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Tai Chi for Over Fifties And Under Fifties!

By Samuel Beatson

Tai Chi is an internal martial art which can be soft and gentle. It can and should be practised in a flowing way for practitioners of any age. Particularly, in China and the east nowadays, people over 50 are taking up tai chi whilst the younger generation in china are not so interested in such a traditional art!

Tai chi has been proven by the 3000 years of Chinese experience and recent medical studies into the benefits of qigong [tai chi is a complete qigong] to be beneficial to the health of the individual practitioner. Complete recovery of from diseases from cancer to colds has been documented through diligent practice of tai chi.

Tai chi can also be used to control arthritis. It is recommended that you learn under a highly experienced instructor, who has over 10 years of experience and has learned in China or from a well-recognized master with verifiable "lineage". This is because you want to be learning the real thing and benefitting by clearer mind, healthier body and gradual recovery from any health challenges you may have experienced or be experiencing.

Enjoying it so far:

<http://www.gods-internet.com/tai-chi-kung-fu>

Tai chi chuan means "supreme ultimate fist". What does "supreme ultimate" mean to you? Tai chi is really about the cultivation of mind, body, spirit and also to kinds of energy, which we don't have a proper concept of in the West. Those are internal energy, or chi which is present in the body from birth and we also get it from air and food. External energy is the energy that is in the universe. We learn to build up the chi in our bodies in tai chi and that helps us to improve our health. This is the medical aspect of tai chi. We learn to utilize the external energy in tai chi which is the martial aspect of the martial art of tai chi.

Tai chi is said to have been invented approximately 5000 years ago, legend has it either by a Taoist priest named Chang Seng Feng or passed to the ancient Chinese people by a group of people reputed

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to have been 7ft tall and these people – "the sons of reflected light" are said to have taught the arts to the Chinese which has made their civilisation so advanced since as long as 3000 years ago as documented by discoveries of the porcelain and silk items in archaeology.

Chang Seng Feng is reported to have witnessed a fight between a crane and a snake and noticed the yielding and striking qualities of these animals and designed tai chi based on observations of nature. Tai chi is thus performed slowly and changingly, "flowing like a river" to promote longevity and health. Does the tortoise or the elephant move quickly and fast? And how long do these creatures live for? Is it not possible then that we should slow down in our lives and relax like these long-living creatures to improve our own chances of living long lives?

We imitate the movements of many animals in the tai chi form – a sequence of movements or postures which flow into each other. These stretching and strengthening exercises have very poetic names, beautiful such as White Crane Spreads Its Wings, Golden Cock Stands On One Leg and Fair Lady Weaves The Shuttles.

Tai chi is a healthy exercise which improves circulation. The author used to be a medical student at Sheffield University and notes that Tai chi was used in the Royal Hallamshire Hospital to aid recovery for heart attack patients. Tai chi incorporates breathing and movement as well as internal massage of the body's organs and stretching of muscles, tendons and ligaments. Keeping a clear mind is important and whilst the exercise is anaerobic, i.e. not strenuous, the body feels invigorated after proper practice and one can feel energy circulating in the body after practice – so don't overdo it. The key is consistent daily practice and taking responsibility for your health 100%

Sam Beatson runs

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The Art Of Tai Chi Sparring

By Laurence Clunie

Curious about Tai Chi but running short on time and patience to make an in depth research of your own? Here is a simple but accurate article on the topic of Tai Chi sparring. It's organized and easy to digest.

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Tai Chi, also known as Tai Chi Chuan (taijiguan) or Taiji, is commonly translated as Supreme Ultimate Fist and is known throughout the world as a Chinese martial art that combines the principles of self defense with the mental and physical fitness. This art is practiced by millions of people these days for several purposes, including self defense and for its health benefits.

Sparring is involved in basic Tai Chi practice. Tai Chi sparring is in fact one of the most important stages of this ancient martial art. As noted in most resources, Tai Chi sparring is strongly considered as the only way to teach students of the art the importance of self defense, distance and speed.

Tai Chi sparring is practiced at a slow, meditative pace. According to its proponents, the slow and continuous movements are generally designed to impart the powerful physical skills of the sparrer, as well as to stimulate the flow of energy within the body. This slow, meditative pace involved in Tai Chi sparring also helps to develop balance, coordination of breath and movement, concentration and relaxation. Simply, Tai Chi sparring teaches you how to move easily without tension in order that your mind and body can function smoothly. I think this a great health benefit.

There are three major levels of training involved in Tai Chi sparring. The first has something to do with postures; the second with self defense applications; and the third with coordination of breath with movement.

In terms of posture, the Tai Chi sparring training primarily teaches you the right postures. What I am actually talking about here is where exactly to place the hands and feet when sparring. The training also includes the fundamental shape of the movement, including the transitions between these movements. According to some Tai Chi sparring experts, it is through the mastery of the right postures that the student can develop an insight into the nature of flexible strength. This level, however, requires long and diligent practice in order to master.

The next level of Tai Chi sparring involves understanding of the energetic and self defense applications. In the first place, Tai Chi sparring is viewed as an energy exercise. This notion perhaps stemmed from the fact that when practicing Tai Chi sparring, you are calming and energizing your body.

How does Tai Chi do this? First, Tai Chi sparring eliminates the impurities caused by tension, and then it rouses energy to flow through the body. It is this flow of energy that actually cleanses the entire body.

In terms of self defense applications, Tai Chi sparring simply teaches you to understand every move involved in the practice. The general rule here is that every move can be done at three levels, which is high, middle and low. Aside from these levels, the movements can also be performed in five directions, involving left, right, back, forward and center. For many Tai Chi practitioners, it is very vital that every

sparrer understand these applications so as to keep movements precise.

Finally, Tai Chi sparring involves coordination of the breath as well as the movements. What is usually considered in training is that you inhale with movements that lift or roll back, and in turn exhale with movements that press or sink. However, it is very important to note that in Tai Chi not every move will

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require a full breath. The coordination between the breath and movement is something that happens slowly and in unexpected ways. In the end, your body will find its own breathing rhythm.

I hope you enjoyed reading this article. There is, indeed, a lot to learn about this topic, or even a lot to learn about the world. There's always something new to discover!

The article you have just read is just one of several informative articles on the subject martial arts sparring that you can find here:

<http://www.martial-arts-sparring-gear.com>

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