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Tai chi Wikipedia

Tai chi (taiji), short for T'ai chi ch' an, or Tai ji quan (pinyin: t ij qu n;), is an internal Chinese martial art practiced for both its defense training and its health benefits. The term taiji refers to a philosophy of the forces of yin and yang, related to the moves. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal

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Taoist Tai Chi Wikipedia

Taoist Tai Chi is an exercise form of t'ai chi ch'uan which is taught in more than 25 countries by the non-profit International Taoist Tai Chi Society and associated national Taoist Tai Chi societies. It is a modified form of Yang-style t'ai chi ch'uan developed by Taoist monk Moy Lin-shin in Toronto, Ontario, Canada. Moy incorporated principles of Lok Hup Ba Fa and other internal arts to

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Tai Chi Centre UK

The Chen Style Tai Chi Centre teaches and promotes the principles and philosophy of Tai Chi. The Centre is based in Manchester in the UK and produces teaching and demonstration DVDs, Videos and Books, holds instructional classes in Manchester, organizes intensive training courses throughout Europe, and arranges annual student study trips to China.

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