

CG MARTIAL ARTS ACADEMY

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Taijiquan and Qigong

FREQUENTLY ASKED QUESTIONS ABOUT TAIJI

1. What is Taiji?

Taiji is low-impact conditioning that is good for all ages and levels of fitness and can even be done by people with multiple sclerosis and other debilitating challenges.

2. How does Taiji work?

Taiji stretches the muscles so they put less tension on the body, in this way the body moves more freely and with less effort. Taiji also strengthens the tendons and ligaments so that the body can compress (drop) and expand (rise) with less effort or strain. The quality of life is directly related to the quality of movement, therefore enhancing the freedom of movement of the body. When the muscles put less tension on the body, circulation and respiration is enhanced. Taiji also improves bone density and the promotion of healthy organs, the reduction of injury (as experienced in acceleration muscle tears or strains), improves balance, range of motion, develops a stronger neural net (right-left brain coordination), improves nervous system response, improves digestion and sleep and is great for stress reduction and relaxation.

3. Is Taiji a martial art?

Yes, but many people like Taiji for the health benefits and do not train in the martial applications. The martial aspect is up to the individual student's goals, or the Instructor and the specific goals of a program.

4. Are there different types of Taiji?

Yes, there are many different styles and types: Chen, Yang, Wu, Sun, Shaolin, Wudang and Xin to name a few. We incorporate essentials and concepts from a number of these styles but focus on Chen, the original style of Taiji and Xin, or Modern Style, which combines elements from all of the main family styles.

5. How do I choose a Taiji program?

The most important things to consider are your short and long-term goals regarding health and fitness and to see if the programs offered will help you achieve these goals.

6. Are there any things I should do or be aware of before starting a Taiji class?

Getting a physical examination by your personal physician is recommended before starting any exercise program, so that you can be aware of pre-existing conditions that you want to target or avoid in your training. The Mayo Clinic has an excellent report on exercise that we recommend you read. It is essential to have the intent to strengthen and enhance your energy, because too much too soon can be detrimental to your health. Listen to your body! DO NOT overheat or overextend in expanding or compressing. Drink lots of water and take your time.

****Quality of life and movement is a process to enjoy, not a short-term task of fear or dread! Invest in yourself, you are your greatest asset! Develop your knowledge, power and love to promote harmony within yourself, family and community.****