Tai Chi Overview
Chen style Tai Chi Chuan or Taijiquan is valued for health, relaxation, personal development and martial arts. It is believed to be the original codified version of Tai Chi and is considered suitable for all ages. Chen-style focuses on softness with calm relaxed movement, balance, good posture and a quiet mind. Developing awareness of inner body feelings and of mental/emotional states is seen as an important aspect.

Tai Chi for Health
Walking, balance, mobility in the 50-90 age group, falls prevention, low impact exercise. We have many testimonials from people who have found improved balance and agility following their Tai Chi practice. Developing habits of good body usage in earlier years – from teens onward – can enable practitioners to learn to look after themselves whatever they do and to manage health issues as they arise throughout their lives.

Tai Chi for Personal Development
Learning about ourselves and others, we learn to survive and to survive well into long and happy lives by developing our spiritual and emotional growth path. Tai Chi is fundamentally linked to the world views of Taoism and Zen meditation and so is a very practical and pragmatic approach with connections to modern day psychology/psychotherapy as well as neurophysiology.

Tai Chi for Other Martial Arts
We believe that whatever your art, Tai Chi can add to your practice. Ian graded 4th Dan under both Shihan Hirokazu Kanazawa and Sensei Vince Morris and has done a variety of other cross training before moving to Yang Style and then to Chen Tai Chi. Ian now trains with Karel Koskuba - direct disciple of Master Chen Xiaowang - and with Master Chen himself.

Tai Chi for Sports
Golf, swimming, dance, football etc. A number of students over the years have come from sports backgrounds and noticed an improvement in their sport e.g. a reduction in golf handicap or an improved running style.
Tai Chi Classes

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