



SPORTS CHI

Sports Chi... innovative training

ABOUT SPORTS CHI

Sports Chi is an innovative training program that teaches players how to improve their existing skill levels and perform at a consistently high level in both training and competitive games.

This is achieved by teaching practical skills and philosophy adapted from Tai Chi Chuan, which is an ancient Chinese health and self defence system.

These Tai Chi skills are blended into skills required in any sport . All these skills reinforce existing knowledge, but from a different perspective.

Sports Chi adaptability makes it suitable for new and experienced players in both contact and non-contact sport. It's also suitable for any level of play, from local to representative level.

Please note this not a Tai Chi class. It's a **specialised program** focusing on the physical, emotional and psychological factors - and skills - that contribute to high performance.

There are three options for the Sports Chi Program, with expanding content and increasing levels of complexity.

OPTION A: 1 HR WORKSHOP

You will learn the concept of Chi as well as basic Tai Chi skills including mindfulness, correct body structure, breathing, balance, and relaxation. You will also learn how these basics will help improve your current skill level in your sport.

Maximum participants - 30

OPTION B: 3 HR WORKSHOP

This workshop includes all the concepts and skills covered in the 1 hour workshop, exploring them at greater depth and practicing more specific applications for your particular sport. Plus you will learn the 1-2-3 set, a short form that will help you to energise and/or calm yourself before or after training and games.

Maximum participants - 30

OPTION C: 6 HR WORKSHOP

This comprehensive workshop covers all content from Options A and B, with some additional tips and techniques. You will learn an innovative way of creating your own Tai Chi/Chi Kung forms based on specific skills of your sport, which is a key feature of this more extensive workshop. (Note: Also available as 2 x 3 hour workshops, if required, in the Melbourne metro area only.)

Maximum participants - 30

CONTACT

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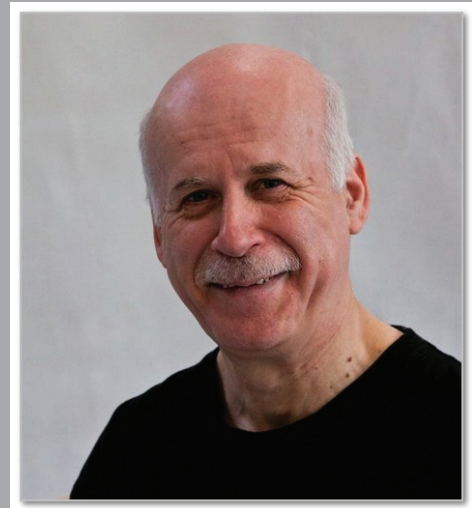
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PLEASE NOTE: all workshops require large open indoor area

TRAINER: CHRIS BENNETT

Chris has been learning and teaching Tai Chi for over 30 years and is a former basketball coach with 15 years experience in coaching men, women, boys and girls teams at both domestic and representative level. He is a co-founder and life member of Southern Basketball Association and a member of Wushu Tai Chi Qigong Australia and the Australian Institute of Training and Development. Chris is the author of *Tai Chi: A Complete Guide to Relaxation* and a co-editor and contributor to *Many Paths One Destination*. He also has a current working with children check.



WHAT OTHERS HAVE SAID

"I can highly recommend Chris as a presenter to this age group, he was fantastic by way of enthraling around 26 footballers aged between 15 and 19 for 90 minutes at Glen Waverley Hawks. Most impressive!" (Peter Nash –Coach)

"It was intriguing (to learn) that success is based on centredness, control and fluidity rather than effort." (Maxine)

"I was surprised how static poses can test the body for endurance and strength." (Michaela)

"Chris had some great strategies for breathing when under pressure and great tackling tips" (Paula)

"Good to directly relate skills to the skills of the game ... tackling, balance, bracing. Very helpful and easy to remember." (Robyn)

"Great session. Loved the hands on approach." (Rita)

"An excellent interactive workshop. Chris was informative and engaging providing useful connections to AFL skills. I absolutely loved it!" (Anita)

Contact Chris to book your workshop now

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