**Taoist Tai Chi**

**History:**

* It was founded by a Taoist monk named Moy Lin-shin in Toronto, Canada. It took him decades to develop and perfect this art.
* There are 108 postures/movements. They were originally developed by Yang Chengfu and published in 1931 and 1934.
* Long ago, the field of Taoist Tai Chi was the specialty of the priesthood or monastic practitioners (devoted monks and nuns).
* It’s a modified version of Yang-style tai chi – one of the five family styles of tai chi – and also involves principles of Lok Hup Ba Fa/Liu He Ba Fa (a type of martial arts), meant to maximize the health benefits that you can obtain from it.
* It’s taught in 25+ countries by the non-profit International Taoist Tai Chi Society.
* Since the 1980s, governments across Canada have been holding Taoist Tai Chi Awareness Days.

**General Information:**

* Taoist Tai Chi is a form of t’ai chi ch’uan (a.k.a. tai chi), falling under the category of internal arts.
* It is one of the foundations of practice for the religion of Taoism (the belief of living a simple and natural life in order to live in harmony).
* It’s specifically designed to restore, improve and maintain health.
* No, it’s not just for the elderly. It can benefit people of *all* ages and of *all* conditions.
* According to a study, tai chi in general provides moderate exercise equal to walking briskly.
* For beginners, it may seem more of an external exercise, but as you advance, it becomes more internal as it exercises the mind, internal organs, and your muscles.

**Form Principles:**

In Taoist Tai Chi, there are several key things you must keep in mind in every movement you do, making this tai chi practice unique.

* 45° angle step: Front foot is straight forward while back foot is pointing 45° outward. Meant to help square your hips.
* Positioning the front knee: The knee should not extent past your toes to prevent injury.
* Squaring the hips:At the forward position of a movement, your hips should be square or in line with your front straight foot. Same goes with the rollback of a movement, your hips should be in line with the other foot at 45°. This is meant to turn and stretch your spine.
* Weight placement: In forward positions of a movement, you should feel like a straight line forms from the top of your head to the heel of your back foot.
* Equal and opposite forces: In Taoist Tai Chi, if you push with one hand, you should balance it out with an equal push with the other hand.

**Health Benefits:**

The turning and stretching in each movement makes for…

* Improved circulation
* Improved balance
* Improved posture
* Increased strength
* Increased flexibility
* Reduced stress

If practiced continuously, this should also benefit your tendons, joints, spine, connective tissue and internal organs. It is also meant to restore the calmness and peace of mind. As well, it helps to deal with health conditions such as arthritis, respiratory problems, Parkinson’s disease, and multiple sclerosis.