



Tai Chi Quan: A Balance of Health and Long Life

Jong Hoon Jeon

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Ancient Chinese physicians believed that the internal energy of the newborn child was the purest and that it filled the whole body. They also observed that, not only does the newborn use its abdomen to breathe, but also when a baby is crying, it moves all of its body. Everything is unified in Tai Chi. Any movement involves the whole body so that if a movement ceases, the mind, energy and spirit also stops. A movement of only one part of the body is not in accord with the principles of Tai Chi or the Tao. Another name for Tai Chi is 'prenatal Quan (boxing). After practicing Tai Chi for a while, the body becomes like that of a newborn baby, healthy, soft, relaxed and full of Qi.

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