

Is Tai Chi Chuan (Taijiquan) a form of Qigong?

Tai Chi Chuan commonly known as Tai Chi is an internal martial art. However, the majority of Tai Chi practitioners just treat it as a slow dance. Without a solid Qigong foundation, it is just a slow and gentle exercise. At best, you just feel more relaxed and flexible by practicing it that way. Proper breathing and meditative techniques as well as the use of 'qi' are the keys to maximize the health benefits of Tai Chi.

People generally experience the health benefits when practicing Qigong faster than when they practice Tai Chi. Even the world famous Tai Chi grandmaster Feng Zhiqiang recommends that people practice Qigong instead of Tai Chi to gain health benefits if time is an issue. However, practicing Tai Chi and Qigong at the same time is most beneficial.