

Sun Style Tai Chi Association of Wales

Tai Chi For Health

*Non profit Tai Chi instructor training
and beginner students class*

Tai Chi styles were devised many years ago for fighting by fighting experts not having any modern medical knowledge. Classical Tai Chi preserve these fighting movements in a long classical routine devised originally for fighting practice many years ago. Now we have the beginning of a new type of Tai Chi, based on the old styles, called "Tai Chi Therapy".

What's the difference?

- 1. routines are shorter than the long classical routines.***
- 2. the movements are examined to be suitable for health by a modern trained physiotherapist.***
- 3. a teacher must be updated from time to time with changes deemed necessary by a physiotherapist***
- 4. routines are patented to ensure instructors who do not update cannot legally teach it and risk being taken to court for breach of copyright.***
- 5. New instructors are trained quite quickly to gain a Teachers license to begin teaching the therapy to their own group***

There are two sources of "Tai Chi Therapy". Either one of the many devised by Dr Paul Lam, such as "Tai Chi for Arthritis TCA. Or the Welsh "Variable Easy Tai Chi for Health" VETCH. Only members of the Sun Style Tai Chi Association of Wales can legally teach VETCH because membership is necessary for updating.

A new Teacher Training class also teaching beginners the VETCH Tai Chi therapy is held at the Awel y Mor centre, Porthcawl on Friday mornings 10.15 am to 11.15 am. Beginners welcome. Only the non profit Swimming Dragon School can legally teach the VETCH "five Phase therapy" in Porthcawl. We have compatible seated movements for wheel chair members and their carers can practice free. Phone John 784991