

About taijiquan

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Taijiquan (TJQ) is one of the traditional Chinese “internal” martial arts. The “internal” work in these arts is directed at accumulating, developing and utilizing of the intrinsic internal force of the human organism. The aim is to develop the capability of achieving a maximum result with a minimum muscular effort.

The maintaining of a complete and relaxed physical balance and mental concentration is the root requirement for the taijiquan practice. It is a basis for a comprehensive development and self-perfection of the practitioner. From this point of view taijiquan belongs to the meditative arts of the East.

Taijiquan is closely linked to traditional Chinese medicine (TCM). A number of scientific research studies in China, Taiwan, USA, etc. conclude that regular taijiquan practice can strengthen the immune system, improve metabolism and cure a number of diseases. In addition taijiquan can slow down the biological aging of the human organism. The biological functions of those practicing this art correspond to the functions of people of considerably younger age - see the paragraph on Professor Franklyn Kwong in “[About us](#)”, as well as: www.taichiacademy.com/healthabstract7696.htm

The effectiveness of taijiquan as a martial art is superb. Its philosophy requires neutralizing the adversary without unnecessarily jeopardizing his life and health condition. However taijiquan is capable of giving an adequate answer to any assault. The founder of Yang Style was given the nickname Yang without Equal.

Taijiquan is a very good physical exercise, giving a moderate and even workout to all muscles without the stress and the traumas accompanying the practice in other sports.