



## Tai Chi and Chi Gung at the TCC

**Tai Chi** and **Chi Gung** are separate systems of widely practised Chinese therapeutic movements or exercises, the origins of which date back to before 1100BC and the Shaolin Temples in China. Both are part of the Internal Martial Arts, which remained shrouded in secrecy behind the Great Wall of China, passed down from one generation to the next until the twentieth Century when Tai Chi became more widely taught in the west.

Tai Chi and Chi Gung have close links with Traditional Chinese Medicine, as both are based on the core values of balance and harmony that are essential for a long healthy life, physically, mentally and emotionally. The smooth movements of Tai Chi and Chi Gung direct Chi through the meridians of the body, which are also the focus areas of TCM, including Acupuncture, Massage and Meditation.

Tai Chi translates as highest or ultimate, Chi, or Qi, means life force energy with Gung as practice or training. Tai Chi and Chi Gung are both similar in appearance, as a combination of fluid movements and meditation, slow breathing and balanced postures; which in turn create a deeper breathing rhythm and improved metabolism and blood circulation, thereby reducing stress levels and raising energy, or Chi levels.

Tai Chi and Chi Gung movements are based on rhythmical spiralling, circling and gentle cycles, with fluid and uniform movements co-ordinating and mobilising all the joints, ligaments and muscles in the body. As it is non-impact, it is suitable for all levels of fitness and health, gently working the whole body, massaging the internal organs whilst exercising the mind.

With regular practice Tai Chi and Chi Gung creates enhanced physical, mental and emotional well-being and practitioners can feel immediate health benefits. On a physical level the body becomes suppler, increasing the range of movements, co-ordination, promoting good posture and balance; mentally one can improve concentration, clearing and focusing the mind; and emotionally one becomes calmer, relaxed and with a more positive outlook on life with the repetition of gentle and soporific movements.

The best way to prevent disease and disharmony in the body is to restore and maintain a healthy balance in all human energy systems. Tai Chi and Chi Gung provides us with a key to do just that.

**For more information on *Tai Chi at the TCC* -Tuesdays at 6.30pm with Paul.  
And *Chi Gung at the TCC* - Wednesdays at 5pm with Judith.  
Please contact Rob [rob.cobley@touchwoodonline.com](mailto:rob.cobley@touchwoodonline.com) or come along 5minutes  
earlier and all will be explained!**