

Chi gong or tai chi chuan? Which one is better for me?

Many times the interested student does not know the difference between tai chi chuan and qi gong.

Many consider tai chi chuan to be qi gong or vice versa.

In this video we will explain in very few words the difference.

Besides exercising the body in a gentle way, Tai Chi Chuan is also an internal martial art and requires a larger space.

While qi gong is purely an internal therapeutic breathing exercise, which requires less space without having martial applications.

Tai chi chuan needs long-term and regular practicing as its movements are more complex than those of qi gong and require coordination.

The student can feel the benefits of qigong more directly than tai chi chuan as the movements are simpler.

Usually those who practice tai chi chuan also practice qi gong as a complementary exercise.

Training in one of the simpler qigong systems takes less time than training in a form of tai chi chuan.

Both of these arts require commitment and regular practice to be effective.