

# *Taiji at Sunset Park*

**By: Jia Min (Carmen) Li**

## **What is Taiji?**

Taiji is also known as Taijiquan and it can be translated as ‘Supreme Ultimate Force.’ It is a type of ancient Chinese martial art and supreme ultimate is often associated with the Chinese concept of Yin-Yang, which means the relationship between male/female, dark/light, positive/negative, etc. It was created in the Sung Wei era, which around 1101 AD by Chang San-Feng. The reason Taiji is good for health because it covers every aspect of human life, such as physical, mental, emotional, and spiritual.



## **Why is Taiji?**

Chinese people see Taiji as a system of health maintains. They believed that the body is animated by a force called Qi (Air). This force will constantly move throughout the organism to both animate and to heal and repair the body's tissues. In another word, Qi is a type force that helps our body to function correctly.

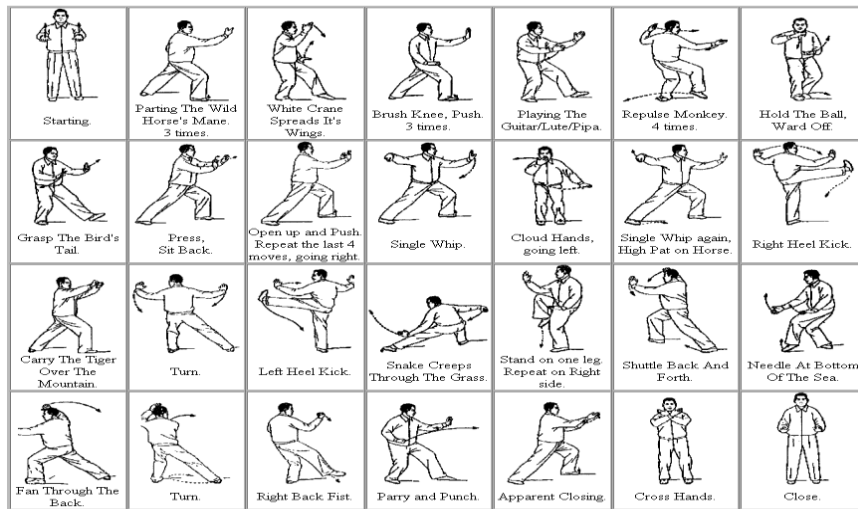
## **What you need?**

- Loose and comfortable shirt and pant
- Sneaker
- A towel
- A bottle of water
- Wake up at 8 a.m.

## 24 movements:

Taiji total has 24 movements and it is all about slow, rhythmic, meditative movements designed to help learner to find peace and calm. Learner may practice

all these movements by themselves or follow by an instructor. While practicing Taiji, learner must concentrate on the movements and feel the force working in the body.



## Procedure:

1. People will start to practice Taijii after sunrise or around 8'o clock in the morning.
2. Warm up your body before Taiji practice.
3. Follow the instructor with the 24 movements of Taiji.
4. Stretch again after finished and keeps your body hydrate with water.

## Where to learn?

There are many ways for you to learn Taiji. You can join some classes in professional martial art school or you can purchase some Taiji digital video disk (DVD) to practice yourself. However, if you haven't heard about Taiji before, I suggest you to go try it at the park near Chinese neighborhood. It's FREE!

### Looking for a buddy?

You are welcome to come over to Sunset Park to find me, Carmen to practice Taiji together!

For you to come to Sunset Park, you can take:

- R train toward Bay Ridge 95<sup>th</sup> St and get off at 45<sup>th</sup> St 4Ave.
- D train toward Coney Island- Stillwell Ave and get off at 9 Ave 39<sup>th</sup> St.
- N train toward Coney Island-Stillwell Ave and get off at 36<sup>th</sup> St 4 Ave.



*For more visual information please click to watch the video:*

**You Tube** <https://youtu.be/t2hdOlqEie8>