

## Tai Chi at Miwok

This is a Tai Chi Chuan study group meeting in Miwok Park at the San Miguel Way entrance Monday through Saturday approximately 8 to 10 am. Anyone interested can participate. We emphasize the classical principals of relaxation of the muscles relying on the tendons and ligaments to maintain the skeletal structure. This allows for the circulation of blood and energy through the body. Movements of the short form are done to free the body of excess tension. Postures are based on martial applications but have been refined to principals. Learning the applications of postures helps to give more intent to the postures allowing energy to circulate freely and structure to be grounded. It is an excellent complement to other exercise practices. A basic premise is the mind controls the body. The individual sets their own goals and the knowledge they wish to attain. Each will take what they need from the class.

Training encompasses Qi Gong exercise for health, visualization and body awareness for improvement of athletic and self defense skills. A warm up of slow attentive Qi gong type exercises to open the joints and neural pathways, for efficient body movements, have similarity to standing Yoga postures. Seems the old methods used to teach Tai Chi are being confirmed by now popular methods of Pilates; Somantics; Z Health, etc. Slow deliberate movement allows the body to work through restrictive sticking points as well as resolve mental blocks. The above methods were taught before advancing into the form; conditioning before application. Class time is used to teach and correct you; more hours you spend in practice will bring larger results.

There is also the 6 Tai Chi Exercises which coordinate lower and upper body movements for specific use in learning the form. A basic principle is the mind controls the body.

Focus is on teaching the short form of Yang Tai Chi Chuan. You will learn movement; in addition the self defense application of the moves will be brought out. It is the intent you learn the form to have an exercise that you can do anywhere at any time to relieve stress or improve health in addition to having self defense skills. As you advance in the training you will learn the longer Yang form and more advance self defense training.

Once learned the Tai Chi Form is for you to express yourself, to explore movement, a potential on inner work of Qi gung. A little research on the internet and you have information of all kinds; along with 'You Tube' you can watch Tai Chi being done and explained by various schools of thought.

Group exercise is to learn and have a reference point for your form. When doing practice alone you explore and perfect various aspects. Over time you keep changing the way you do the form due to your strengthening, attention, introspection and energy development.

Tai chi movement comes from the core of the body as in yoga or Pilates. The shoulders and hips keep alignment as a box. Advancing or withdrawing is from below the navel. Extremities have a connection of hand and foot; knee and elbow; hips and shoulders.

From an energy perspective chi rises up the spine out through the scapulars into the arms and expressed in the hands. Learning is a process over a period of time. Know the form pattern is fine but giving attention to all the nuances in each movement is more important.

Tai Chi Chuan encompasses Qi Gong for health, visualization and body awareness for improvement of athletic skills, as well as self defense skills. It is an excellent complement to various sports and exercise practices. A basic premise is the mind controls the body, must work both. The individual sets their own goals and the knowledge they wish to attain. We are all different each of us must seek that which we desire; each will take what they need from the class.