

what is t'ai chi?

is it difficult to learn?

what are the benefits?

how long does it take?

why should I study  
with your group?

太極拳



relaxation

balance

health

strength

calm

suppleness

ST. LOUIS T'AI CHI CH'UAN ASSOCIATION

SINCE 1979

[www.taichistlouis.org](http://www.taichistlouis.org)

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## An Introduction

We are the St. Louis T'ai Chi Ch'uan Association. This information is intended to give you a basic introduction to the ancient form we humbly teach and practice.

T'ai Chi Ch'uan (commonly called simply "T'ai Chi") is an exercise, a way of moving, a way of thinking and meditating. It can be practiced, studied and enjoyed by anyone, in almost any physical condition, at any age, for the remainder of their life. A "round" can take between five and ten minutes to practice.

The many benefits of inner calm, strength, increased balance, suppleness, quickness, self-defense and spiritual energy can be yours when you learn to truly relax and practice the form with joyous commitment.

Some students testify to better health, vigor and a sense of physical lightness. Others speak of their newfound calm, balance and strength.

T'ai Chi is a martial art, but its benefits extend far beyond self defense. T'ai Chi can be a marvelous life enhancer.

Most students study anywhere between six months to one year to learn the basic movements of The Form. Ongoing students know we have the rest of our lives to improve and receive the many benefits, which is why beginning classes are often full of returning senior practitioners.

## Some History

The origins of T'ai Chi are obscured by legends and traditional secrecy, but it has certainly existed in some form for many hundreds of years. The style we practice began with Yang Lu-ch'an, who learned T'ai Chi from the Ch'en family in the early nineteenth century. Yang Lu-ch'an modified the form he learned to create the Yang style, probably the most widely practiced today. Yang passed the art to his sons and they to theirs. His grandsons included Yang Cheng-fu, a formidable martial artist who was known throughout China in the early years of the 20th century.

It was from Yang Cheng-fu that Cheng Man-ch'ing learned T'ai Chi during the 1920s. Cheng overcame serious illness and went on to become one of the most widely respected practitioners of T'ai Chi in modern times. A person of extraordinary accomplishment, Professor Cheng exemplifies the traditional Chinese gentleman in his mastery of the "five excellences": painting, poetry, calligraphy, Chinese medicine and T'ai Chi.

He taught many students until his death in 1975 and is the developer of the Yang Style Short Form that we practice.

## Our Lineage

Among Professor Cheng's foremost students is Benjamin Pang Jeng Lo. Mr. Lo began his study of T'ai Chi in 1947 and came to the United States in the early 1970s. Mr. Lo has devoted himself to preserving and spreading the authentic T'ai Chi he learned from Professor Cheng and he is especially known for his mastery of "push hands"-an advanced, two-person exercise.

The Association is allied with Mr. Lo's Universal T'ai Chi Ch'uan Association in San Francisco.

## Classes

The Association teaches the Simplified Cheng Man-ch'ing Yang Style.

Classes are taught by experienced, patient, friendly Association instructors and are held on Sunday mornings in Webster Groves, Missouri. Other St. Louis area locations and times are available each week.

Visit any class for free with no obligation.

Go to [www.taichistlouis.org](http://www.taichistlouis.org) for complete information, class updates and more.

