

TAI CHI GROUP

The term Tai Chi (or Taiji) in Chinese means Supreme Energy and Tai Chi Chuan (or Taijiquan) refers to the Fist of Supreme Energy.

Tai Chi Chuan is an ancient Chinese martial art form and because of its slow beautiful movements it has been also referred to as Poetry in Motion and Meditation in Motion. However, a few years ago the Harvard Medical College named it Medication in Motion after many of their ill patients achieved significant improvement from Tai Chi Chuan.

Tai Chi Chuan may be practised for combat purpose or as a form of exercise for health reason. Practising it regularly has been known to improve one's flexibility, balance, concentration and co-ordination.

There are mainly 5 styles of Tai Chi Chuan, but the most widely practised worldwide is the Yang style which involved slow, long form of 108 steps.

In PSC, the Tai Chi Group practises the Yang style every Thursday at Level 11 of the multi-storey car park at 8.00 pm. All members are welcome.

Tai Chi Group