

Tai Chi Chuan

- Tai Chi Chuan or “*Supreme Ultimate Boxing*” is one of the finest products of Chinese philosophy and culture, based upon the principles of the *I Ching* (Book of Changes) and the philosophy of Lao Tze.
 - Tai Chi Chuan (commonly called Tai Chi) is an ancient classical dance for health & self defence.
 - It was created by a Taoist named Chang San-Feng, of the Sung Dynasty.
 - There were originally 13 postures: Ward-Off, Roll Back, Press, Push, Pull, Split, Elbow-Stroke, Shoulder-Stroke, Advance, Retreat, Gaze to left, Look to Right, and Central Equilibrium.
 - It is a system of rounded, fluid and balanced movements to be practiced daily for improved health & peace of mind.
 - The fundamental principles are based on the 3 Tai Chi Classics, and should be researched, studied and integrated into your practice.
 - Initially the practice should be focused on developing and concentrating the Qi (intrinsic energy), while practicing Tai Chi in a light, agile and relaxed manner, with the mind leading the movement of the Qi.
 - When the movements have been mastered, Qi developed, and one’s equilibrium stable, the movements of Tai Chi can be employed in self defence applications to neutralise aggressive actions directed at oneself, and to counterattack accordingly.
- This Poem emphasises how the study of Tai Chi becomes a ‘way of life’ to eternal health.

*At First I take up Tai Chi as a Hobby,
Gradually I become addicted to it,
Finally I can no longer get rid of it.
I must keep on practicing for my whole life – it is the only way to preserve health.
The more I practice, the more I want to learn from teachers and books.
The more I learn, the less I feel I know.
The theory and philosophy of Tai Chi is so profound and abstruse!
I must continue studying forever and ever
It is the only way to improve and better myself.*

- Master T.T.Liang (died 2003, Age 102 yrs)