

## Gentle Way of Tai Chi Mirror Chi Kung

The efficient use of energy combined with an effective way of learning any martial form, movement, sequence or application whether for health, relaxation or self-defence. The heuristic mirror-method of learning, teaching and practicing generally is examined and provides the rationale for what is described here as *Tai Chi Chi Kung Freestyle Form*, as a non-standard form or sequence of movements as a means to create an awareness that focused practice does not have to rely on remembering a specific choreographed sequence such as the standard form, kata, pattern or routine in any martial art.

It is important to understand that the standard martial form, kata, pattern or routine represents a curriculum of movements choreographed or strung together in an arbitrary sequence as a means of remembering specific techniques. The standard form or kata can thus be viewed a memory device, a mnemonic that is visual and kinaesthetic, that historically has assisted the “oral transmission” of martial knowledge and skill without the need for literacy, a written language or other recording device.

Learning a standard form, kata or pattern for its own sake may be the goal for many who practice a martial art such as Tai Chi only for health, but even this goal can also be more efficiently achieved by the method of teaching and learning as outlined here and can be very creative, enjoyable, immensely satisfying in developing powerful mind-body co-ordination techniques to significantly enhance health, wellbeing and an efficient use of energy.

**Extracted from Article - Gentle Way of Tai Chi Mirror Chi Kung- A Tribute to Jigoro Kano, Sun Lutang and Chojun Miyagi © Australia Dreaming: Tribute to the Ancestors Elva Arthy & Dr Denis Arthy (6th Ed), 2019**

## Hooked on Speed

Looking in the rear-view mirror of life, someone or something challenging you, propelling and urging you to go faster, more speed. Perhaps, reflecting yet another car way too close, causing you stress, a common occurrence, reflected anger, thrusting and pushing you to maintain the rush, to go faster than the speed limit. Yes but why? Hooked on speed, adrenaline junkies, addicted to the fantasy that speed is good. What to do? Relieve the pressure to avoid the rage. How? Do you speed up, break the law and join them in the mindless pursuit of tension, distress and angst. Really? Is there an alternative, an antidote to this spiraling madness of speed and pressure to accelerate? How can we learn to control anxiety and stress, to be in control, to slow down, and thus to de-stress, to deflect the rage on the road and in life, to chill?

**Training the Mind** - It is easy to be hard and fast, but it is difficult to be soft, slow and controlled. Training and re-focussing the mind is paramount to making this transition. Through the strategies and techniques of *Tai Chi Mirror Chi Kung* (Tai Chi Kung) we can become proficient by learning how to observe, reflect, analyse not only the choreography or shape of sequence and movement. We need to also reflect on underlying key principles relating to a relaxed and proper body posture, to making adjustments with alignment and movements, to understanding “substantial and insubstantial” weight shifting, to co-ordinating breathing patterns with “opening and closing” movements thus generating vital energy, and to modify and adjust according to conditions “internal and external” at the time of training - fitness and health levels, weather and location.

*Don't be a slave to any predetermined sequence.*

*Let the freestyle sequence of slow and controlled deflect anxiety and stress, training your mind to find a rhythm and pattern that neutralizes anger and pain reflected in the rear-view mirror of life.*

*Be motivated through the discipline of sustained effort, drills, repetition with focused practice, don't become a victim to rage in life or on the road and hooked on speed.*

*Go with the flow, more power to you!!*

**Extracted from Article - Hooked on Speed Tai Chi Mirror Chi Kung by Dr Denis Arthy 19 June 2019 © Australia Dreaming: Tribute to the Ancestors Elva Arthy & Dr Denis Arthy (6th Ed), 2019**