

**Yoon's Martial Arts Academy**  
**El Paso, Texas**

## **T'ai Chi**

T'ai Chi Ch'uan began in China. T'ai Chi is one of the five Chinese accomplishments to make a person complete, included with painting, poetry, calligraphy, and music. There is no data as to when it began and nor as to who is the founder of traditional T'ai Chi. It has been said that it began some 2,000 or 3,000, or even 5,000 years ago. Some family styles of Tai Chi have a known founder in their background. However, this class is traditional T'ai Chi Ch'uan, no one really knows who is its founder nor when it began. This traditional style of T'ai Chi Ch'uan was very popular before the Chinese Revolution. But after the revolution, the practitioners of this form left mainland China to withdraw from the Communists.

T'ai means, "ultimate, great or unlimited. Chi means, "energy", and Ch'uan means, "fist". Chi can be described by the Yin/Yang Theory. This theory refers to the negative (Yin) and positive (Yang) electron power as we know from physics. Some believe that teaching this theory is the same as teaching Buddhism, however, this belief comes from a basic misunderstanding of the theory, itself. The actual theory carries no religious connotation. It is only one explanation and expression of the balance of positive and negative energies within the universe. This is relating to physical energy, NOT to any spiritual powers of Goodness and Evil. T'ai Chi Ch'uan is of SCIENCE, not of religions.



Your Instructor, Master Stephen Yang, is a born-again Christian and a graduate of Northern Presbyterian Seminary in America and active ordained pastor.

There are two kinds of exercise required by human body: external exercise and internal exercise. External exercise is the use of muscle movement, such as walking, dancing, weight lifting, kicking, swimming, etc. During this exercise, your body is active, but your mind is relaxed. On the other hand, internal exercise does not use your muscles. It is the exercise of your "mental muscles". When meditation, yoga, or qi gong is practiced, your mind controls your body condition. At that moment, your mind is sharp but your body is relaxed. The practice of T'ai Chi makes complete balance of your internal and external condition through carefully considered movements and steps with breathing control.

*Instructors : Cynthia and Master Stephen Yang*

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**The Eight Truths of T'ai Chi**

1. Do not be concerned with form. Do not be concerned with the ways in which form manifests.
2. Your entire body should be transparent and empty. Let inside and outside fuse.
3. Learn to ignore external objects. Allow your mind to guide you, and act spontaneously, in accordance with the movement.
4. The sun sets on the western mountain. The cliff thrusts forward, suspended in space. See the ocean in its vastness and the sky in its immensity.
5. The tiger's roar is deep and mighty. The monkey's cry is high and shrill. So should you refine your spirit, cultivating the positive and the negative.
6. The water of spring is clear, like fine crystal. The water of the pond lies still and placid. Your mind should be as the water and your spirit like the spring.
7. The river roars. The stormy ocean boils. Make your ch'i like these natural wonders.
8. Seek perfection sincerely. Establish life. When you have settled the spirit, you may cultivate the ch'i.

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**The Five Virtues of T'ai Chi Ch'uan**

1. Your study should be broad, diversified. Do not limit yourself. This principle can be compared to your stance, which moves easily in many different directions.
2. Examine and question. Ask yourself how and why T'ai Chi works. This principle can be compared to your sensitivity, which is receptive to that comparison which others ignore.
3. Be deliberate and careful in your thinking. Use your mind to discover the proper understanding power.
4. Clearly examine. Separate concepts distinctly then decide upon the proper course. This principle can be compared to the continuous flow of T'ai Chi.
5. Practice sincerely. This principle can be compared to heaven and earth, the eternal.

