

## Tai Chi 8 steps and general knowledge



The story of Tai Chi begins with its founder Chang San-Feng, a Taoist hermit who is variously reported as having lived during the Sung (960-1279) dynasty.

According to legend, one day while strolling through the forests surrounding the Wu Tang mountains in China's Hubei Province, Master Chang witnessed a snake engaged in combat with a crane. Master Chang was impressed with the skillful way the snake was able to dodge and counterattack the larger, more powerful crane. That night, so the story goes, the art of Tai Chi Chuan came to him in a dream.

A more likely explanation of Tai Chi's origins lies in the conjecture that Master Chang, if he existed at all, combined certain fighting movements together with other movements designed to increase internal energy in the body to create a new system which became a physical manifestation of Taoist philosophy.

Statistics show that Tai Chi is the most widely practiced system of exercise for health in the world today.

It is a low-intensity, low-impact and cognitive aerobic exercise modality. It involves constant weight-bearing, weight-transferring, stretching, isotonic and isometric muscle contraction techniques. It emphasizes the vital importance of maintaining the physiological homeostasis of human body system. It stresses movement coordination and balance, abdominal breathing, mental concentration and visualization. It is characterized by uniquely designed movements following in a natural, smooth, rhythmic and ceaseless sequence.

During Tai Chi practice, breathing and movements are synchronized, the body remains relaxed, and the mind stays focused.

Numerous scientific studies show that Tai Chi is a safe, effective, evidence-based and cost-efficient exercise prescription for a wide range of sedentary-lifestyle-induced **chronic conditions** such as heart disease, hypertension, back pain, diabetics, obesity, osteoporosis, arthritis, depression, anxiety, ADHA- attention deficit and other stress-related syndromes. Tai Chi has also proven to be highly effective for falls prevention.

Tai Chi Yang style of 8 steps, also called “8 steps for Health and Leisure”, is a simple yet powerful set of movements combined together into a gentle rhythmical flow.

The form holds most of the principles of Tai-Chi-Chuan, and allows each and every person, to learn it in relatively short space of time. There is no limit of age, gender or color.

“Eight steps form can be learned in 4-8 days”, says Ophir Biran, a senior Tai chi and Qi-Gong instructor. “It all depends on the commitment and concentration one brings to the practice”, he adds.

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This beautiful form is known to assist with balance, weight control, focus and concentration, short term memory, stress reduction, centering of the body, teaches to control body by mind and relaxes the organism, and most important, Ophir adds “it brings inner happiness to rise, once you finish the form”.

The unique thing about this form is that it combines the forces of Yin and Yang and manifest them clearly during the practice. It is gentle yet powerful, short yet substantial, easy yet require attention and focus.

“I like this form very much” says Ophir, “because it brings the essence of Tai-Chi Chuan in just few steps. You can feel energy flow shortly after practicing this form. You can do it slowly, fast or even static, in your mind. It is very inspiring form and fun to learn”.

Ophir Biran travels the world teaching Tai-Chi, Yang and Chen styles. He offers seminars of “8 steps for health and leisure” and has a following DVD to assist with the steps. He also teaches Qi-Gong of various forms (among the m Wu-Ji style), and offer Chinese Medicine treatments during his trips.

Ophir runs a Chinese medicine clinic in Israel and Australia, and takes people on a “Journey into the secrets of Qi” – in China every year..

Visit his website for more details.

[www.oshri.org](http://www.oshri.org)

You are welcome to join this mailing list to know more of Ophir’s next visit to your area.



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