

Tai Chi Breathing

Tai Chi practice can be significantly improved through correct breathing. A gradual transition is made from focusing on outside organ breathing to enhancing inside cellular breathing. This is achieved by gradually changing normal breathing to a slow and purposeful reverse breathing.

Tai Chi is a combination of breathing in and breathing out; of open and close; yin and yang; empty and full. Tai Chi breathing is used to synchronously enhance the forms movements.

From a physiological perspective, during normal inhalation, the diaphragm rises and slightly pushes out the belly, the inner pectoral sinks, outside they move forward together, causing Qi to sink to the Dan Tian region, while internal strength moves outwards.

Tai Chi breathing starts with innate natural breathing, then develops to the highest state of fetal breathing and cell respiration. Breathing should be very slow, very thin and follow the forms movement.

Breathe from the nose with long breaths, very thin, very slow, follow the forms movement so the body feels completely comfortable. Use of physical force cannot concentrate everything together in the Dan Tian region. Such an approach will not achieve longevity, strength will decline, exhaustion will follow, the spirit will slacken, and there will also be a lack of internal force and vitality. The key to the practice of Tai Chi is following the subtle changes in the breathing.

"Shaping Form and combining internal Qi together" is the first effort, a promising stage. When the Dan Tian area has enough Qi, natural Qi is transported through the blood vessels like travelling along a road.

Tai Chi is developed by taking two steps of training. The first step is focused on breathing and movement working together and requires conscious effort. The body becomes more flexible and capable. The second step requires less conscious effort. Qi is stronger, the Dan Tian is stronger, internal organs are stronger, and circulation is stronger. Following this stage, the mind is clear, health is better, confidence is lifted and longevity and balance are achieved.