

Benefits of Tai Chi



Tai Chi Master Henry Cheng

While there are many aspects of Tai Chi, three aspects will be mentioned here -- the Form, the Self Defense and the Chi-- and how they benefit your health physically, mentally and emotionally.

Tai Chi Form

A series of 108 postures to be carried out into one single fluid movement.

How It Works

1. Uses different groups of muscles at the same time.
2. Uses all parts of body: head, neck, shoulders, back, waist, arms, legs, elbows, wrists, fingers, knees, ankles, toes, joints.
3. Uses large motor skills; e.g.: make circles with whole body.
4. Uses fine motor skills; e.g.: make small circles with hands.
5. Uses proper joint alignment.
6. Uses proper posture in standing, moving and shifting weight.
7. Uses both sides of brain.
8. Uses slow movements.
9. Involves multi tasking of the entire body.



Results

1. Your mind stays active; preventing memory loss.
2. Improves ability to concentrate and stay focused.
3. Improves blood circulation.
4. Prevents/lowers high blood pressure.
5. Reduces stress, anxiety, depression and other mental sickness.
6. Improves behaviors of people with ADD/ADHD.
7. Increases patience and self confidence.
8. Builds bone density; preventing osteoporosis.
9. Promotes strong bones, developed muscles, flexible joints, good balance and proper postures to help prevent falls and injuries.
10. Slow movements allow the following to happen:
 1. Good coordination.
 2. Precise positions.
 3. Accurate performance.
 4. Internal organs are massaged.
 5. Smooth, flowing movements.
11. Slow movements and proper joint alignment allow the following to happen:
 1. Less stress on joints.
 2. Relaxed muscles.
 3. Calm and clear mind. (Like water-- clear when calm; muddy when disturbed).
 4. Chi or Vital Energy to flow through whole body and prevent sickness.
 5. Appropriate exercise for people with Arthritis, Parkinson's Disease, or people who have had a stroke.



Self Defense

The use of Tai Chi movements to absorb and neutralize incoming force, and to upset the opponent's balance.

How It Works

Like the Form, the Self Defense does the following:

1. Uses different groups of muscles at the same time.
2. Uses all parts of body: head, neck, shoulders, back, waist, arms, legs, elbows, wrists, fingers, knees, ankles, toes, joints.
3. Uses large motor skills; e.g.: make large circles with whole body.
4. Uses fine motor skills; e.g.: make small circles with a twist of the hand.
5. Uses proper joint alignment.
6. Uses of proper postures in standing, moving and shifting weight.
7. Uses both sides of brain.
8. Uses slow moves.
9. Uses no force.
10. Involves multi tasking of the whole body.



Results

1. Understanding the reasons for the postures.
2. Staying calm in critical times.
3. Conserving energy.
4. Improving speed and timing of reactions.
5. Preventing falls and injuries.
6. Slow movements allowing the following to happen:
 1. Precise positions.
 2. Accurate performance.
 3. Good coordination.
 4. Smooth, flowing movements.
 5. Becoming sensitive to weight shift and loss of balance.
7. Slow movements and proper joint alignment allowing the following to happen:
 1. Less stress on joints.
 2. Relaxed muscles.
 3. Smooth flow of Chi or Vital Energy.



Chi

Vital Energy in Chinese

How Does It Work?

1. Chi, not the brain, guiding movements of the flow.
2. Keeping mind in state of meditating during the flow.
3. Regulating heartbeat.
4. Regulating blood circulation.
5. Stimulating cell development.



What Makes It Work

1. Use of proper joint alignment.
2. Application of yin and yang principles.
3. Relaxed body.
4. Concentration.
5. Mind power/ positive thinking.
6. Proper breathing when doing chi kung.
7. Stimulation of acupuncture points.

Results

1. Improves the immune system.
2. Relieves/reduces pain and numbness.
3. Increases physical mobility.
4. Speeds up healing process.
5. Slows down aging, makes people look and feel younger.
6. Increases longevity.
7. Cures sickness. *Caution: only high leveled masters can use their chi to cure sickness without harming themselves.*



Consider the following:

1. 65% of people reaching the age of 60 experience a fall/year.
2. Large numbers of baby boomers will soon reach the age of 60.
3. More children are diagnosed with ADD and ADHD.
4. More children and young people have sickness and disorders normally associated with elders such as diabetes, arthritis, obesity, cancer, high blood pressure, etc..
5. Health care costs are too high.
6. Using medication has negative side effects.

Then consider the following:

1. Practicing Tai Chi correctly has no side effects.
2. Learning Tai Chi costs much less.
3. Learning Tai Chi is for people of all ages.

Clearly Tai Chi is a preventive measure and the alternative medicine.



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