

HISTORY/PHILOSOPHY OF TAI CHI CHUAN or "*TAIJIQUAN*"



Zhou's Yin Yang



Lai's Yin Yang
adapted by Chen Taijiquan

1. The word Tai Chi means Grand Ultimate. Chuan means Fist.
2. Tai Chi Chuan was derived from Taoism. Lao Tzu, the founder of Taoism, wrote Tao Te Ching in the 6th century BC.
3. Tai Chi Chuan was created by Chen Wang Ting, a 9th generation of the Chen family in the 17th century, in Chen Village (Chenjiagou), China.
4. There are different styles of Tai Chi Chuan. Five main Tai Chi styles are: Chen, Yang, Wu, (Another) Wu, Sun. Chen Style Tai Chi Chuan is the oldest and parent form of the five main styles.
5. Tai Chi is based on the concepts of the idea of Yin and Yang.
6. Tai Chi began as a martial art, but these days it is most frequency practiced for its health benefits property.
7. Benefits: strong leg development, cardiovascular heath, coordination, better balance, flexibility, increases circulation (blood, water and qi), decrease arthritis pain, blood pressure... etc.
8. Tai Chi begins from Wuji and returns to Wuji. Wuji - Tai Chi (or Taiji) - Wuji