

# 太極



## ABOUT TAI CHI



### **HISTORY OF TAI CHI AND KNOWN FACTS**

To most people who have heard of Tai Chi it is known as a relaxing form of gentle exercise which has become associated with stress relief and health improvement. Some people also have heard that it is a Martial Art. All of this is true. In more recent times, several Tai Chi styles have developed the most popular of which is the Yang Style named after the Yang Family.

### **HEALTH BENEFITS**

The Tai Chi form is a simplified routine which still contains the traditional characteristic and posture. This routine requires only a small amount of space and can be easily practised in your own home. Tai Chi can be practised by anyone any time anywhere and in almost any state of health. There is no age limit. There are many healthy reasons for practising Tai Chi.