

Celebrating Golden Jubilee - 50th Anniversary of AATC

There is a famous saying in China. "There are numerous beautiful mountains in China to visit. And there are 7 you must visit. And if you visited these 7, you could ignore the rest, EXCEPT ONE, the "Yellow (emperor) Mountain ! And if you have been to the Yellow Mountain, you can forget the rest!



CHINA TOUR. We have just returned from a 12-day China Tour leading 18 Tai Chi enthusiasts aged around 75 plus, on a Spiritual tour in search of Nirvan & Enlightenment. In the quest, we climbed four famous mountains of China, namely **Wudang mountain**, the place where Tai Chi was created by Zhang San Feng; **Emei mountain**, the female martial art domain, with also the largest Buddha on high peak 3,099 metres. **QingChen mountain**, the birthplace of Taoism, and the most peaceful and secluded mountain under heaven, and **Yellow (Emperor) mountain**, famous for its "Five Wonders" of surreal landscapes, grotesque granite peaks, mystical seas of clouds, natural hot springs, and traditional Chinese ink paintings scapes.

With AATC 50th Anniversary banquet hosted by Chengdu Tourism, 10 courses sumptuous dinning at every lunch & dinners, touring, tea tasting and live shows, it was an unforgettable 2 weeks. Without doubt, this has been one of our happiest tours, filled with laughter and fun all the way. The receptions in each city was overwhelming, with TV interviews and workshops at Daoist Wudang Mountain, interactive performance and training at Emei's Wushu Buddhist Complex, and Qigong training at Yellow Moutain.

Yet, inspite of all that, that was still only a trial run of the AATC's 50th anniversary celebrations. The official big celebrations are planned for next year, when the tours activities will be filmed as a LIVING Chi documentary.

Fittingly, even before touching down on Australia terre firma, some of these *fit and taut* **reformed elderlies with new legs** are enquiring for new tours to Tibet, Mongolia, Silk Road, and other new adventures. Ha, some are already signing up for a Tibet-Shangrila Tour in April, or the Golden Jubilee Official China Tour in Sept.2027. Come join us for next year's tour and revive a Second Spring. **You are not as old as you think !**

LIVING QI DOCUMENTARY: *a feature documentary that uses the life of Gary Khor, a Malaysian Chinese Australian martial artist, Tai Chi and Qigong master, and Feng Shui practitioner, to tell a broader story about Chinese Australian cultural exchange, migration, and shared futures.* Arriving in Australia in the 1960s, Gary was among a small group of pioneers introducing Chinese martial and internal arts at a time when such practices were largely unfamiliar outside migrant communities. While **Wing Chun** — the close-range martial art later made globally famous in movies by **Bruce Lee** — provided an early entry point for

Australian audiences, Gary’s deeper and enduring contribution lies in **Tai Chi, Qigong, Taoist principles, and Feng Shui**: practices concerned with balance, awareness, environment, and longevity. Over the decades, Gary’s work moved from small community spaces into mainstream Australian consciousness. His teaching has been featured across **national television, health programming, and international streaming platforms**, contributing to a broader cultural shift in how Chinese internal arts are understood — from fringe or exotic practice to practical tools for wellbeing and ageing.

WHY THIS FILM, WHY NOW. Australia and China are both confronting rapidly ageing populations. Falls, Dementia, Parkinson’s Disease are a major cause of injury, disability, and premature mortality among older people. Today, as both Australia and the People’s Republic of China face unprecedented demographic ageing, Gary’s focus has narrowed to what he believes may be his most important contribution: applying principles from Chinese internal arts to **falls prevention** — one of the leading triggers of decline, hospitalisation, and loss of independence among the elderly. The film positions Chinese culture not as static heritage, but as **living, adaptive knowledge** — knowledge that has travelled, been translated, and now serves modern societies. **At a time of geopolitical tension, the film offers a human-scale intercultural people interaction, public diplomacy narrative, grounded in care, dignity, and shared challenges.**

NEXT YEAR’S TOURS:

- 26th April to 9th May 2027 : TIBET – SHANGRILA – STONE FORREST TOUR
- 10th to 24th Sept 2027 China Tour: WUYI mountain of longevity – EMEI female martial art – SHANGHAI – Qigong Training at University of Physical Education.

UPCOMING One Day WORKSHOPS:

SATURDAY 10th Oct. BRISBANE 10 to 4pm New Farm. Booking 0400 335 645

SATURDAY 31st Oct. SYDNEY 10 to 5pm Sydney Booking 02-97979355

"To secure your spot at our upcoming **Brisbane or Sydney workshops**, or to apply for the **September 2027 Longevity Tour**, visit our central hub at australianacademyoftaichi.com.au.

- ✓ 8 Golden Treasures - Shaolin Lohan - Tai Chi internal Skills - Mind Power Qigong

✓ Qi: How to develop and feel intrinsic energy

✓ New era therapies for: Falls Prevention, Dementia, Parkinson’s, Health & Longevity.

✓ Principles/Philosophy: Tao, Yin/Yang, Five Elements, 8 Trigrams

✓ **Shaolin Qigong & Meditation used by the monks: Mind & Body Strengthening. Bone Breathing meditation to develop inner power and tranquility.**



Date & Time

Saturday 10th October 2026

Session 1:
10:00am - 12:30pm

Session 2:
1:30pm - 4:00pm



Location

Holy Spirit Hall,
Villiers St.
New Farm, QLD
4005



Price

Half Day - \$75

Full Day - \$150

