

# **My Tai Chi Journey by Vill Chan**

It has always been my desire to take up tai chi when I retire. I was inspired to take up tai chi by my father, who was a practitioner for 30 years. Two years ago, when I retired for the first time, I signed up for Tai Chi for Arthritis conducted by Jennifer Chung. It was more by chance rather than intent when I walked into Queenstown Community Centre. Since that fortunate encounter, I have not looked back.

I enjoy the tai chi lessons tremendously. The lessons are so well taught. The Stepwise Progressive Teaching Method, the principles of tai chi, the stress on safety and exercising within my comfort zone were assuring. Throughout my working career, I have attended many, many training courses. I have never been more impressed by The Stepwise Progressive Teaching Method. After Tai Chi for Arthritis, I learned Tai Chi for Osteoporosis, Diabetes and Arthritis 2. In Sep 12, I attended the Tai Chi for Arthritis Instructor/Leader Workshop. At this workshop, I bought Teaching Tai Chi Effectively by Dr Paul Lam. I particularly enjoy the paragraph on Situation Awareness – of being mindful of where I am and what is happening around me. In the daily hustle and bustle of life, I tend to overlook what is happening around me and lose focus. It is such a poignant message for me. I would highly recommend this book to anyone who wants to learn more. I am still savoring the rich knowledge from the book.

On 11-12th May, I attended the “Explore The Depth of Tai Chi for Arthritis Workshop”. I felt that it was a great privilege and opportunity to attend this workshop conducted by Dr Paul Lam in Singapore. The principles on Song, Jing, Breathing and the countless repetitive practices to improve each step were truly enriching.

Tai Chi will certainly be something I would like to do, as long as I am able. I aspire to learn more. In the process, be a tool to help promote the message that Tai Chi has many health and mental benefits.

*Sincerely*  
*Vill Chan May 13*