

# CONSTANT BALANCE

Tai Chi

## The Spontaneous Way to Inner Balance

Tai Chi is many, many wonderful things, but ultimately (and most importantly) it is the physical manifestation of the Way - the Tao. Tai Chi awakens within us spontaneously the flow of the All-Pervading Energy, the Chi. This hidden yet simple technique is based on a natural approach to the forms of Tai Chi.

Tai Chi Chuan (as founded and practised by immortal Chang San-Feng) had consciousness and spiritual evolution as its primary purpose. A secondary purpose was for man to not only connect with Nature, but to be in harmony with Nature, to awaken Nature within himself, to become Nature.

The purpose of art is to create beauty, and in the case of Tai Chi beauty in and of movement.

The health benefits of Tai Chi are many. Tai Chi:-

- promotes well being by integrating our emotions, physique and intellect;
- elevates our sense of being;
- is an avenue for graceful expression... you learn to dance!;
- improves your circulation and you breathe more deeply. You can expect to enjoy increased energy levels, be less susceptible to illness

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and to improve your posture. You become supple, confident and empowered;

- improves your physical abilities - balance, coordination, speed, ambidexterity, control, strength and reflexes. These benefits can spill over into your emotions and your mental wellbeing. This may become apparent in your sporting activities or simply in the way that you walk;
- and together with patience and harmony, you attain a better sense of timing, gain a more acute perception and become more effective at “going with the flow”.

Through Tai Chi, your abilities will rise beyond that possible for ordinary mortals! You will enjoy a long and happy life.

Tai Chi Master, Ric Lum, has studied several forms of martial arts for more than 30 years - boxing, karate, tae kwon do, judo, lama kung-fu, Hung fist, Hung family fist, Yuet family, wing chun, and most recently, Yang family Tai-Chi.

In his youth, he twice passed up opportunities to study under well known Tai-Chi masters, being under the illusion that speed and power were what martial arts were all about! His third chance to study and fully understand Tai Chi came through a family friend. Ng Kon-Kuan sifu graciously came out of retirement to give of his vast wisdom and knowledge.

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Today, Ric's Tai Chi is the culmination of 3 major influences: Tai-Chi Chuan, pure meditation and previous martial art experience.

Ric is always on the lookout for students who are serious about enjoying themselves and their Art (though not necessarily serious about themselves!).

To find out more about how Tai Chi can benefit you, contact Ric on 0407 108 447.