

Tai Chi Principles of Movement and Meditation

The founders of Tai Chi created forms based on martial arts to develop the physical body and also the mind. External exercise helps the skin, muscle and bones to become stronger. Internal exercise strengthens Qi, life essence and the spirit. Together, this promotes optimal health and longevity. The benefit of daily, correct Tai Chi practice is that a person can experience physical and mental agility well into their later years of life.

The idea and practice of Tai Chi and Qi Gong started in different ages with different emphasis. Tai Chi focuses on movement, whereas Qi Gong focuses on meditation. The movements of Tai Chi can be seen by any observer. The movement of Qi with Qi Gong can not be seen with the eyes. Usually a student learns Tai Chi as a first step, and studies Qi Gong somewhat later.

Tai Chi can be developed more deeply when coupled with Qi Gong. And, Qi Gong can be developed more deeply when combined with Tai Chi. It was while exercising and practicing 'mind and heart', that Master Li Li-Qun learned to find calm in the realm of life. 'Dynamic power' and 'Static power' when combined by the practitioner brings both practices to a higher level. The physical practice of Tai Chi makes the physical body, heart and breath steadier, and this helps deepen meditation. The mental practice of Qi Gong provides an inner awareness, and this helps take Tai Chi to a more powerful level. The aim is for the physical body to be calmer and more comfortable, and for the practitioner to experience a less stressful, happier life.

Daily practice of movement and meditation leads to the best experience of Tai Chi and Qi Gong.