Taiji is a martial art characterized by natural spiraling movements, a relaxed and grounded strength, and a sense of connection throughout the body. Regular practice promotes relaxation, flexibility, coordinated strength, and dynamic balance.

The strength one develops through the practice of Chen Style Taiji is a balanced expression of yin and yang, the body's yielding and forceful energies. Yin energy develops with a relaxed mind, harmonious movements, and a relaxed and open body. Yang energy develops through a coordinated sequence of focused power releases initiated from the body's center.

Class at the Iron Butterfly will meet twice a week for 1 1/2 hours. Each class will consist of 3 segments.

1. Warm-up and "Reeling Silk" practice in which we coordinate movements and energy to and from our body's center while working many joints of our body through their ranges of motion.
2. Choreography and refinement of the 19-Movement Chen Form, a Taiji form developed by the 19th generation standard bearer of Chen Style Taijiquan, Chen Xiao Wang.
3. The 8 Treasures, a series of exercises that tonify and stretch the soft tissue of the body, while coordinating the opening and closing movements to and from the ground and one's extremities.
TAI CHI

Tai Chi is the oldest exercise system. Throughout the world more people practice Tai Chi than any other type of exercise. Nineteen generations ago in the Chen Village, Tai Chi Chaun was formalized as a system of combat. Today, we are familiar with images of large groups of people performing synchronized movements called Tai Chi. These people are doing Tai Chi for its health benefits. The movements of the Tai Chi Form, derived from martial application, are low impact and are beneficial for maintaining an active life.

In the East where the Form is practiced daily, people remain vital into old age. Initially most practitioners realize a better sense of balance, greater flexibility, and agility. The characteristic circular and spiraling movements increase the range of motion of joints and supportive tissue. By careful alignment of our limbs and spine we become stronger and more capable of performing everyday physical tasks. We develop healthy postures and open paths for the flow of energy the Chinese call “chi”. Tight muscles and joints become supple and supportive. Through the graceful and relaxed pattern of movements, one develops focused concentration.

THE TAI CHI CLASS

Translated literally Tai Chi means the “supreme ultimate”, from Taoist philosophy a perfect blend of Yin and Yang energies. The movements in the Tai Chi Form balance the apposing energies of opening and closing, pressing and yielding - Yin and Yang. We strive for a clear expression of these energies as we practice Tai Chi.

The class is delivered in three sections:

1. **Reeling Silk** exercises isolate the movements of individual joints and then coordinate the sequence of joint movements producing a unified flow of energy and effort.

2. **19 Movement Form**, developed by the present 19th generation Chen Style Tai Chi master, Chen Xiao Wang, is based on the principals of Reeling Silk and derived from traditional Chen Style Forms.

3. **The 8 Treasures**, a Chi Gong set of stretching exercises