

Frequently Asked Questions for 'Tai Chi Based Exercise' (formerly known as 'Tai Chi')

Chiltern u3a (Cu3a) expects Members to travel to their chosen activities and participate at their own risk. During the activity YOU are responsible for your own safety at all times. Depending on the activity you should wear suitable clothing and footwear and consider carrying your own water, snacks and simple First Aid Kit.		
1	What type of movements/exercises are covered in the Group sessions?	Our sessions are based on forms of Tai Chi and Qi Gong. They DO NOT involve any martial arts or self-defence but are purely gentle stretches and poses. PLEASE NOTE THAT THERE WILL BE NO QUALIFIED ASSESSMENT OF YOUR ABILITY/SUITABILITY TO JOIN THE GROUP. YOU DO SO ENTIRELY AT YOUR OWN RISK & RESPONSIBILITY. IF YOU HAVE PHYSICAL PROBLEMS THAT COULD COMPROMISE YOUR PARTICIPATION PLEASE CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE PARTICIPATING. There is a DvD on the Cu3a website (log in as a Member and find <Tai Chi> under <Our Groups> where you will find a link to the DvD). If you are not already a Member of Cu3a, please contact the Convenor to arrange a visit to a session when you can watch the group. (Please also see 'Useful References/Links' in Q6 below). We regularly include different DvDs in the sessions (usually via YouTube) covering other disciplines such as Qi Gong.
2	When does the Group meet and what format do the sessions take?	The Group meets every Tuesday in the Drake Hall, Chiltern Lifestyle Centre 12-1pm. The session is usually divided into 3 parts: Warm Up ~ Guided Learning ~ Cool Down with a short break at some point. No special clothing or footwear is required, but you should be comfortable and able to move freely. We do not use mats or props. We recommend that you bring water.
3	Do I need any prior knowledge or training? [Please see Q1 above]	No, but please watch the DvD (if you are a Member) or come along to watch a session so that you know from the outset what is entailed. Although relaxed and relatively slow, you should have a level of fitness that allows you to stand throughout the hour (we don't sit or lie down for any of the movements although you will be free to do so). It is important that you are able to balance and move without the need of aids. There will NOT be an assessment of your ability before you join this Group activity. It is therefore your responsibility to 'self-assess' your suitability BEFORE you participate. <i>Women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis or a hernia should consult their health care provider before trying this activity.</i>
4	Am I insured whilst taking part?	Cu3a does NOT have insurance to cover personal injury or belongings. Our insurance is limited to 'Third Party' i.e. damage to others or their property.

		All Cu3a activities are undertaken 'at your own risk' and you should therefore take care of your own health/safety, belongings and those of other Members of the Group. The Chilterns Lifestyle Centre has First Aiders on duty during opening hours who can be called to attend minor injuries or health concerns.
5	Is there a charge for the Group meetings?	Members are not required to pay for individual sessions of this Group. We do not have a professional Instructor to be paid and Cu3a covers the cost of the Hall hire.
6	Useful References/Links	If you are a Cu3a Member please watch the DvD which is available on the website (after you have logged in) under <Our Groups> / <Tai Chi>. YouTube contains a range of videos on Tai Chi and Qi Gong (please ignore the adverts!) such as: Top 10 Tai Chi Moves: https://www.youtube.com/watch?v=vHBR5MZmEsY Lee Holden (Qi Gong): https://www.youtube.com/watch?v=pj4qo2KL9f4&t=662s Shaolin (Qi Gong): https://www.youtube.com/watch?v=y2RAEnWreoE&t=16s

We hope that you will decide to join our Group! If you do so, we will ask you to sign (below) a copy of these FAQs to show that you have seen them and read and understood the basis upon which you participate in the activity.

John Bradley & Christian Scott (Convenors for the Group)
07703-572344 / 07818-404286
u3ataichi@chiltern-u3a.org.uk

NAME: Cu3a MEMBERSHIP No:

SIGNATURE:

DATE:/...../20....

Please also provide us with an Emergency Contact who we can contact on your behalf:

NAME:

CONTACT DETAILS: (Landline) - (Mobile) -

RELATIONSHIP: