

Taiji Stick



Taiji Stick is a series of soft and slow movements embodying the concept of harmony between *Yin* and *Yang*. The stick acts as a pendulum, an extension of the arms. Through wielding the stick and focussing on the breath, the mind is relaxed, and body and spirit are harmonised. The practice creates a state of mental tranquillity through regular alternating movement, coordinating body movements and breathing.

The hands and the stick are integrated into one. Movements include rotating the wrists and spinal column, and stretching the upper back and shoulders, which stimulate the circulation of qi and blood, and relax muscles and bones to maintain fitness and health.

The official series, called *Taiji Yangsheng Zhang*, was created by the Chinese Health Qigong Association, integrating many aspect of China's traditional health culture. The Chinese Health Qigong Association commissioned the university of Tsinghua to create create the new official series, based on extensive research into historical records. The use of sticks for wellbeing exercise is even illustrated in two images of physical exercise with sticks in the famous *Pictures of Daoyin Exercises* excavated from the Mawangdui Tombs of the Han Dynasty (206 BC - AD 220) near Changsha City, Hunan Province.

This series is appropriate for all levels of experience and for all age groups, distilling the essence of traditional stick practice, which continues from ancient times until today, for the prevention of illness, the harmony of body and spirit, reinforcement of vital energy and happiness of humanity.

From September 2024, the China Cultural Centre will offer a course of lessons in Taiji Stick, given by teachers from the Belgian Health Qigong Federation, members of the **Life Care Centre Brussels**.

