

Tai Chi / Tai Ji Quan

太极拳



What is Tai Ji?

Tai Ji Quan (Tai Chi) is a Chinese form of martial arts. Tai Ji Quan has been modified to meet the needs of patients who have arthritis, high blood pressure, diabetes or need a form of simple, low-impact aerobic exercise that relieves stress.

Body

- Gentle exercise for entire body
- Positions call for better posture
- Strengthens and stabilizes muscles
- Promotes balance physically and mentally

Mind

- Relaxation
- Serenity
- Confidence

Internal Energy

- Builds inner strength
- Breathing
- Vitality through mindfulness

Health Benefits

- Improves balance
- Reduces risk of falls
- Less fatigue
- Relieves pain
- Reduces anxiety
- Stress relief
- Cardio-respiratory fitness
- Improves sleep
- Overall wellness

Tai Ji Modified for Health

- Yang style 杨式: most popular
- Sun style 孙式: Dr. Paul Lam
- Zhaobao He style 赵堡和式
- Incorporates new medical knowledge to improve efficacy
- High adherence
 - Easy
 - Enjoyable
 - Time and Cost Effective
 - Safe
- 2 hour a week for 8 weeks showed significant improvement

Evidence Based

- Medical studies have shown to improve medical health and quality of life
- Recommended by the National Institutes of Health, the Center for Disease Control and Prevention (CDC)

Sample Medical Publications

Journal of American Geriatric Society, August 2007. 55:1185–1191, 2007 "A Randomized, Controlled Trial of tai chi for the Prevention of Falls: The Central Sydney tai chi Trial" By Dr. Paul Lam

Largest study done for Fall Prevention

- Reduces recurrent falls by 70%
- 76% used Tai Chi for Arthritis (RA, OA, Fibromyalgia)

JAMA Internal Medicine 2018;178(10):1301-1310 "Effectiveness of a Therapeutic Tai Ji Quan Intervention vs a Multimodal Exercise Intervention to Prevent Falls Among Older Adults at High Risk of Falling"

- Tai Ji Quan Moving for Better Balance (TJQMBB)
- Falls were reduced by 31% for the TJQMBB group compared with the MME group

The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) April, 2013

CDC Compendium of Effective Fall Preventative Interventions: What Works

Tai Chi for Health Institute (TCHI)

<https://taichiforhealthinstitute.org/>

- Nonprofit educational institution
- Elected board to regulate Tai Chi Health programs
- Facilitates instructor training workshops quickly and cost effectively
- **Dr. Paul Lam**
- Instructional DVD available on Amazon
- Find certified instructors near you on TCHI website
Christopher Fornino, LPN
908 7837619, Ocean Gate, NJ
- Watch Dr. Lam's lectures, demos and free lessons:
<https://www.youtube.com/user/drpaullamtaichi>



Resources

Tai Ji Quan: Moving for Better Balance® (TJQMBB)

<https://tjqmbb.org/>

- a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders.
- Based on 24-form Yang style
- Fuzhong Li, Ph.D., a Senior Scientist at [Oregon Research Institute](#)
- Recommended by CDC
- Sample lessons on Youtube
- Limited instructors available

Safety First

Tai Ji is an exercise or sport. Some movements have risk of injury. Please use safety precautions:

- Warm up properly
 - Practice in a safe environment
 - Avoid high risk movements that you don't feel comfortable doing
 - Stop the movement if you experience discomfort
 - Consult your doctor if you have medical conditions
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Cheung's Martial Arts Academy

<http://www.kamkungfu.com/>

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Rallo Chiropractic Center

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Universal Cage Therapy Center of New Jersey

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