

DR. LIU DE TAICHI CHUAN DEVELOPMENT – NEW IN GENEVA CLASSES OF THE TAOIST ZHANG SANFENG SCHOOL



Master Mei Yinsheng

Today the interest in Tai Chi Chuan is growing due to its powerful and real healing effect. Tai Chi practice increases attention, concentration and patience – necessary qualities for success.

EDITED BY POPPY WILLARD

Most fans of Tai Chi in Geneva are employees of international organizations, business professionals, financiers, IT experts. Tai Chi helps maintain a high level of performance and resist stress. Besides, Tai Chi is great for relaxation. The practice of Tai Chi has a huge anti-stress effect.

Tai Chi Chuan belongs to the so-called internal (soft) styles of *Wushu* (Chinese Martial Arts), and its main distinguishing feature is its emphasis on wholeness: the amalgamation of effort, attention, thinking and breathing. In short, a Tai Chi practitioner is a whole

person. Tai Chi Chuan, when done correctly, restores and maintains wholeness, bringing you back to health.

The art of Traditional Chinese Medicine is based on prevention of disease that begins in the body when there is abnormal stagnation of *Qi* energy. The main objective of Tai Chi Chuan practice is to normalize the movement of *Qi* energy, eliminating “*guan plugs*” that block its circulation. Proper *Qi* movement strengthens human health, cures disease, prolongs life and develops mental capacity. You are constantly in recovery mode and maintain the wholeness.

Tai Chi dates back to the 13th century, when a Taoist monk Zhang Sanfeng created this martial art. According to legend, he was born April 9, 1247, and this day is celebrated as a traditional Chinese holiday. In his youth, he held senior official posts before he decided to devote himself entirely to self-improvement. It is not easy to evaluate the contribution of the masters who created the art of Tai Chi Chuan, but Zhang Sanfeng's contribution was undoubtedly the most significant. In 2012, Master MEI Yinsheng initiated Dr. Liu De into Zhang Sanfeng Tai Chi Chuan and instructed him to teach it in Geneva. The program includes: the long version of 108 postures, the short 36 postures, the sword and the saber forms.

Students of Tai Chi Chuan working at Geneva-based international organizations were asked to answer three questions regarding their practice:

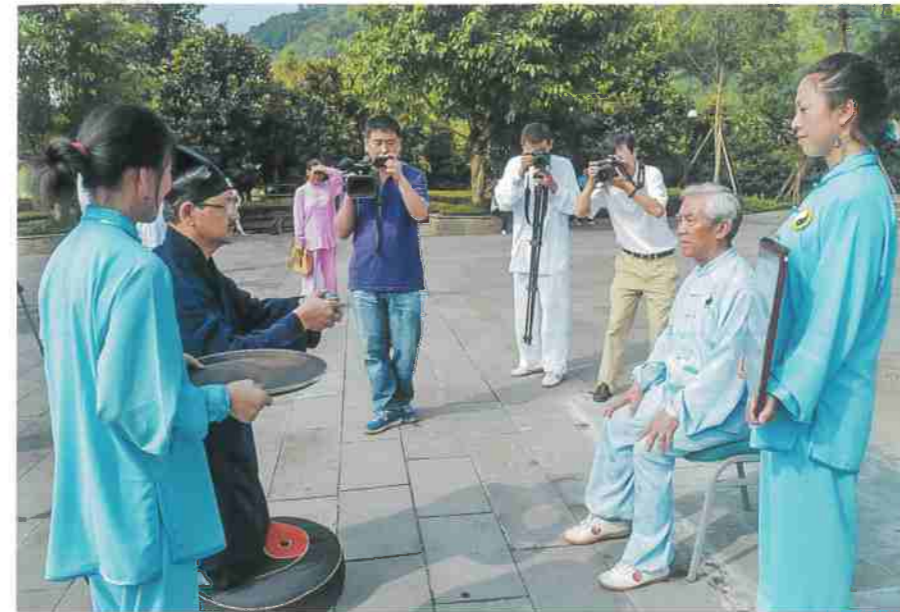
1. Why did you start practicing Tai Chi?
2. What do you feel when you are practicing Tai Chi?
3. How has Tai Chi changed you?

