



TAI CHI CHIH

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TAI CHI

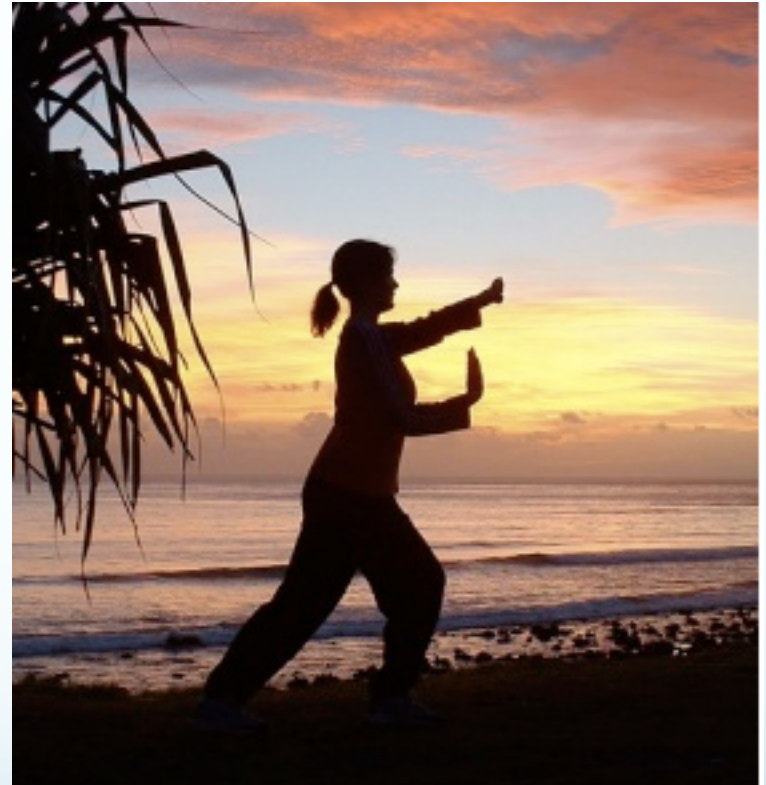
‘IT’S A MATTER OF BALANCE’

- Overview of Tai Chi practice
- History of Development of Tai Chi Chih
- Health benefits and research studies



WHAT IS TAI CHI CHIH?

- A moving meditation – not a martial art
- Also known as Joy Thru Movement
- Can be done in standing or sitting with the same benefits
- 19 movements and 1 pose



HISTORY OF TAI CHI CHIH



- Originated in 1974 by Justin Stone
- Chi Gong style of Tai Chi, focusing on health and longevity
- Based on the idea of balance between body, mind and spirit to achieve well-being
- Practiced throughout the world and taught by accredited teachers

“Softness and continuity are the Essence of Tai Chi Chih” Justin Stone

TAI CHI CHIH REDUCES DEPRESSION

- 73 participants agreed to 10 weeks of either:
 - TCC for 2 hours per week
 - Health education for 2 hours per week.
- The TCC group demonstrated greater improvements in the outcome measures used and a decline in inflammatory marker compared to the control group.



Complementary use of tai chi chih augments escitalopram treatment of geriatric depression: a randomized controlled trial. Am J Geriatr Psychiatry. 2011 Oct;19(10):839-50.

IMPROVED SELF ESTEEM AND QUALITY OF LIFE

- 21 women who had been treated for breast cancer participated in 12 week study.
 - 1 hour 3 times a week
 - Either Tai Chi or Psychosocial Support Group
- Tai Chi group showed significant improvements in self esteem and quality of life as well as improved heart and lung function.
- Tai Chi is a more active practice than participation in a support group and might help create sense of being in control.



2004 and 2006 studies at Wilmot
Cancer Center, Rochester, NY

PRACTICE SESSIONS

- Set the environment – quiet, calm space
- Start with gentle stretching of all muscle groups (Chi Gong)
- Learn the movements in sitting before standing
- Emphasis is on softness/continuity and moving from the body center (t'an tien)
- Set reasonable goals – learn a few movements each session and gradually build up to the full program.



GETTING STARTED

Finding an accredited teacher who is experienced in teaching with all ability levels is important. Classes are 1 hour long and students should dress comfortably and in layers.

Tai Chi Chih is a low impact exercise and is considered to be relatively safe. Before starting TCC you should talk to your doctor, particularly if you've recently had surgery.



LET'S BEGIN

3 Movements of practice:

- Around the Platter
- Push Pull
- Working the Pulley

MOVING FORWARD

“you can’t appease the hunger by reading the menu” *Chinese saying*

Practice regularly, attend classes and workshops

Learn to perform all of the movements as if moving softly through hard air

Pay attention to your breathing and focus on the moment (meditative concentration)

website: taichichih.org

