

## **Tai Ji Quan - a pearl from an ancient tradition of human study.**

Tai Ji Quan (Tai Chi) presents a wonderful journey of discovery that serves to raise awareness regarding the human body and natural movement. The basic level will address bad habits that create postural flaws and internal pressures. Only when this is achieved can movement in all life circumstances be performed with maximum efficiency, i.e. without disruption of Qi, vital energy, or blood and lymph circulation throughout the body. When this training reaches a higher standard, it is difficult to suffer ills from the effects of normal ageing.

### **Tai Ji Quan origins from the study of nature**

The style taught has origins from Zhang San Feng, (a Daoist master who lived around 2,500 years ago) and this form engages precepts from the study of nature - Nature Dao. The reason this style follows the Dao (great cycle) is because of the capacity to harmonise Hui and Nei Jin. The flow of meridian Qi is the co-ordinating medium between Hui Jin - external nature i.e. the external environment within which a human being lives, and Nei Jin - the internal nature within a human being. The style of Tai Ji taught has at its core, the ability to co ordinate the internal and external natures of the body in order for each to balance and harmonize with the other. Tai Ji Quan is based upon this kind of fundamental understanding.

The art of Tai Ji facilitates dynamic self-cultivation; to realise the extraordinary interactions of spirit, energy and the physical body. The spirit leads, commanding the energy dynamic to enable and direct the physical body. When a person's Qi, vital energy, is tired or run down (as often can be seen in the aged) the physical body will reflect the same. Vital energy is referred to by classical texts as Qi. Qi is the vehicle by which "heaven" or spirit connects the "earth" or physical body. The subtlest manifestation of Qi permeates the Spirit; the densest manifestation of Qi permeates the physical body. A person's physical body may once have been strong, but if the Qi runs down or becomes depleted, the body will have little energy and the spirit can easily become dull or scattered

### **The Art of Movement**

Tai Ji is most specifically concerned with education concerning the Art of Movement. However, the higher level of training is a co-ordinated holistic focus of the physical training system known as Dong Gong. Dong Gong is based upon principles from the study of nature, (Nature Dao), where the physical body is balanced with one's mental, emotional and spiritual aspects - Xing Shen He Yi.

The intention of Tai Ji is to "softly" shift the body through the entire range of human movement,

creating a dynamic exercise for all regions, including internal organs, bones, joints and muscles. Breath co-ordination is in exact rhythm with physical movement and is a highlighted feature of this training. It is through the breath that we build and lead the Qi.

This is part of the culture Professor Wong Lun, OAM, of the Academy of Traditional Chinese Medicine has presented to us. The seeds of the Dong Gong training system begin with the practice of slow Tai Ji. The slow, precise movement enables co-ordination of breath with movement. This strengthens the breath and builds Qi. Emphasis is on the correct positioning of the body for the maximum advantage of natural meridian Qi and all fluid circulatory pathways. Each position will lead the Qi through a particular pathway and when you can feel the Qi, you can learn how to keep postural integrity in all life circumstances. And this is Qi training.

The Tai Ji form is a specific set of 85 movements, all of which flow into each other without pause or change of speed. They are deliberately executed in a slow, soft and circular manner. The movements can be seen to express the Yin/Yang concept; as one arm rises - a Yang movement, the other descends to an equal and opposite position - a Yin movement. When one has mastered the sequence of movements and they are co-ordinated into an uninterrupted smooth flow, an inner tranquillity or stillness of spirit is quite naturally experienced.

### **Tai Ji is related to health and longevity**

The physical arts systems of old China are not necessarily related to modern concepts of what could be termed fitness, rather, they are more concerned with the gradual development of all aspects related to health and longevity. Tai Ji will highlight for the practitioner the way movement in all circumstances i.e. stances, transfer of body weight, reversing or changing direction, role of the spine, has a definitive and obvious (once realised) correct way and numerous incorrect ways. Incorrect postural habits inhibit the flow of Qi and blood, stress tendons and joints and eventually create pressure upon the internal systems and organs - prolonged will eventually cause injury. Incorrect use of the body in daily life gives rise to internal injury and explains many of the ailments afflicting people. Without development of this kind of understanding, it is difficult to truly maximise the efficiency and potential of the human body to live a healthy and long life.

### **Tai Ji Training Program**

#### **First Year**

The 85 movements of the Tai Ji form (Tai Chi).

## **Second Year**

Tui Shou and San Shou. Students learn to feel the Qi emanate from their internal system and rise to the surface to contact this with their opponents Qi. The aim is to learn awareness of the nature of Qi and to balance and feel the opponents Qi.

## **Third Year**

Bing Ji. Use of the ancient skills of weaponry, particularly the sword and the knife in order to further develop the body's Qi and extend it externally to the weapon.

**Download our current brochure**   
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**WU DE HUI AUSTRALIA**

PRESIDENT: Prof. Lun WONG OAM

**TAI JI QUAN (TAI CHI)**

**Classes held at:** Abbotsford Convent - Rosina Auditorium

1 St Helier St, Abbotsford, 3067 (near the Collingwood Children's farm) [Location map](#)

**For Enquiries & Bookings:**

Tel. (03) 9388 0717 | Mob. 0402 849 626

New classes commencing late February and mid July each year

**6:30-8:00pm**

Also Wu Gong Martial Arts, Saturday mornings in Northcote.

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