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understanding Taoism
and Tai Chi Chuan.
Wu Chi is the state of

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complete balance,
nothing and everything,
the all inclusive Void. At
some point the balance
is shifted so that Yin and
Yang are formed.

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Tai chi (simplified
Chinese: 太极;
traditional Chinese:
太極; pinyin: T à ij í),

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short for T'ai chi

ch' ü an or T à ij í

qu á n (太極拳), is an

internal Chinese martial
art practiced for defense

training, health benefits,
and meditation. The

term taiji is a Chinese
cosmological concept

for the flux of yin and

yang, and 'quan' means

fist. Etymologically,

Taijiquan is a fist system

based on ...

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Tai chi - Wikipedia
String Of Pearls
Gilman began his studies of Tai Chi Chuan in 1968 with Master Choy Kam-man in San Francisco. Master Choy ' s father Choy Hok-peng, a longtime student of Yang Cheng Fu, is credited with introducing Tai Chi to America in the 1940s.

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Master Choy taught the full Yang Style curriculum and that is the system that Michael still practices and teaches.

About Michael Gilman
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