

Tai Chi Community Resources/Books

1. Tai Chi for Health Institute, Website:
www.taichiproductions.com Tai Chi training and Certification courses in Hawaii.
2. State of Hawaii, Department of Health Email:
ipcp@doh.Hawaii.gov. Phone: 808-733-9320 **Falls Prevention Resource guide**, Tai Chi for Health classes in Hawaii.
3. YMCA of Honolulu offers Tai Chi for Arthritis and Falls Prevention on the islands of Oahu, Hawaii, and Kauai.
4. Lanakila Multipurpose Senior Center
1640 Lanakila Avenue Honolulu, HI. 96817
Phone: 808-847-1322 for membership information.
5. City and County Parks and Recreation Department
For more information, Phone: 808-768-3045
6. **“Harvard Medical School Guide to Tai Chi”** by Peter M. Wayne, PhD with Mark L. Fuerst.
7. **“Teaching Tai Chi Effectively”** by Dr. Paul Lam with Maureen Miller.

Tai Chi Principles

1.Movement Control

- Tai Chi movements are slow so that you can be mindful of them and integrate mind and body, they are smooth to facilitate serenity, and they flow continuously like water in a river. The continual flow gathers inner energy like the hydraulic power, growing as it flows.

2.Body Structure

- Maintain an upright posture. Studies have shown that good posture strengthens the Deep Stabilizer muscles which support the spine. It also provides more space for internal organs. What's more, when you are upright you feel stronger and more positive. Qi flows better in a well aligned body. A poorly aligned body puts extra strain on the spine and compromises your balance.
- Be mindful of weight transference. Balance is an essential part of tai chi. Like nature, we are happier and healthier when in harmony.

3. Internal Components

- Loosen or ‘松 – Song ‘ the joints. You should relax when you do tai chi, but by relax we don't mean let your muscles get floppy. Instead, consciously and gently stretch your joints from within. When your joints are Song, qi moves smoothly and powerfully through. Tensed joints hinder the flow of qi. Song strengthens the internal ligaments and muscles, enhancing the function of joints.
- Develop a state of mental quietness or ‘静 – Jing’. You are more mindful of the present and the self when you are Jing, allowing your mind to be quiet from within.