

### **Why you learn Tai Chi**

After practising Martial Arts for 33 years and Taekwondo for 28 I felt very burned out. I was losing focus and direction. I felt like I was at a crossroad. I had to quit or I had to find new challenge, new direction. At the same time my body was not listening to me anymore. I had too many injuries after all those years of hard style of Martial Arts. I decided to practice Tai Chi after I met Master Lim in 1996. "I am deeply touched, Master Lim opened my eyes." "He opened a new world for me, a world of wisdom." I was seeking to improve my health condition both physically and mentally.



### **What benefits you have gained from doing Tai Chi?**

I would like to declare that practicing Tai Chi has brought me back to the depth of Martial Arts and to get me back on focus, I found the life I was looking for, depth and meaning, and mostly total dedication. Tai Chi has helped me to improve my general health, and give strength to my mind, body, and spirit peacefulness.

As I stated in the beginning I had a lot of injuries and was having pain on my shoulders and my right hip. I was suffering from bone problems and inflammation. I would like to mention that high blood pressure, hypertension, and high stress are high risk factors in my family.

I do believe if I didn't start practicing Tai Chi, I would have been following my family trend to early retirement and pain and suffering. The only thing I have to worry about now is properly doing my Tai Chi lessons; they are the best treatment to improve my health.

### **How SOTC has help you understand the principles of Tai Chi?**

I come to realize that my body and mind are in balance only when I am relaxed, and then I can function at its optimum level. Practicing Tai Chi, teaches me how to control everyday stresses, anger, frustrations and I have noticed general improvement in my health both mentally and physically. I'm learning that the relax is the best way to let chi flow and feel in my body.

If you have not tried it, I'd would suggest do it at once. Believe me you won't regret it. It is the key for your happiness. I deeply recommended to anyone who is seeking to gain their health, find another alternative to strengthen their mind, relax and recharge their body, increase their resistance to disease and viruses. Tai Chi offers numerous benefits and it can be practised by everyone, man and woman, young or old, fit or not.

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June 2005