
Where does Tai Chi come from?

Posted by Rohitpatel - 2007/06/30 18:47

Well heard some good information about Tai Chi but don't have much information. Just wondering where Tai Chi came from. Is it Japanese, Chinese, Korean?

=====

Re:Where does Tai Chi come from?

Posted by hazephase - 2007/07/06 21:43

although Tai Chi is a chinese art , some of its roots can be traced back to India .

Bodhidharma also called Ta-mo , made a journey across the himalayas and into china to spread buddha's teaching , who had studied martial arts in India under master Prajhatara .

In the 6th century AD he arrived at the Shao-temple to teach monks Zen but found that the monks were not physically ready for moniastic lifestyle .

So Bodhidharma make a system of exercises that was based on the Indian Avedic medical practices which emphasized rhythmic breathing and body stretching maneuvers

Later a Toist monk called Chang San -Feng who lived through the mongolian occupation of China and also the five top acupuncturists at the Shoa-lin is the inventer of Tai chi

any questions

=====