

Some Tai Chi Notes

By Ian Deavin

© Ian Deavin March 2019, All Rights Reserved.
Article may be downloaded for personal use only

Real world philosophy - observing how the worlds both external and internal work - then checking out the models derived by testing in the real world. Taoism and Buddhism combine physically in our body. But they are old models and are being added to all the time with modern studies of science and psychology which provide further insights - which we can use to develop our bodies along with our minds and emotions/spirit. Our bodies are our link to physical reality.

Practice and study of Tai Chi in particular and martial arts in general give us as non-violent people an insight to the brutality we see around us and the mindset that generates it - know your enemy.

Neural development - born with everything firing and gradually loose things that do not help - we learn like AI - patterns are established by what is left. Over time we come to rely on just a few pathways - like only using one favourite route to a particular destination then when that is blocked, we don't have a good alternative.

Over time we become dependent on this single pattern of movement which creates its own patterns of wear and of fixed mental attitude - I can't do that. In turn this is reflected in the physical development of our body structures so that we actually can't do that. We seek to re-open these possibilities.

In Ta Chi it is important to explore the side roads and see where they lead, to re-open old possibilities so that we can develop more resilient patterns of nerve use and of movement.

Beginners often complain at how difficult it is to learn Tai Chi - however the struggle to learn is a vital part of the process which has to be emotionally transformative in order to work.

The struggle to assimilate tai chi assures that old patterns can be broken down and new ones established - otherwise we are simply overlaying a veneer of choreography over a structure of long established non-functional bad habits.

We now know that changing patterns of behaviour change the body and even the genes.

Ian Deavin

www.sheffordtaichi.org