



Taijiquan



What is Taijiquan?

- ☯ Taiji is an ancient Chinese martial art and spiritual discipline (translated means “Supreme Ultimate Force”) that promotes harmony of mind and good health. Chang San-Feng is given credit for the founding of Taiji approximately 700 years ago, although exercises similar to Taiji existed over 1,500 years ago.
- ☯ Taiji can be described as a “moving meditation”, a physical and mental exercise, and a stress reliever, as well as a personalized, flowing dance.

How can Taiji benefit you?

Continual Taiji practice can stimulate your internal organs and improve circulation through the increased flow of Chi - your life force or internal energy. Regular practice of Taiji can help you:

- ☯ Relax and relieve stress, lowering the incidence of anxiety and depression (Journal of Psychosomatic Research, 1989 Vol 33(2) 197-206).
- ☯ Improve breathing capacity (Hawaii Medical Journal Vol 51, No 8, Aug 1992)
- ☯ Lower high blood pressure (American Journal of Chinese Medicine 1981 Spr Vol 9 (1) and Hawaii Medical Journal Vol 51 No 8, Aug. 1992).
- ☯ Boost the immune system (Prevention Magazine v. 42 May 1990, p. 14-15)
- ☯ Improve balance and coordination *twice* as effectively as other balance training (Prevention Magazine, v. 46, Dec. 1994 p. 71-72 and USA Today, May 1996)
- ☯ Improve postural control while stretching, toning and relaxing the body in a cumulative way that no other exercise can achieve (American Journal of Occupational Therapy, 1992 April Vol 46 (4) 295-300).
- ☯ Achieve a better physical and emotional balance, develop inner awareness and mental focus and increase joint flexibility (suitable for arthritis sufferers – American Journal of Physical Medicine and Rehabilitation, June 1991, 70 (3) p 136-141).

The instructor, Lee Atwater, has practiced Taiji for over 14 years under Guy DeRosa. He has participated at the Taiji Farm and attended seminars by renowned Masters such as Zhang Lu Ping, Master Jou Tsung Hwa, Master Yang Yang and Master Willie Lim. He has taught at the Merrill Lynch Princeton Corporate Campus and assisted Mr. DeRosa at Mercer County College and through the Hamilton Continuing Education Program. He participates regularly in the annual World Taiji Day celebration by performing demonstrations and running workshops. Mr. Atwater currently teaches at the RWJ Center for Health & Wellness and the Hamilton Senior Center in addition to teaching privately at home. Mr. Atwater is also a certified Tai Chi for Arthritis instructor.

*At first I take up T'ai Chi as a hobby,
Gradually I become addicted to it,
Finally I can no longer get rid of it.
I must keep on practicing for my whole life –
It is the only way to preserve health.
The more I practice, the more I want to learn from teachers and books.
The more I learn, the less I feel I know.
The theory of T'ai Chi is so profound and abstruse!
I must continue studying forever and ever...
It is the only way to improve and better myself.*

- Master T. T. Liang