

Welcome to the Nea Smyrni tai chi chuan school.  
In our school we teach the arts of tai chi chuan and chi gong.

This video gives some answers to frequently asked questions, of those interested in starting Tai Chi Chuan lessons at our school.

Tai Chi Chuan is an ancient Chinese martial art that evolved into its current form over the last 300 years.

It belongs to the family of internal martial arts.

Its philosophy is based on the principles of yin and yang, the 2 opposite forces and the laws of change and harmony in nature.

In recent years it has become widely spread worldwide not only as a martial art but also as an exercise that benefits physical and mental health.

The basic training in our school is based on the traditional slow set called tai chi chuan slow set. The style of tai chi chuan we practice is called Dong style tai chi chuan.

“Set” is a specific series of movements and postures that follow each other in a continuous flow.

In the beginning the student starts by learning to move slowly concentrating on his body and balance.

During practice the mind calms, the breath opens, and joints become more flexible.

This way the whole body becomes stronger while at the same time is becoming more elastic and soft. Balance, posture and movement coordination are improved.

Internal chi energy increases.

Emotions are balanced and self-confidence is strengthened.

The slow set can be learned by the student within a year of continuous and regular attendance.

It is necessary for the student to attend at least 2 one-hour lessons per week.

If one does not have the time to attend the 2 hour lessons of the beginner classes, one can attend the one hour tai chi basics class, where the student will be learning simple exercises concerning the basic principles of the art.

The tai chi basics class is also open to those who attend a beginner class but want to practice more.

The practice of Tai Chi Chuan is gentle, but assumes that the student does not have severe mobility problems.

After the student completes learning of tai chi chuan slow set , then if he wants he can continue for many years, deepening his knowledge of the art, learning other more dynamic forms with weapons such as swords, sticks and self-defense exercises with two people.

What I recommend to someone starting out is to try a month and not a single lesson, so that he can form a personal opinion and experience in his body of what this art can offer to him/her.

It is very important for those who want to start, to know that the most suitable time to start tai chi chuan beginner lessons is autumn.

As the basic material is the slow set it is very difficult for a beginner to start later in the year having missed several lessons from the first moves.

In case someone doesn't manage to come by November or December then he can attend the Tai chi basics course which is a course open all year round.

Those who are interested, take a look at our website [www.taichi.gr](http://www.taichi.gr), see our course schedule and inform us about your participation by phone or by email.

THANK YOU