



Tai Chi Guidelines

Tai Chi Chuan is an inner training method. Everybody, who wants to strengthen their health and stay in good form, regardless of age, sex and physique, can learn it. After some months of learning and training, the student will experience a gradual improvement of health and become familiar with the basic movements. After three years of thorough training the movements can be executed well and used quite automatic. When a student trains every day the skill of he or she will progress fast. The following guidelines will be helpful.



Tai Chi on an early morning in the park.

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- It's best to train every day, outdoors if possible. The best time is in the early morning before breakfast or in the evening. Two or three times a day is good.
 - Do not train until one hour after a proper meal.
 - Do not overload yourself. Train as much as your health or strength allows. On the other hand, do not shrink back from reaching and feeling your limit.
 - If you've been receiving medical treatment, do not start training immediately – wait until you're quite well.
 - In the summer do not bathe in cold water right after you've been warm from training. This might trap heat inside the body and be harmful. Rest for a while and give yourself time to cool off.
 - In the winter remember to put on a warm coat right after training to avoid catching a cold.
 - Do not sit down immediately after training. Walk around for some minutes to ease the Qi (Energy) and bring balance in the circulation of blood.
- During training do not let your mind be occupied by worries or other things. The mind must be still, the full concentration must rest on the Tai Chi movements.
 - Children in their growing age and developing period must when training Tai Chi straighten more and stretch their arms and legs more than grown-ups.
 - When you begin to learn Tai Chi Chuan you go forward one or two steps at the time. You should be relaxed, but serious in your training. Even though it might feel a little unusual in the beginning, the training will become much easier once you know the form.
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