

World Taiji & Qigong Day

In Central New Jersey

10 am-12 pm, April 29th, 2006, Saturday

At Roosevelt Park of Edison (Route 1, South of Menlo Park Mall)

Sponsored by: Huaxia Edison Taiji Club (HETC), World Institute for Self Healing (WISH), Chinese Heritage School of NJ (CHS-NJ), Murray Hill Chinese School (MHCS)

Taiji and Qigong Demonstration Programs:

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| 1. | 8 Form Tai Chi Quan | HETC (5 min) |
| 2. | Yang style 24 Form Tai Chi Quan | CHS-NJ (5 min) |
| 3. | Power of Mind through Qigong Training | WISH: Frank Mathews (10 min) |
| 4. | Chen Style new form first routine | CHS-NJ (10 min) |
| 5. | Chen Style competition form | CHS-NJ: Master Zhao (10 min) |
| 6. | 32 Form Tai Chi Quan | HETC (7 min) |
| 7. | Traditional Eight Palms | MHCS: Lien-Lung Sheu & Henry Yin (4min) |
| 8. | 32 Form Tai Chi Sword | HETC (5 min) |
| 9. | Wuji Qigong – Tai Chi Form | WISH & Wellness through Tai Chi:
Rich Lund & Joe Eber (10min) |
| 10. | Tai Chi Gong Fu Fan | HETC (8 min) |

- 8 Form Tai Chi Quan:** This is the simplest form of Tai Chi. It is based on the Yang style and consist eight most fundamental movements. It is easy to learn for the beginners and can be practiced in a limited space.
- Yang style 24 Form Tai Chi Quan:** Compare with Chen Style, Yang Style Tai Chi is more relax. The father of Yang Style Tai Chi – Yang Lu Chan studied and modified the Chen Style into a new type of Tai Chi. He eliminated the difficult jumps and leaps, explosions of strength, and vigorous foot stamping, and refocused training on the understanding of internal power. In the 1960s in order to popularize Tai Chi, China standardized and simplified the traditional Yang Style Tai Chi to create the Yang Style 24 form. It is much shorter and easier to learn. Since then the 24 form has become the most popular Tai Chi form in the world.
- Power of Mind through Qigong Training:** Qigong refers to the self-training technique or process in which the qi (vital energy) and yi (intent or mind) cultivation achieves the optimal state of both mind and body. Most people know Qigong's health benefits on the balance of qi, but the key of qigong practice is actually the training of mind, or focus of yi. Frank Mathews, a retired NY police detective and a qigong teacher, will demonstrate what the training of mind through qigong can achieve.
- Chen Style new form first routine:** Since Tai Chi has recorded in formal documents around the late 16 century, Chen Style has been known as the oldest

or the original root of all forms of Tai Chi. The main forms of Chen Style are new form first and second routine, old form first and second routine and the competition form. The characteristics of Chen Style Tai Chi are the combination of fast and slow movements, hard and soft power. Especially, it emphasizes the applying of “Silk Cocoon Wheeling Strength (纏絲勁)”.

5. **Chen Style competition form:** This form is designed for the athletes to perform in the Tai Chi competition in various levels of events. It was standardized base on the other forms of Chen Style Tai Chi. Master Zhao has been practicing and teaching Tai Chi since 1970s. He played an important role in popularizing Tai Chi in GuangZhou of China. He came to the US in the mid 1990s. He has been teaching Tai Chi in NYC since then and in CHS-NJ since two years ago.
6. **32 Form Tai Chi Quan:** This set of routine incorporates movements drawn from the Yang, Chen, Sun, Wu traditional Tai Chi Quan. It is rich in content and distinctive in style. Technically, it is easier than the 42 competition form so is easy to learn.
7. **Traditional Eight Palms:** Ba-Gua Palm is a type of inner martial art. The movements are smooth, light, elegant and beautiful. The characteristic of this martial art is that both palms are moving constantly in circular motion. The main focus is the palm with steps leading the movements.
8. **32 Form Tai Chi Sword:** The sword is a kind of ancient weapon, known as the Ultimate Weapon. The practice of the sword is agile and beautiful. It is also extremely smooth and flexible. A martial art proverb states that “The knife is like a brave fighter; the sword is like a flying phoenix”. The 32 Tai Chi sword form drew from 32 representative movements from the traditional Yang style Tai Chi sword. It has been simplified and is easy to learn, and therefore, it is widely popular.
9. **Wuji Qigong – Tai Chi Form:** Wuji Qigong-- Tai Chi form, also known as Wu Ji Tai Chi, was derived from the Chen style and incorporates elements of qigong, Bagua, Xingyi, as well as Wu and Yang style Tai Chi, in order to improve both the health and defensive aspects of Tai Chi. Wu Ji 'ai Chi is unique because, following mastery of the stationary aspects of the style, it can be combined with Bagua walking technique to create walking Tai Chi. The form is performed throughout China, however, it is particularly characteristic of the Shanghai region. Wu Ji T'ai Chi remains almost unknown in the United States.
10. **Tai Chi Gong Fu Fan:** Taiji Fan is a kind of martial art using fan as a weapon. This unique routine combines Tai Chi and other martial art styles. From it, you can see the Tai Chi gentle smooth movements and also see the strong, fast movements of Wu Shu style. It is not only a good exercise from but also fun to practice.

For more informationi about Tai Chi & Qigong:

<http://www.worldtaichiday.org>

<http://www.wishus.org>

<http://www.taijiclub.org>