

## Taiji



The Chinese characters for Taiji can be translated as the “Supreme Ultimate Force”. The notion of “supreme ultimate” is often associated with the Chinese concept of yin-yang, the notion that one can see a dynamic duality (male/female, active/passive, dark/light, forceful/yielding, etc.) in all things. “Force” (or, more literally, “fist”) can be thought of here as the means or way of achieving this yin-yang, or “supreme-ultimate” discipline. In a very real sense one can consider Taiji to be a physical expression and manifestation of the principles and philosophy of Taoism.

**The Three Principles of Chinese Taiji are:** Relaxation, tranquility and the state of being natural.

Following the principles of Taoist internal alchemy, the goal of Taiji is to return the body and mind to its original pure and healthy state. Emphasis is put on being kind, generous and helpful to others and releasing one’s own stress and worries. Taiji has been described as a form of “meditation in motion” where the continuity of its movements, combined with the devotion of one’s undivided attention, heal and revitalize both the body and mind. Taiji consists of sequences of movements which derived from the martial arts (and perhaps even more ancestrally than that, from the natural movements of animals and birds) although the way they are performed in Tai Chi is slowly, softly and gracefully with smooth and even transitions between them.

Taiji is a gentle art of health and well-being for people of all ages and health conditions. Many thousands of people are enjoying the health benefits of Taoist Tai Chi practice in approximately 500 locations in 25 countries around the world.

