

# TAI - CHI / CHI - KUNG

## 18 STEPS

Gentle, slow, low impact, balanced, continuous, flowing meditative movements to build and maintain health.

### Brant Hills Community Center

2255 Brant St.

Contact number ( 905 ) 335-6710

Tues and Thurs 11:00-12:00 Mid September - mid June with Christmas and March breaks

Registration \$20/year plus \$2/session

Attire: Comfortable clothing and non-marking sneaker

**BACKGROUND** There are several schools of Tai-Chi, as well as Chi-Kung. Their common aim is to build and to maintain health. Tai-Chi originated with 108 movements. Chi-Kung cultivates inner Chi (vital energy), it is meditative with emphasis on breathing and relaxing the body.

The 108 Tai-Chi movements take years of practice to master. To make Tai-Chi easier to learn, while keeping health benefits, many Masters have analyzed the movements, have consolidated and reduced them to 64, 36, 24, 18, each Master giving a name to their own set of consolidated movements. Then, the shorter sets are practiced and taught, under their given names.

TAI-CHI / CHI-KUNG 18 Steps was developed by Master Ling, in Southern China, consolidating, simplifying and combining Tai-Chi movements with Chi-Kung. Tai-Chi / Chi-Kung 18 Steps' popularity spread to Singapore. It was introduced to Burlington, by the late Lee Sai Chu. She learned it from her brother, who lives in Singapore.

**CLASSES** are an hour long, divided into three parts:

- 1- Impromptu warm up movements vary. There is a mixture of stretching with pieces of health building blocks borrowed from other practices; as well as teaching of movements found in the next two segments.
- 2- Fixed warm-up sequence never varies, it moves all the joints in the body in a balanced way. After a tensing movement, there is relaxation, a leftward movement, is balanced by a rightward one; if up, then down etc... the tempo is not uniform, there are slower and faster movements in the mix.
- 3- Tai-Chi / Chi-Kung 18 Steps repeat, in a proper sequence, each of the 18 movements 6 times, resulting in 108 movements.

The practice of Tai-Chi / Chi-Kung 18 Steps is

- relaxed
- balanced
- slow and in a
- continuous even meditative flow