



Tai Chi & Medicine

Tai Chi Chuan heals the body by sending inner energy (Qi) through energy lines (meridians) in the body. In this manner the choreography of each posture moves the Qi to the a specific inner organ. Some organs are considered extra important to tonify, and thus some of the postures are repeated.

Tai Chi is known to have an effect towards many problems, e.g. circulatory disorders. When you train every day it's also a fast and effective mean against back disorders.

Research on hospitals in China has shown, that Tai Chi has a beneficial effect on patients undergoing regeneration after a sickbed of longer duration. The high blood pressure of these patients drops, just as the lung and heart functions are considerably improved in relation to the control group, who didn't train Tai Chi Chuan.

The figures below gives an impression of the effect of the postures. You can also train one specific posture if you wish to train e.g. the heart.

Grasp Sparrows Tail - Strengthens the small and large intestine. Good by constipation.



Single Whip - Performed in flow it opens and strengthens the joints, just as it's good against rheumatism. Performed as a standing it strengthens the digestive organs.



The White Crane Spreads Its Wings - Strengthens the central nervous system and the spine.



Brush Knee And Push - Strengthens the heart.



Play Guitar - Performed as a standing it's good against digestive problems.



Close Hands - Performed in flow it strengthens the central nervous system, "awakens" the brain. It also expands the back and chest. Pedrformed as a standing it strengthens the liver, the spine is kept elastic and a youthful posture is promoted.



Step Forward And Punch - The following sequence strengthens the glands: move from Brush Knee And Push into Step Forward And Punch and keep the posture for three minutes.



Embrache The Tiger And Return To Mountain - Supports the digestive functions and rejuvenates the inner organs generally.



Fist Under Elbow - Repeat this posture many times to obtain weightloss.



Repulse Monkey - Strengthens the spine and gall bladder.



Slant Flying - Strengthens the lungs and small intestine.



Needle At Sea Bottom - Strengthens the liver as the life force in the back and in the sexual organs. Treats premature ejaculation in men and sexual problems in women.



Fan Through The Back - Strengthens the large intestine.



Turn And Chop - For the reduction of fat.



Wave Hands Like Clouds - Strengthens the whole stomach area, including spleen and pancreas.



High Pat On Horse - Strengthens the spleen.



Kick To The Right (and Left) - Treats too much Yang in the body - that is red-cheeked face, too much body heat etc. Also reduces weight.



Turn And Kick With Left Heel - Strengthens the kidneys and stomach by acting on these two meridians.



Punch Low - Strengthens the legs and the adroitness of the body.



Kick With Right Heel - Strengthens the kidneys and stomach by acting on these two meridians.



Hit The Tiger - Helps the back, kidneys etc.



Part Horses Mane - Strengthens lungs and spleen.



Four Corners - Strengthens the whole chest area. Also good by cramps. Shown here only the first of all four corners.



Snake Creeps Down - Strengthens kidneys and the general condition of the body.



Golden Cock Stands On One Leg - Good by stomach problems.



Hit Seven Stars - Promotes blood circulation.



Brush The Lotus - Good by Yin weakness, i.e. one who appears introvert, sick, small, pale, slow-witted. Activates the Yang energy.



Shoot Tiger With Bow - Good for the lungs.



Tai Chi-instructor Bjørn Darboe Nissen
Strandvejen 154, DK-2920 Charlottenlund, Denmark
Tlf. +45 26 717 817 - b@chi.dk
www.chi.dk
