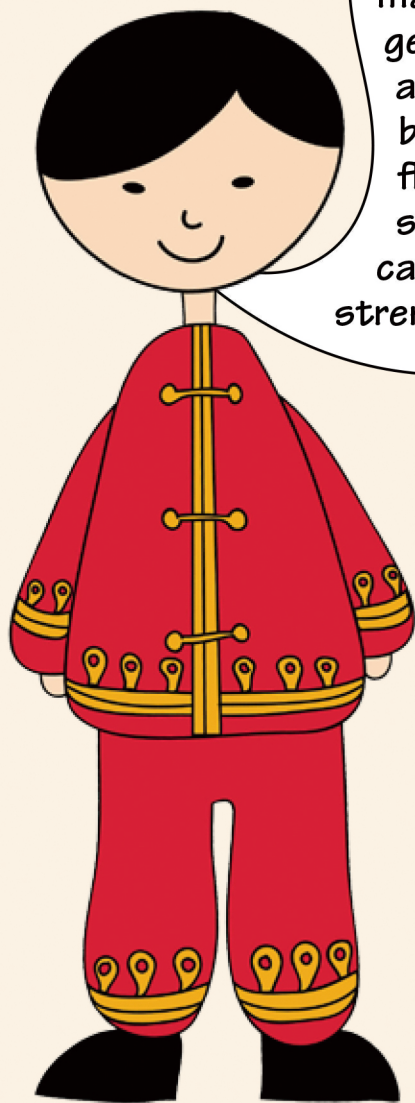


CHEN'S ACTIVITIES

Martial Arts Taijiquan – T'ai chi

Taijiquan is traditional martial art. It is a gentle exercise for all ages. It improves balance, co-ordination, flexibility, muscle strength and cardiovascular strength.



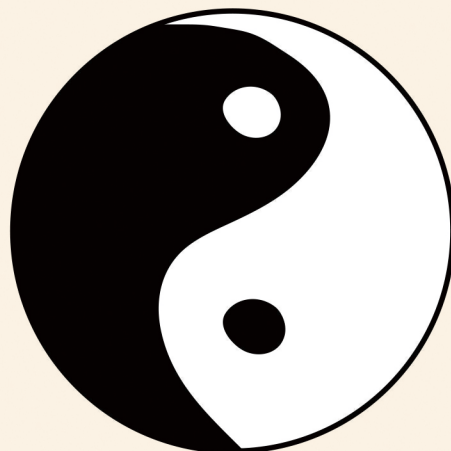
Practising Taiji requires concentration and focuses of the mind on body movements.



There are 24 movements in Taiji



It is very important to keep your back straight when practising Taiji, in Chinese these lets the "Spirit of Vitality" rise to the top of the head.



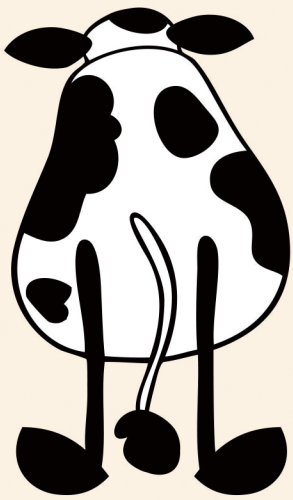
Yin and Yang (Yin Yang in Chinese) means opposites which work together to complement each other, many Chinese exercises such as Taiji bring a balance of energy to your body.



Taiji Fan uses a fan which makes a loud noise when flicked shut.

CHEN'S ACTIVITIES

Martial Arts
Taijiquan – T'ai chi



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Another exercise similar to Taiji is **Yi Yin Ying** which are used in Shaolin training, “pulling nine cows tails” and “phantom pulling a sword”. These are just some of the 12 movements.

Qi means energy in Chinese. It is vital to keep a balance of energy in your body and also a balance of energy on earth.

Wu Qin Xi is a five beasts exercise which include moving like a monkey, crane, tiger, deer, bear – **can you imitate these animals?**

I love Taiji
as it makes
me feel very
relaxed.



I love
to imitate
a tiger.
It stretches
and use its
claws!