



WHAT IS TAI CHI?

T'ai Chi Ch'uan is variously described as everything from 'Chinese yoga', to a system of physical fitness exercises, or as a method of restoring, maintaining, and improving health, as well as a form of moving meditation and Taoist spiritual training, and a martial arts' system of self defence

Indeed it is all of these and more. As a method of integrating and distilling all of these complex and seemingly disparate aspects into a single holistic discipline, the ancient art of T'ai Chi Ch'uan is unparalleled.

The difficulty in saying more about what you might expect from studying T'ai Chi is that the experience is different for each person. Words about it are not meaningless, but wholly inadequate. It embodies an important Taoist precept that *defining things limits them*.

Classes involve learning a series of forms — individual movements or postures in a sequence that, once learned, are practiced slowly and seamlessly from start to finish. In this case the forms taught are the Yang style Short Form and Long Form . These are practiced solo in order that the practitioner can learn to understand and develop his or her own energy or chi.

There are also a series of exercises (Sticking, Yielding, Push Hands, Ta Lu) which are practiced with a partner so that one can learn about another's energy and how to respond to it.

Advanced students may go on to learn other related forms such as Pa Kua, Hsing-I, T'ai Chi Sword and staff forms, and Chi Kung.

CLASSES AT THE CENTRE OF PENDEEN

Currently there are T'ai Chi classes on Tuesday evenings from 6:30 – 8:00 pm and on Wednesday afternoons from 1:30 – 3:00 pm. Shortly after the Easter break, there will be a new beginner's class starting (day and time to be determined – watch this space).

If you have done some T'ai Chi in the past and would like to pick it up again or are entirely new to T'ai Chi and would like to learn, please ring Nan Fromer on 01736 788 438 for more information and an informal chat.

Nan Fromer began studying and practicing T'ai Chi in 1976, training first with John Kells and then with Tao Yuan Li Jr. (Rose Li) from whom she also learned Pa Kua and Hsing-i. She has practiced and taught for over 30 years.