ALEXANDRE, UN, STUDYING SINCE 2007

1. I was always interested in Tai Chi, and when I had a chance to start I was immediately convinced. It is safe and efficient, gets you outdoors, you can practice alone or in a group and no special equipment is needed.
2. I feel energized, balanced and at peace with myself. I also feel more resilience to stress.
3. For me, Tai Chi practice created more body awareness. I can now listen to my body. Along the way, I notice how my body reacts and develop a greater awareness of my energy level through the day.

POPPY, UN, STUDYING SINCE 2007

1. I started practicing Tai Chi because I wanted to be able to continue until my old age! I had practiced yoga for many



years but had stopped. I enrolled in classes at the UN because Dr. Liu is a Chinese Tai Chi expert and instructor.

2. When practicing Tai Chi, I am very concentrated. My mind is remembering the words of my instructor my body is centered, very balanced.
3. Perhaps I am more oriented towards the other students who practice with me. When I am serious about my practice, I look forward to the discipline each day. Often, I try to think of the form we are learning, and go through the movements in my mind.

FULVIA, UN, STUDYING SINCE 2009

1. I started practicing Tai Chi to gain better fluidity and harmony in my body movements.
2. I feel a sense of internal accomplishment. I feel that I have touched my own limits and I know that Tai Chi is the right way to overcome them, little by little.
3. Tai Chi has taught me patience, dedication, self-awareness, and respect for the master.

DOMINIQUE, WMO, STUDYING SINCE 2012

1. I wanted to get in touch with my body, to learn to move differently than what I am used to.
2. I get a feeling of relaxation, pleasure in moving and discovering an integration of body and mind.
3. Definitely a better awareness of oneself, More joy of life.

OKSANA, WMO, STUDYING SINCE 2012

1. I was very stressed at work and disappointed with a traditional medicine, so I started looking around for alternative help. I started energy practice and Tai Chi as complementary activities for the soul and the body.
2. During training I can get away from the outer world and concentrate on the feelings and energy flow inside myself. I feel relaxed, light and filled with energy.
3. The changes have just started; it is difficult to judge results. I am looking forward to the long way of self-improvement and harmonized perception of the world.

ELENA, WMO, STUDYING SINCE 2012

1. I started practicing Tai Chi basically for two reasons. The most obvious one was health. I've always had problems with my back and joints as well. The second one is my search for harmony between soul and body and the pursuit of a high level of consciousness.
2. Sometimes I manage to feel the air, the energy around me and on my hands. It's like a dance, the movement is flowing and gentle. You have to focus and be fully conscious of each part of your body.
3. I feel calmer and more concentrated. I'm learning how to channel my energy and strength and use them in a positive way and not to repress them. Finally, my back and joints are much better.

MARLYSE, WHO, STUDYING SINCE 2012

1. I started practicing Tai Chi for the harmony and the balance it inspires, and I am not talking only about the body movements as I know it also helps the mind. I had practiced years ago for a short period and since then wanted to start learning again.
2. The first weeks were difficult because I was far behind the rest of the group. I am still a beginner but have started feeling a sort of 'peacefulness' on several occasions. Practicing slows down any tensions and I feel great and calm during the evening after the practice.
3. Body-wise my muscles are strengthened, and I have improved my suppleness. I also correct my back position more often. I have noted that practicing Tai Chi helps me to be in the present moment and leads to greater attention to details – at least for me.

The main objective of Tai Chi Chuan is to normalize the movement of Qi Energy

DIANA, WHO, STUDYING SINCE 2012

1. I started Tai Chi after it was recommended by a friend. Having courses being offered in WHO made it possible for me to try it.
2. In general I enjoy most of the training session; it helps me with concentration and balance. However with correct breathing during the movements, I have started feeling dizzy at times and a bit sick. Hopefully this will go away with more practice.
3. I have realized that Tai Chi classes also help me to relax a bit and come in touch with the energy all around me.

MICHAEL, WHO, STUDYING SINCE 2012

1. I wanted to explore this form of movement and martial arts in order to gently strengthen my body and improve balance and coordination. I have always loved the look of Tai Chi being performed and wanted to be able to do it myself.
2. I feel my body being worked in surprisingly demanding ways given how gentle the exercise is. I feel dizzy when I practice the breathing techniques.
3. I feel a little stronger in my body and sometimes more centered when I walk or make movements. ■