



## Martial Arts training -

There are many reasons why people choose to train in martial arts - for health, self-defence or spiritual nourishment.

Our philosophy for martial training is to develop a frame of mind that seeks to **avoid confrontation, minimise stress and develop strategies for dealing with everyday life.**

We believe that our body is a palace where our life resides, Qi is what gives energy to life, its essence nourishes and sustains our being, and our spirit is the key that governs and controls life.



Based on this belief, training in Kung Fu, Tai Chi and Qigong with passion, commitment and effort can greatly contribute toward **a long healthy and enjoyable life.**

Developing your body physically is not only healthy, but a path toward **self-discipline, mindfulness and empowerment**

Fighting skills allow you to defend yourself, and increase your self-confidence. Self-awareness is also increased, allowing you to understand your strengths and limitations.



Tai Chi Chuan (also known as Tai Chi) is the most widely practiced martial art in the world. Famous for its ability to enhance health and relaxation, it was invented by Taoist philosophers who noticed that in nature, softness often overcomes hardness. Accordingly, they invented an art based on yielding and neutralising an opponent's force. The slow, circular movements of Tai Chi **strengthen all parts of the body and improve flexibility, coordination and balance.**

Indeed, certain parts of Tai Chi are thousands of years old. But while Tai Chi may look mundane—even boring to some—experts who've studied it say its **benefits are vast and hard to oversell.**

Tai Chi is a richly researched exercise, with health improvements ranging from better blood pressure scores to a sharper mind. "We've seen improved immunity to viruses and improved vaccine response among people who practiced tai chi," says Dr. Michael Irwin, a

professor of behavioural sciences and director of the Mindful Awareness Research Centre at



UCLA. During the past 15 years, Irwin has published more than a dozen studies linking tai chi to lower rates of insomnia, depression, illness and inflammation.

It holds up when compared to other more strenuous types of exercise. “Over time, we see people who do tai chi achieve similar levels of fitness as those who walk or do other forms of physical therapy,” Irwin says.

One study in the [American Journal of Epidemiology](#) concluded that tai chi was nearly as effective as jogging at lowering risk of death among men. Another review in PLOS One found that the practice may improve fitness and endurance of the heart and lungs, even for healthy adults.

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