

The Martialarm Introduction To T'ai Chi Kung Fu

Although T'ai Chi (also commonly spelled "Taiji") is technically a form of Wushu, it merits its own listing because it differs from most other forms in significant ways. T'ai Chi is made up of slow movements and breathing exercises designed to allow the chi (life energy) to flow freely throughout the body. This, in turn, reduces tension, clears the mind, helps blood circulation, improves posture, and promotes good health in many other ways. The central concept of T'ai Chi is that the mind, body, and spirit must work together to defeat an enemy- and enemies can be violent attackers, physical ailments, or mental illnesses. Chi is developed in most forms of martial arts- called "ki" (pronounced "key") in Japanese and Korean styles- but is not focused on as much in any style as it is in T'ai Chi. Though the movements of T'ai Chi are an effective means of self defence in their own right, a practitioner who has studied for a number of years can control her or his chi to the point of being able to use it as a weapon by "discharging" it into an attacker. This release of power is forceful enough that small women can knock enormous men off their feet without the use of muscular strength. Similar Styles: Qi Gong (also commonly spelled "Ji Gong" or "Chi Kung") - Also technically a form of Wushu, Qi Gong is made up of slow movements designed to allow the Chi to flow more easily. Shintaido - Japanese style developed in the 1960's around the same principles as T'ai Chi.

Taiji training can be done in any city in the world and I encourage you to visit our martial arts directory of Taiji to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/taichi.html>

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