

TAIJI



*Traditional Taijiquan training
for the development of
inner-strength and harmony through
concentration, co-ordination and relaxation
of mind, energy and body.*

Di, & Fr. 18:30 - 20:00
Mi. 12:15 - 13:45
So. 10:00 - 12:00

New courses commence monthly.

All welcome.

To enquire, view a class, or enrol,
please call **076 22 898 44** Ann Kelly

**VILLA EGLI, Hoeschgasse 4
Seefeld, CH-8008, Zurich.**

kellyanntaiji@gmail.com

The School

The Zurich classes are under the direct supervision of Patrick A Kelly who has practiced Taiji for 40 years. The head instructor is Ann Kelly who has trained Taiji for 30 years.

Patrick was an inner student of the great Taiji and White Crane master Huang Xingxian, born in Fuzhou, China. Master Huang Xingxian established schools throughout South East Asia.

Traditionally, the few students of the inner school train the deeper aspects of the mind, while the normal students are taught simply the outer body movements. In Zurich the full system is taught to all.

Since Master Huang's death in 1992, Patrick conducts seminars throughout the world, especially in Europe and Asia, where a network of his senior instructors (each with more than 20 years Taiji) teach some thousands of students.

The experience of these well trained senior instructors ensures a depth of teaching often lacking in local classes.

www.patrickkellytaiji.com

The Teaching

This course is designed for those who value learning deeply and progressing quickly.

1st Year

[2 or more classes/week.]

5 releasing exercises,

37 move Taiji Short Form,

basic partner exercises.

2nd Year

108 move Taiji Long Form,

8 patterns partner exercises.

3rd Year

Taiji Fast Form,

advanced partner exercises

Fee

Fr.200.- per Monat

for 2 or more classes/wk

Medium: Swiss German or English.

Taiji (Tai Chi)

Taiji is an internal martial art embodying the principles of relaxation and yielding, both in application and daily life. It combines the benefits of Qigong, Yoga and Gongfu (Kungfu).

Taiji (Taijiquan) was created over 700 years ago by the Daoist sage Zhang Sanfeng as a practical method for attaining immortality through cultivation of Qi (Chi). Its principles were formulated 2,500yrs ago by Laozi in 'Dao de Jing' and expressed thousands of years before that in the book 'Yi Jing' (I Ching).

Taiji has evolved into a set of soft slow movements, co-ordinated with the mind and breath. Movements are circular – on reaching one extreme they return without break. This is achieved using the will, not muscular strength. From Deep Mind arises will which moves the Qi. When Qi moves, the joints extend like blowing into a rubber tube, so the Qi moves the body.

During practice the pathways in the body are thrown open, the internal organs receive a gentle massage, while the blood, sinews and bones are strengthened.

In time Qi will gather and circulate strongly through the body. On further refining Qi, the Spirit may manifest. To achieve this, it is said, is to attain the strength of a tiger, the pliability of an infant and the peace of mind of a sage.