



## **T'ai Chi Ch'uan**

*by Kyle Plagan*

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T'ai Chi Ch'uan is a healthy, meditative, internal martial art.

A preventative and restorative health system  
emphasizing natural energy circulation,  
a moving zen meditation.

A powerful martial art  
that involves becoming soft,  
like water that shapes the hardest rock.

Tai Chi is also the philosophy of Lao Tzu,  
which encourages us to return to simplicity,  
to be like the soft, pliant, young, strong tree,  
allowing the body and mind to sink and settle,  
like the sediment in a still puddle of water.

We, like the puddle, become still, clear, pure...  
peaceful.