



Tai Chi

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Agenda

What is Tai Chi?

The History

The Benefits

How do I do it?

Practice Time!

Conclusion





What is Tai Chi?

Slow gentle movements

Meditative

Controlled breathing

History of Tai Chi

Tai Chi has its philosophical origins in Taoism, which was founded around 500 BC.

Taoism – 500 BC

Origins – c. 1420

The commonly-recognized “father of Tai Chi” is Chang (or Zhang) San-Feng (1391-1459), who is credited with creating the basic “form” or order of movements of Tai Chi.

Around 1670, Chen Wengting created the first forms that would still be recognized today, now called “Chen Style”. Also was known for his focus on breathing as part of the art of Tai Chi.

Chen – c. 1670

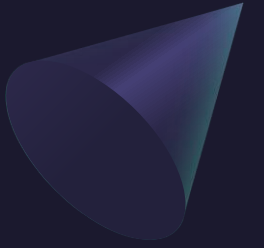
In the early 19th century, Yang Lu-chan created the form that is most popular today, now known as “Yang Style”. His style was known for its graceful, slow, deliberate movements.

Yang – c. 1820

Of all of the styles of Tai Chi, Sun style is considered the youngest, as it was developed in the early 20th century. Sun Lu-tang’s style is characterized by its agile steps, and flowing movement style.

Sun – c. 1915

Benefits of Tai Chi



- Improves balance which reduces fall risk
- Can improve pain and stiffness in people with osteoarthritis
- It can reduce low back pain
- It can improve sleep
- It can help reduce fatigue
- It can help reduce feelings of depression
- Improves quality of life
- May help to improve exercise capacity in people with COPD
- It can help lower blood pressure
- (Nccih.nih.gov, 2022)



(Britannica, 2022)





How do I do it?

Practice Time!





Conclusion

References

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