

Tai Ji is related to health and longevity

The physical arts systems of old China are not necessarily related to modern concepts of what could be termed fitness, rather, they are more concerned with the gradual development of all aspects related to health and longevity. Tai Ji will highlight for the practitioner the way movement in all circumstances has a definitive and obvious correct way and also numerous incorrect ways. This is in relation to stances, transfer of body weight, reversing or changing direction, and role of the spine, Incorrect postural habits inhibit the flow of Qi and blood, stress tendons and joints and eventually create pressure upon the internal systems and organs – if prolonged will eventually cause injury. Incorrect use of the body actions in daily life gives rise to internal injury and explains many of the ailments afflicting people. Without development of this kind of understanding, it is difficult to truly maximise the efficiency and potential of the human body to live a healthy and long life.

Tai Ji Training Program

First Year

The 86 movements of the Tai Ji form (Tai Chi).

Second Year

Tui Shou and *San Shou*. Students learn to feel the Qi emanate from their internal system and rise to the surface to contact this with their opponent's Qi. The aim is to learn awareness of the nature of Qi and to balance and feel the opponent's Qi.

Third Year

Bing Ji. Use of the ancient skills of weaponry, particularly the sword and the knife in order to further develop the body's Qi and extend it externally to the weapon in a specific sequence.

WU DE HUI AUSTRALIA

Founder: Prof. Lun WONG OAM

TAI JI QUAN (TAI CHI)

Classes held at:

ABBOTSFORD CONVENT

ROSINA AUDITORIUM

1 St Helier St, Abbotsford, 3067

(near the Collingwood Children's farm)

For Enquiries & Bookings:

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**New classes commencing in
mid February and mid July each
year, 6.30pm - 8.00pm**

**Also: Tuesday Tai Chi in Northcote,
Wu Gong Martial Arts Saturday mornings in
Northcote and Wu Gong Internal External
Training Wed 7.00 - 8.00pm Brunswick.**

ACADEMY OF
TRADITIONAL CHINESE
MEDICINE AUSTRALIA
WU DE HUI
TAI JI QUAN
(TAI CHI)



Tai Ji Quan - a pearl from an ancient tradition of human study.

Tai Ji Quan (Tai Chi) will inform and uplift awareness concerning the human body and natural movement, presenting a wonderful journey of discovery. The basic level will address poor habits that create postural flaws and internal pressures. Only when this is achieved can movement in all life circumstances be performed with maximum efficiency, without disruption of Qi/energy dynamic or blood and lymph circulation throughout the body. When this training reaches a high standard, it is more difficult to suffer ills from the effects of normal ageing.

Tai Ji Quan origins from the study of nature

The style taught has origins from *Zhang San Feng*, (a Daoist master who lived between 2,500 - 2,900 years ago) and this form engages precepts from the study of nature - Nature Dao. The reason our style follows the Dao (great cycle) is because of the capacity to harmonise *Wai* and *Nei Jing*. The flow of meridian Qi is the co-ordinating medium between *Wai Jing* - external nature i.e. the external environment within which a human being lives, and *Nei Jing* - the internal nature within a human being. The style of Tai Ji taught has at its core, the ability to co-ordinate the internal and external natures of the body in order for each to balance and harmonize with the other. Tai Ji Quan is based upon this kind of fundamental

understanding.

The art of Tai Ji facilitates dynamic self cultivation; to know the extraordinary interactions of spirit, energy and the physical body. The spirit leads, commanding the energy dynamic to enable and direct the physical body. When a person's Qi, energy dynamic, is tired or run down (as often can be seen in the aged) the physical body will reflect the same. Energy dynamic is referred to by classical texts as Qi. Qi is the vehicle which integrates all body aspects. The subtlest manifestation of Qi permeates the Spirit; the densest manifestation of Qi permeates the physical body. A person's physical body may once have been strong, but if the Qi runs down or becomes depleted, the body will have little energy and the spirit can easily become dull or scattered.

The Art of Movement

Tai Ji is most specifically concerned with education concerning the Art of Movement. However, the higher level of training is a co-ordinated holistic focus of the physical training system known as *Dong Gong*. This is based upon the study of nature (Nature Dao) principles, where the physical body is balanced with one's mental, emotional and spiritual aspects - *Xing Shen He Yi*.

The intention of Tai Ji is to "softly" shift the body through a range of physical movement, creating a dynamic exercise for all areas, including internal organs, bones, joints and muscles. Breath co-

ordination is in exact rhythm with physical movement and is a highlighted feature of this training. It is through the breath we build and lead the Qi.

This is part of the culture Professor Lun Wong OAM, founder of the Academy of Traditional Chinese Medicine Australia has presented to us. The seeds of the *Dong Gong* training system begin with the practice of slow Tai Ji. The slow, precise movement enables co-ordination of breath with movement. This strengthens the breath and builds Qi. Emphasis is upon correct positioning of the body for the maximum advantage of natural meridian Qi and all fluid circulatory pathways. Each position will lead the Qi through a particular pathway and when you can feel the Qi, you can learn how to keep postural integrity in all life circumstances - this is Qi training.

This Tai Ji form is a specific set of 86 movements, all of which flow into each other without pause or change of speed. They are deliberately executed in a slow, soft and circular manner. The movements can be seen to express the Yin/Yang concept; as one arm rises - a Yang movement, the other descends to an equal and opposite position - a Yin movement. When one has mastered the sequence of movements and they are co-ordinated into an uninterrupted smooth flow, an inner tranquillity or stillness of spirit is quite naturally experienced.

Please contact us for next class details.