



# Taoist Tai Chi™

## An introduction for health professionals

There is a growing body of robust medical evidence for the efficacy of tai chi in a number of health conditions, from Parkinson's disease through to improved immune response, falls prevention and improved cognition.\*

With lifestyle factors being so important for good health, we invite you to tell your patients about the tai chi offered by the Taoist Tai Chi Society of Australia (TTCSA). The gentle flowing movements of *Taoist Tai Chi™* internal arts of health provide an enjoyable, sociable and interesting exercise alternative.

Our non-profit and charitable organization was founded by Master Moy Lin-shin in 1970, and we have been operating in Australia since 1980. We have more than 3000 members in Australia and classes are available in most capital cities and a number of regional towns. TTCSA is part of the International Taoist Tai Chi Society, which has affiliated organizations in 26 countries, with more than 36,000 members worldwide.

Our volunteer instructors are subject to a formal program of accreditation and regular upgrading. We ensure instructors have training in accommodating students with physical problems such as knee pain, back pain and hip stiffness.

The tai chi that we teach is especially adapted to maximize health benefits, by emphasizing continuous turning and stretching in each of the moves. All of the joints are put through a full range of motion, helping to lubricate the joint surfaces. The stretching works on the muscles, tendons and connective tissue throughout the whole body, with benefits for posture and for the spine. The slow controlled stepping helps develop leg strength, balance and coordination, which has been shown to reduce the risk of falls.

At the beginner level, doing the tai chi sequence provides a moderate aerobic exercise, about the same as walking at a pace of six kilometres an hour. As practitioners develop their skill, it is possible to do more stretching and to increase the exercise load. The movements stimulate the circulation, creating many benefits for the cardiovascular system, and aiding circulation to the extremities. Suitable for people of all ages and fitness levels, the movements can also be adapted to conditions with impaired mobility.

Also called a 'moving meditation', *Taoist Tai Chi™* internal arts help to reduce stress and improve concentration. The continuous flowing movements have a calming effect on the mind and can improve mood and cognition. These arts of health offer a rewarding path for personal development of body, mind and spirit.

The collegial nature of the practice of *Taoist Tai Chi™* arts of health, in a supportive and non-competitive atmosphere,

makes it more likely that the person will succeed in establishing a life-long rhythm of enjoyable daily exercise. Practitioners find there are many stages of development in the art and this motivates regular practice and refinement.

We believe that the practice of *Taoist Tai Chi™* internal arts provides enormous benefit on many levels and we invite you to refer your clients to our classes. We will be happy to provide further information including class schedules and brochures.

**For more information visit our web site at [www.taoist.org.au](http://www.taoist.org.au), email [australia@taoist.org](mailto:australia@taoist.org) or phone our head office on 1800 108 801 or (08) 9371 7033**

### \* Supporting Material

See for example the scientific research reported below:

- Fuzhong Li, Peter Harmer, Kathleen Fitzgerald, Elizabeth Eckstrom, Ronald Stock, Johnny Galver, Gianni Maddalozzo, and Sara S. Batya. (2012) *Tai Chi and Postural Stability in Patients with Parkinson's disease*. N Engl J Med; February 9, 366:511-519.
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- Irwin MR, Olmstead R, Oxman MN. (2007) *Augmenting immune responses to varicella zoster virus in older adults: a randomized, controlled trial of Tai Chi*. Journal of the American Geriatrics Society. 55 (4), 511-7.
- Janelins MC, Davis PG, Wideman L, Katula JA, Sprod LK, Peppone LJ, et al. (2011) *Effects of Tai Chi Chuan on insulin and cytokine levels in a randomized controlled pilot study on breast cancer survivors*. Clin Breast Cancer; 11:161-70.
- James A. Mortimer, Ding Ding, Amy R. Borenstein, Charles DeCarli, Qihao Guo, Yougui Wua, Qianhua Zhao and Shugang Chu. 2012. *Changes in Brain Volume and Cognition in a Randomized Trial of Exercise and Social Interaction in a Community-Based Sample of Non-Demented Chinese Elders*. Journal of Alzheimer's Disease. 30, 757-766.
- Wang C, Collet JP, and Lau J. (2004) *Effect of Tai Chi on Health Outcomes in Patients with Chronic Conditions: A Systematic Review*. Archives of Internal Medicine, March 8, 164, 493-501.
- Wang C, Schmid CH, Hibberd PL, Kalish R, Roubenoff R, Roncs R, McAlindon T. (2009) *Tai Chi is effective in treating knee osteoarthritis: A randomized controlled trial*. Arthritis and Rheumatism. 61 (11), 1545-1553.
- Yeh GY, Wang C, Wayne PM, Phillips RS. (2008) *The effect of Tai Chi exercise on blood pressure: a systematic review*. Preventive Cardiology. 11(2), 82-9.
- Yeh GY, Wang C, Wayne PM, Phillips R. (2009) *Tai chi exercise for patients with cardiovascular conditions and risk factors: a systematic review*. Journal of Cardiopulmonary Rehabilitation and Prevention. May-June, 29(3), 152-60.