

THE BENEFITS OF DOING TAI CHI

Tai Chi is one of the important branches of Chinese martial arts. It looks like a classical dance with graceful movements and alert actions. Tai Chi is a type of exercise that suits people of all ages. Practicing Tai Chi helps very much in maintaining a healthy body as well as improving alertness and disposition.

Through the structured, smooth, even and continuous body movement regulated by diaphragm breathing, a balanced drill to all muscles and joints as well as nourishments of blood circulation and digestive systems are gained. With a tranquil state of mind and complete dedication on all the movements, the central nervous system is being toned up. Since the efficiency of various organs of human body depends largely on the soundness of the central nervous system, getting it toned up means the basic requirement in health maintenance.

While the central nervous system is being toned up with the tranquil state of mind, the body and mind become so peaceful and comfortable. These are being reflected in detailed graceful physical actions of which moves are as fluid as the running water of streams. While the fluency of such physical actions requires concentration *on thought rather than strength*, it trains up thorough thinking with a sound mind of alertness. Improvement in temper can also be seen after practicing Tai Chi over a longer period of time.

Being a martial art, every move of Tai Chi is actually a self-defense application. The broad principle of this consists of two parts, namely the 'Yin' & 'Yang'. 'Yin' is the yielding force and 'Yang' is the unbending force. Yielding force is for counteracting an attack and unbending force is to counterattack. It is necessary for Tai Chi learners to understand the 'Yin' & 'Yang' forces in the application to ensure appropriate practice on thought. Proper guidance is important.

As a conclusion, Tai Chi is one of the best health exercises for all ages. It is not only a physical exercise but provides excellent innate development of the human body. It can be a self-defending skill which characterizes the readiness in overcoming problems with alertness of a sound mind with thorough thinking.

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Tai Chi Qi-Quong Literature

Introduction

The general benefits of practicing Tai Chi Qi-Quong is to enhance the inner strength of the body. It is a bonus to Tai Chi people in developing "Qi" in taking this martial art to tone up their central nervous system as to upgrade their health.

Learners who already have adequate foundation in Tai Chi can sense better the "Qi" in the course of practicing Tai Chi Qi-Quong. For less experience learners, trying to practice on thought can help better accomplishment. Subject to endurance in practise, anyone can gain more the life benefit of better health through Tai Chi Qi-Quong.

Learners' Awareness

Tai Chi Qi-Quong is a combination of still postures and motions of Qi-Quong. In the course of practise, nourishment is given to various systems of the body in a mild manner. These include state of mind, blood circulation, breathing, digestion, various organs, bones and joints, eye sight as well as the skin. Various reactions of the body need attention on the following :

- Do not practice with an empty or full stomach ;
- Do not practice in the breeze, wind, rain or snow ;
- Do not wash, soak hands in water or any liquid nor taking a bath or shower at least 15 minutes before and after each practise .

How To Practice Tai Chi Qi-Qong

To practice Tai Chi Qi-Quong, it is best in :

- Early morning ;
- Environment with plants around ;
- Well ventilated room ;
- No tied up clothing ;
- Regular schedule.

When the environment is in total silence and there is total relaxation, "Qi" comes along with the practise on thought, coming to a tranquil state of mind. This is what governs the level of benefits derivable from doing Tai Chi. It is when the central nervous system becomes most ready to be toned up and various parts of the body become most receptive to the nourishment.

Wu Style Tai Chi Chuan - 108 Forms

Section One

1. The Preparation Form
2. The Beginning of Tai Chi
3. Form of Seven Stars
4. Grasping Bird's Tails
5. Single Whip
6. Flying Oblique
7. Raise Hand and Step Up
8. White Crane Flaps its Wings
9. Brush Knee Twist Step
10. Hand Strums the Lute
11. Step Up Blocking Fist
12. As if Closing Up
13. Embrace Tiger Back to Wilderness
14. Cross Hands
15. Oblique Brush Knee Twist Step
16. Turn Body Brush Knee Twist Step
17. Grasping Bird's Tail
18. Oblique Single Whip

Section Two

19. Fist Under Elbow
20. Step Back Repulse Monkey
21. Flying Oblique
22. Raise Hand and Step Up
23. White Crane Flaps its Wings
24. Brush Knee Twist Step
25. Needle at Sea Bottom
26. Fan Through the Back
27. Turning Body Parry and Punch
28. Step Back Blocking Fist
29. Step Up Grasping Bird's Tail
30. Single Whip
31. Cloud Hands
32. Single Whip

Section Three

33. Left High Pat the Horse
34. Right Parting Hands
35. Right Parting Legs
36. Right High Pat the Horse
37. Left Parting Hands
38. Left Parting Legs
39. Turning Body Pedalling Foot
40. Brush Knee Twist Step
41. Step Up Planting Punch
42. Turning Body Parry and Punch
43. Left High Pat the Horse
44. Right Parting Hands
45. Kicking Right
46. Step Back Form of Seven Stars
47. Retreat Step Beat the Tiger

48. Kicking Right
49. Strike Ears with Fists
50. Body Facing Right Kicking Left
51. Turning Body Pedalling Foot
52. Right Parry and Punch
53. Step Up Blocking Fist
54. As if Closing Up
55. Embrace Tiger Back to Wilderness
56. Cross Hands
57. Oblique Brush Knee Twist Step
58. Turn Body Brush Knee Twist Step
59. Grasping Bird's Tail
60. Oblique Single Whip

Section Four

61. Form of Seven Stars
62. Wild Horse Parting Mane
63. Form of Seven Stars
64. Wild Horse Parting Mane
65. Fair Lady Works at the Shuttle
66. Form of Seven Stars
67. Wild Horse Parting Mane
68. Fair Lady Works at the Shuttle
69. Grasping Bird's Tail
70. Single Whip
71. Cloud Hands
72. Single Whip

Section Five

73. Downward Posture
74. Cockerel Standing On One Leg
75. Step Back Repulse Monkey
76. Step Aside Flying Oblique
77. Raise Hand and Step Up
78. White Crane Flaps its Wings
79. Brush Knee Twist Step
80. Needle at Sea Bottom
81. Fan Through the Back
82. Turning Body Parry and Punch
83. Step Up Blocking Fist
84. Step Up Grasping Bird's Tail
85. Single Whip
86. Cloud Hands
87. Single Whip

(Continued)

Section Six

88. Left High Pat the Horse
89. Palm onto the Face
90. Turning Body Lotus Leg Cross
91. Brush Knee Twist Step
92. Step Up Straight Centre Punch
93. Step Up Grasping Bird's Tail
94. Single Whip
95. Downward Posture
96. Step Up Seven Stars Form
97. Retreat Step Riding the Tiger
98. Turning Body Palm onto the Face
99. Turning Body Double Swing Lotus Leg
100. Curve Bow to Shoot Tiger
101. Left High Pat the Horse
102. Palm onto the Face
103. Turning Body Parry and Punch
104. Step Up Left High Pat the Horse
105. Step Up Grasping Bird's Tail
106. Single Whip
107. Yin and Yang Become Unity
108. Closing Tai Chi

