

Tai - Chi

Instructor: Sue

Tai Chi Chuan is accessible to all ages and physical abilities and can be practised on many levels, from a simple 'meditative' exercise to a realistic martial art!

How can these slow movements be exercise? In order to understand why, it is good to have a knowledge of the concept of Qi (Chi) energy. Tai Chi Chuan and more directly, Qigong promotes the smooth flow of this energy. By performing the postures of the Form, in co-ordination with relaxed, natural breathing and the application of Yi, which is the intent or focus of the mind, we help to keep the Qi moving smoothly through the channels. Therefore, whilst doing these external movements, we are assisting the free flow of internal energy. Aside from promoting the flow of Qi energy Tai Chi Chuan can also help to increase flexibility, suppleness and exercise the muscles. The smooth, gentle movements also aid relaxation and help to keep the mind calm and focused. These benefits are extremely useful in today's stressful society. Although Tai Chi may appear to some, to be an easy option, like other martial arts it requires commitment and dedication, to get the best from it. Like anything else in life, the more you put in, the more you get out.

