

Victor Franco's Bible and Tai Chi



Philosophy on the and other thoughts

1. My tai chi teaching is aligned with the word of God in the Holy Bible. Master Jou was not a Christian and yet he really believed the words of Jesus in Mark 11: 23. He said you must believe that even if there were a mountain in front of you it would be moved effortlessly by applying your will and your word.

2. The main difference in Tai Chi schools is their training methods. In over 35 years teaching and personal practice it appears that the training methods that are most effective seem to be the simplest and easiest to do. Daily repetition is the key.

3. My name is Victor Franco. In 1984, after four years of personal training with the late Master Jou, Tsung Hwa we went to China to study at the Beijing Institute of Physical Education. From there we visited with Tai Chi schools in Hong Kong and Taiwan. I learned the authentic method of Tai Chi.

Restoring youthful energy and stability in the legs, Tai Chi addresses the primary cause of problems with the elderly; falling down. Tai Chi players enjoy glowing health into the eighties and beyond.

When mind and body respond immediately according to the intention of one's spirit, Tai Chi becomes a formidable martial art.

The best exercises like walking and swimming benefit the cardiovascular, the respiratory and the central nervous system. Tai Chi rejuvenates these and the endocrine system. We practice indoors or out without special equipment.

In my personal practice I scout ahead in order to return to be your guide towards our goal of mastery of this wonder-filled art.

4. The secret to both the incredible power that enables a Tai Chi Master to toss a strong opponent across the room effortlessly and the miraculous curative and rejuvenative effects exhibited in Tai Chi students are found in the process of Lien Ching Hwa Chi and Lien Chi Hwa Shen.

At Tai Chi Dojo we periodically focus on this meditative process as it was taught to me by Master Jou, Tsung Hwa.

5. Tai Chi agrees with the Bible.

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Cor. 5:17

"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth." Ps. 46:10

"Delight thyself also in the Lord and He will give Thee the desires of thine heart."

Ps. 37:4

"Thy Kingdom come thy will be done on earth as it is in heaven." Matt. 6:10

"Neither while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." 2 Cor. 4:18

"Shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you." Luke 17:20

"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith." Mark 11:23

6. Tai Chi philosophy is aligned with the word of God in the Holy Bible. Master Jou was not a Christian yet he believed the words of Jesus in Mark 11: 23. Jou demonstrated you must believe that even if there were a mountain in front of you it would be moved effortlessly by applying your will and your word.

7. FAQ Why do we move so slowly in the TC form? The energy/the creative rejuvenating power of the chi is so awesome that we must relax and rid the body of resistance in order to make room for the flow of its power.

8. Feeling is an important part of Tai Chi practice and visualization accelerates progress. As a songwriter transfers feelings and visions into words, allow me to guide you through the Tai Chi classics by directing feelings and visualizations in language we can easily understand.