

Tai Chi

What is Tai Chi?

Tai Chi originated in ancient China as a branch of martial arts, but has also been practiced for general health and fitness purposes since the 16th century!

A simple description is that Tai Chi is a sequence of slow, circular, gentle, tranquil flowing movements that relax the mind, improve mental clarity, increase mobility and suppleness and improve strength.

How does Tai Chi work?

There are many different styles of Tai Chi – each with its own characteristics, but the principles remain the same. Each style has different sequences of movements that are called forms, and different forms contain a differing numbers of movements that make up the sequence.

These movement sequences require physical co-ordination, balance and strength. The legs act as a strong, stable base while movement occurs at the waist. Each part of the body - the hands, eyes, torso, arm and legs – is in constant motion doing individual things, but at the same time the body is moving as a whole. This requires an alert mind with a high degree of concentration that is paradoxically relaxed at the same time.

What are the main benefits of Tai Chi?

As well as building physical co-ordination, balance and strength; and mental relaxation, clarity and concentration, Tai Chi also cultivates, stimulates and balances energy in the body. There have been a number of studies that show Tai Chi improves muscular strength, flexibility, fitness, immunity and quality of life, as well as relieving pain.

Other benefits of Tai Chi are that it requires no special equipment, can be done anytime or anywhere, and can be done by a person of any age or level of fitness.

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What's the difference between Tai Chi and Qigong?

This is quite a complex question that cannot be easily answered. But the most common answers are:

- Tai Chi is a form of Qigong and often contains elements of Qigong
- Tai Chi is generally more complex as it involves a series of many moves, while Qigong is often one single move repeated over and over
- Tai Chi focusses more on form while Qigong is often more free-form and adaptive
- Tai Chi is often considered more as a branch of martial arts while Qigong is a system of wellness

Can anyone do Tai Chi?

Anyone regardless of age or level of fitness can practice Tai Chi. Tai Chi can even be practised in a chair. It can be practiced alone or in a group. It is non-competitive, non-judgemental and a wonderful activity for all ages.

How do I enrol

Call us on 9722 8942 or email us at info@yarrunga.org.au.