

# **Tai Chi Chuan**

Traditional Chinese martial arts styles can be described as Internal or External; Northern or Southern; Hard or Soft. Tai Chi Chuan is considered to be a soft southern style with an emphasis on slow soft movements. These movements are carried out while concentrating on breathing technique and balance.

Tai Chi Chuan is practiced worldwide for its health benefits and improved concentration. It is widely practised for the reduction of stress and tension - not as a combat martial art.

Origin of Tai Chi Chuan: China