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## **Huaxia Edison Tai Chi Club**

Huaxia Edison Tai Chi Club was established in early 2003 and is affiliated with Huaxia Edison Chinese School. For three years, Huaxia Edison Tai Chi Club has been actively promoting Tai Chi in local communities. The club offers its members the opportunities to learn modern Tai Chi and is instructed by Mr. Sitan Chen, who holds two titles as World Tai Chi Champion. The Middlesex County Culture and Heritage Commission evaluated the club's performance in Oct of 2005 and stated, "On-Site evaluation indicated that the quality of skill level is high, and the event was well-presented."

The club members can perform modern Tai Chi Quan Forms 8, 16, 24 and 42, Tai Chi Sword Forms 16, 32 and 42, as well as the Tai Chi Gong Fu Fan. In recognition of the club's contribution to community, the Middlesex County Culture and Heritage Mini Grant has been given to our club for three consecutive years.

## **Mission Statement**

Our mission is to promote the awareness of Tai Chi, an ancient Chinese martial arts form, as an excellent exercise for relaxation and the achievement of physical and mental balance. As a club, we want to improve our Tai Chi performance and serve the community through demonstrations and distribution of educational material.

Please visit [www.taijiclub.org](http://www.taijiclub.org) for more information.

# Tai Chi

Tai Chi, pronounced "tie-chee", is an ancient Chinese form of martial arts that is associated with philosophy, physiology, psychology, geometry and dynamics. It is the slowest form of martial arts and is meant to improve the internal spirit.

Tai Chi exercises stress suppleness and elasticity as opposed to the hardness and force of other martial art styles. Several centuries old, Tai Chi was originally developed as a form of self-defense, emphasizing strength, balance, flexibility and speed. Tai Chi also differs from other martial arts in that it aims to avoid aggressive force.

Tai Chi has various styles: Chen, Yang, Wu and Sun, etc. Modern Tai Chi is made of elements of these styles, so that it is easy to learn and its practitioners exercise without taking up too much time. It includes many forms – Quan, Sword and Fan.

Impacting the mind and body of the practitioners, Tai Chi is practiced as a meditative exercise made up of a series of forms or choreographed motions, required slow, gentle movement of the arms, legs and torso. Tai Chi practitioners learn to center their attention on their breathing and body movements so that the exercise strengthens their overall mental and physical awareness. In a sense, Tai Chi is similar to yoga in that it is also a form of moving meditation with the goal of achieving stillness through the motion and awareness of breathing. To perform Tai Chi, practitioners have to empty their mind of thoughts and worries in order to achieve harmony. It helps reduce stress and improve the quality of life and is a great way to start a fresh new day when you practice it early in the morning!

----- *Huaxia Edison Tai Chi Club 2006* -----