

2. Tai Chi Theory

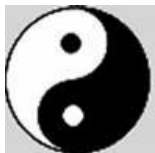
"Tai Chi" is the name of the philosophy of the interaction between Yin and Yang. "Tai Chi Chuan" (Taijiquan) is the name of the exercise system that we practice. "Chuan" means fist, and so implies that this is a Martial Art.

Many people regard Tai Chi simply as slow relaxed movements developed for health and wellbeing, but it is a combination of:

- ☉ Martial Art Movements
- ☉ Chinese Philosophy (Taoism)
- ☉ Traditional Chinese Medicine System of Energy
- ☉ Standing & Walking Meditation

Because the movements are performed in a slow relaxed manner, they are suitable for everyone.

The Tai Chi Symbol



This symbol can be interpreted as the map of our understanding of how the universe operates. The "two fishes" symbol explain the "big bang" theory of the formation of our universe, help us to understand the philosophy and theory of Yin (the dark side) and Yang (the light side), and are the foundation for Traditional Chinese Medicine.

Yin/Yang theory helps us understand the way Nature has seasons, the importance of harmony or balance and the goals of creating harmony and balance with the practice of Tai Chi. The more we learn about Tai Chi, the more we can benefit from the flowing, circular movements we practice as we "play" Tai Chi.

DrBobMcB/2008