



Contents

Comment page 4

From the board page 5

Ba duan Jin pages 8 – 9

Qigong pages 11 – 13

Why do tai chi? pages 14 – 15

Events calendar page 16 – 18

My life with tai chi pages 19 – 21

Keith Sharp pages 24– 25

Book reviews pages 26 – 27

Combat pages 29 – 32

Odds at the end page 30

