

History of Tai Chi

Tai Chi is reputed to have been created in the 12th Century by a Taoist monk called Zhang Sanfeng from a combination of breathing exercises and Buddhist Shaolin Martial Arts.

In the 1800's, Tai Chi was taught to the Manchurian Military and the Imperial Guard had Tai Chi Chuan Martial Arts Instructors. Now, Tai Chi is popular all over the world and used for relaxation and exercise and not just as a Martial Art.



The class enjoy a cup of Chinese tea

Class Details

Beginners to Intermediate

Wednesday 7.00pm to 9.00pm
Community Centre Lesser Hall

Advanced

Saturday 9.30am to 12.00pm
Community Centre Lesser Hall

Please contact the instructor for more details:

Robert Moran
Tel: 01506 655895

£4 per session and your first Tai Chi session is free!

Armadale Community Centre
North Street
ARMADALE
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Tai Chi Chuan

*West
Lothian*

What is Tai Chi?

Tai Chi Chuan means "Supreme Ultimate Fist" in Chinese. It is one of the *soft* or *internal* martial arts which means that it consists of relaxed movements designed to divert the attacker's force harmlessly away. *External* or *hard* martial arts generally involve meeting force with force and concentrate on aggressive action.

In contrast to many hard martial arts,



This move is called "Brush Knee and Twist Step"

Tai Chi's origins in Taoism and Buddhism mean that it strongly utilises the concept of Yin and Yang.

Tai Chi focuses on technique over force and internal strength and energy (known as Chi) over physical power.

Benefits of Tai Chi

Tai Chi is a very effective and gentle form of exercise. The series of movements (called the form) which takes up the bulk of the Tai Chi helps develop coordination, balance and flexibility without strain on the body.

It is an excellent way to help ease symptoms of stress or if you have problems sleeping. There is evidence to show that it is effective against digestive, heart or musculoskeletal disorders. Runners may also find that it helps build their core strength.



The instructor demonstrates the form for the class

The Tai Chi Class

Loose, comfortable clothes and flat-soled shoes are recommended for Tai Chi.



Tai Chi Sabre form

The Wednesday class normally begins with a warm-up then a run-through of the first form, called square form. The class then breaks up into sections according to level of experience and individual instruction is given. If there is sufficient time at the end of the class, the instructor will teach the martial arts applications or Pushing Hands.

Weapons forms are taught at the Advanced class on a Saturday.