**Tai-Chi**

Informational Page

***What is Tai Chi?***

1. Method of using least amount of energy
2. Meditation in motion
3. Medication in motion
4. Mind, body, spirit coordination

***5 families of Tai-Chi***

1. Chan
2. Yang
3. Wu
4. House
5. Wu (new Wu)

***Why Done?***

1. Stress relief
2. Flexibility
3. Coordination
4. Martial art- self defense
5. Muscle strength
6. Bone Marrow production

***5 Elements Associated***

1. Wind
2. Water
3. Fire
4. Wood
5. Metal

***Objects Used*:**

1. Sword
2. Fan
3. Cane
4. Weapon