

Tai Chi

Tai Chi is an internal martial art composed of gentle movements accompanied with breathing exercise and meditation. It has been practiced widely by Chinese people for over 1,000 years. A lot of medical studies support its effectiveness as an alternative therapy and exercise.



The Yin-Yang symbol is often associated with Tai Chi



Want more Tai Chi information or start to take a Tai Chi class?

Contact your local Tai Chi instructor

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Tai Chi For Students

- Physical health
- Mental health
- Self defense
- Building characters
- Enhancing morality
- Fun!

Reliable information from

American Tai Chi Association

How does ▶ Tai Chi benefit Students ?

Physical and Mental Health

Harvard University has Tai Chi as one of the 100 must-to-do things on their students' activity recommendation list for many years.



In 2004, *American Journal of Chinese Medicine* published a study: "Effects of Tai Chi exercise on physical and mental health of college students". The study was conducted by several scientists from Department of Physical Therapy of Georgia State University. The research revealed that "**Tai Chi exercise had positive effects on the self-assessed physical and mental health of college students**". Therefore, the research scientists concluded, "**Colleges/universities might consider offering Tai Chi as a component of their ongoing physical activity programs available to students.**"

But it is not just college students who can

benefit from Tai Chi. On April 7, 2005, *Philadelphia Inquirer* reported how Tai Chi helped a group of 5th-graders to handle test pressures —

At McDonald Elementary School, teacher Joseph Pisacano found an effective way to ease his students' test anxiety - practicing Tai Chi before the test. His students loved this exercise. "You get organized first, and get all the stress out of you," said 12-year-old Angie Alvarez. Jamey Robertson, 10, said it made him feel like the test was easier, "because you are actually relaxed. You are not trying to concentrate so hard."

Unlike many other physical exercises, Tai Chi is regarded as a **mind/body activity** and can strengthen students' inner power as well as physical health.

Self Defense

Despite its seemingly slow and delicate appearance, Tai Chi includes exercises to adhere and reflect forces applied by an adversary. It is therefore quite an active and powerful muscle and balance promoting art and as the other martial arts, can be used by students to fight against predators and bullies.

Building Characters and Enhancing Morality

Learning Tai Chi is usually associated with such philosophy as showing respect to teachers and fellow students, persistence in practicing, working hard to bring out the full potential, gaining confidence from each milestone, etc.

While teaching children and young adults this soft style martial art, Tai Chi instructors usually put emphasis on how to maintain harmonious relationship with others and how to manage interpersonal conflicts.

All of these traits are valuable and essential for students to succeed not only in Tai Chi studios but also in day schools, at home, and in life.

Fun!

Tai Chi classes offer a complementary opportunity for students to socialize with their peers outside their day schools