Gong.
- **Revision: \$120**–

The instructional Bang video will be available for sale at the workshop.

**Bookings are essential as numbers are strictly limited** to the number of Tai Chi Bangs available – phone 02 6296 1357 or enrol online, [taichiacademy.com.au/workshop-unique-tai-chi-bang-stick-training/](http://taichiacademy.com.au/workshop-unique-tai-chi-bang-stick-training/)

Please pay the workshop fees to confirm your booking. M/C, visa & Amex are welcome.

## Tai Chi Bang (Stick) Testimonials:

TAI CHI ACADEMY SINCE 1982

“Within two weeks of completing the Tai Chi Bang workshop, I was amazed at the improvement in my hand and wrist strength. Furthermore, I no longer experience wrist pain after extended periods in front of the computer.

A number of the movements have also helped me gain a better feel for how certain parts of my body move, and this, along with the strength improvements, is proving useful in my martial arts practice.”

– Andrew, PhD Student

“Over the years, I have spent a lot of time working on computers and have suffered pain in my arms as a result. In particular, I experience a deep pain in my right shoulder every time I type or use a computer mouse. Practising the Tai Chi Bang for 15 minutes a day has stopped this pain almost completely. The effects have been dramatic and immediate. I noticed a difference after just one week of daily practice. I can now spend a couple of hours on a computer without experiencing any pain in my arm. This would have been impossible before. The exercises have also made my arms and back, and even my legs, feel stronger. The practice has a very calming effect and is enjoyable to do. I would recommend it to anyone.”

– Leonie, Art Teacher

“During the workshop where we learnt the four sets of Bang (Stick) exercises, Fontane spoke of the benefits people had experienced in their everyday lives. At the time, I thought that these folk were gilding the lily a little.

After a very short time of regular practice (no large space required for this one!), I found a significant change in my arms and hands particularly.

For some years, I had trouble with a couple of fingers on my right hand. The GP said it was arthritis and I accepted that as part of the ageing process. To my surprise, it was only a matter of weeks and I found that the fingers were not curled as I awoke each morning. If it was arthritis, it has been frightened away.

Jokingly, I told my wife that I would have no trouble opening those difficult jars for her. The joke became a reality. There was an almost dramatic increase in the strength in the fingers and those jars open with a twist these days.

Just a couple of the benefits (and almost immediate) from my association with the Tai Chi Bang.”

– Bryan, “Life Enthusiast”

“My grip strength changes are listed below for your interest. At the 4 week stage, there has been a 10% increase in both hands. This has come about from practising one set of **9 repetitions** of each exercise 5 to 6 times per week.

After 8 weeks, there was an 18% improvement in my left (nondominant) hand and 12% in my right (dominant) hand.”

Greg	Date	Right	% increase	Left	% increase
Baseline before the workshop	17-9-04	48 kg	0%	43 kg	0%
Workshop	18-9-04				
1 week	27-9-04	50 kg	4 %	43 kg	0 %
2 weeks	5-10-04	50 kg	4 %	44 kg	3 %
3 weeks	11-10-04	51 kg	6 %	46 kg	6 %
4 weeks	18-10-04	53 kg	10 %	48 kg	11 %
8 weeks	18-11-04	54 kg	12 %	51 kg	18 %

– Greg, Sports Physician

“Fontane, thanks for the Tai Chi Bang Workshop. It is the best training for RSI and shoulder related problems that I see in general practice. A lot of my patients have weak hands, sore shoulders without significant illnesses or disease and they just need some sort of exercise to strengthen their arms. Tai Chi Bang is the best I have seen and I can see many uses in this area already.”

– David, GP

“I’m writing to tell of my experience with the Tai Chi Bang. I suffer from rheumatoid arthritis compounded by a Repetitive Strain Injury (RSI) in my right wrist. I’ve been practising for 2 years now and the practice has led to a total recovery of the injury as well as strengthening both hands and wrists.”

– Alice