

## **HEALTH BENEFITS FROM TAI CHI PRACTICE:**

Tai Chi's health benefits are given to a person of any age who will practice daily.

### **CHI KUNG Breathing:**

A. **Chi Kung breathing** ( Diaphragmatic breathing) -Bending at Chi Kung for elasticity of the waist, blood circulation to the brain and stimulation of the kidneys for carrying off toxic accumulations for fresh body energy.

B. **The Improvement of the Process of Metabolism**- Restores the physiology of the metabolism to natural equilibrium. The working of the cerebrum and the, metabolism of billions of nerve cells is enhanced tremendously with the intaking of a greater quantity of oxygen. The oxygen requirements of the body are surpassed with even less respiration per minute.

C. **The strengthening of the Muscles**- Because of the great effect of the exercises on digestion through the contraction and expansion of the abdominal cavity, it naturally strengthens the development of the muscles.

D. **Massaging the Internal Organs**- With the rhythmic movements of exhalation and inhalation, the massaging effect on the diaphragm leads to the electrochemical activity in the specific organs, such as the heart, lung, bladder, kidneys, and the intestines.

E. **The muscles of the diaphragm**- a broad sheet of muscular tissues which stretches across the bottom of the chest cavity, are developed and the capacity of the lungs will be expanded. When the diaphragm moves downwards, air is drawn into the lungs; when it moves upwards the air is expelled. The breathing becomes slow, deep, long, balanced, and quiet.

F. **With the directive force of the mind and proper breathing** - "intrinsic energy" is developed which tunes up the body, slows down the aging processes and lengthens the life span. It is the "intrinsic energy" which finally energizes the trillion cells or neurons, the key-note of life activity.

### **HEAD AND FACIAL MASSAGE:**

A. **Invigorate the nerve center of the cerebrum**- increase blood circulation and stimulate glandular activity; keep the face from unnecessary wrinkles, benefit the eyes, teeth, tongue; keep the thyroid and pituitary glands in good shape; stimulate the growth of hair and help to prevent colds and strokes.

### **TAI CHI FORM PRACTICE:**

A. **Adjustment to unavoidable stress of daily life by relaxing or loosening the body** - including the muscles, shoulders, chest, abdomen, the limbs, as well as the mind itself. With relaxation of the body, the blood circulates freely; with increased awareness, the Chi can be directed to creative good health and prolonged life.

B. **"Single Whip"**- Increases the flow of the blood to the abdominal region and improves digestion. The liver is invigorated, the lungs expanded, and the joints, knees and hips are made more flexible.

C. **“Grasp Sparrows Tail”** - Strengthens the muscles of the back and abdomen and helps to relieve constipation. The lungs are expanded and become strong, thereby helping to strengthen the heart. The legs and thighs are strengthened and circulation in the organism is improved.

D. **“White Crane Spreads Wings”**- Helps to extend and contract the chest and the back, which tones up the spinal nerves, trains the uprightness of the coccyx and strengthens the alertness of the cerebrum.

E. **“Step forward, deflect downward, intercept and punch”**- The spinal column is strengthened and the joints of the knees and hips are made more flexible.

F. **In Tai Chi, we let the mind move the Chi** -letting the body follow, and thus coordinate it with the mind. Centering the mind on the Dantien leads to concentration of the mind. At the same time, the central cerebrum has ample opportunity to take a rest. Mental, physical and spiritual coordination is possible when a calm mind is centered on the Dantien. The brain and spinal cord, with nerves and muscles, constitute an indivisible system. But the spinal cord of modern man exercises too little. In order to have a good posture, graceful movements and a healthy spinal column, the exercise of the spine through the Tai Chi Chuan movements is the best form of exercise.

G. **Good muscle tone in the arms and particularly in the legs** - resulting from Tai Chi practice maintains an improved circulation of blood in the veins. The veins have valves which, when in good condition, prevent the blood from going the wrong way. The compression of the veins by the skeletal muscles helps to pump the blood back to the heart, taking the burden off the heart, improving the condition of the blood circulation itself and preventing varicose veins. Tai Chi also improves the tone of the diaphragm. This results in its better function as the piston of a pump, not only for bringing oxygen to the lungs with the removal of carbon dioxide, but also for the suction of blood into the heart.

H. **The even flowing, sustained and light movements of Tai Chi** - create a good effect on the central nervous system, calm the disposition, make the muscles pliant, improve the circulation, make one alert and easy, concentrate the mind and develop a sense of joyfulness and well-being. Prior to the movement of the body by the mind, with the Chi, the impact of the spirit alone will promote the process of blood circulation and metabolism. (Some parts from The Fundamentals of Tai Chi. Out of print.)

## **THE PROCESS OF STRENGTHENING OUR BONES THROUGH TAI CHI PRACTICE:**

### **HOW IT WORKS:**

Besides increasing the energy of the body, which the Chinese call the Chi, we mobilize the Chi to move the body and we speak of the Chi “being gathered into the bones”. When the Chi has reached a certain stage of fullness as it accumulates in the Dantien, it begins to overflow. This overflowing Chi is physiological and known in China as the Chi of the blood. Overflowing the Dantien, this sanguinary Chi, under the joint influence of the mind and the Chi itself, accumulates and generates ‘heat’ in the neighborhood of the lower extremity of the spine. As a result, more Chi is generated. When this stage is reached, the sanguinary Chi may be directed to propel the ‘ching chi’ (meaning the essence of life), causing the softer tendons and sinews, etc. to conduct the heat through the bone sheaths into the bones. The lower spinal vertebrae being thus heated up, the humor in them begins to ‘sweat’, just as the walls of a test tube filled with warm water sweats on cooling. On cooling, the sweat congeals as marrow, tightly adhering to the inner pores of the bones. In time, the bones will be filled with this kind of marrow, which on repeated heating and cooling will be consolidated and laminated into something hard, tough, and resilient, like steel. This is the highest level. The bones become tough and resilient, not brittle or weak.