

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

I decided to practice Tai Chi because I was becoming very stressful and I was developing a depressed attitude toward my health and I was seeking something to help me to calm down as a Martial Artist. I always have been somewhat an hyper Martial Artist; for example, not relaxing when I was teaching and I was seeking to improve my health condition pertaining to having pain in my chest and relieving the numbness in my left arm.



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

Here I would like to state that practicing Tai Chi has brought my focus back to the Martial Arts and to myself and to my family. Tai Chi has helped me to have an holistic approach to my health pertaining to mind, body, and spirit peacefulness.

Like I stated in the beginning statement above, I was having pain in my chest and my left arm was going numb. Here, I would liked to mention that heart attack, high blood pressure, hypertension, prostate cancer and diabetes problems run in my immediate family. My beloved mother is suffering from diabetes in a nursing home at this present time (she is completely blind from the disease). I had a younger brother who died at the age of 37 yrs old of an heart attack. One of my late uncles died of a heart attack in his early 60s and my father who is still living now had two heart attacks thus far and one of my uncles died of prostate cancer recently.

I do believe if I wasn't practicing Tai Chi, I would have one of these health conditions. The only thing that I'm concerned with at the present time is my PSA (Prostate Specific Antigen) test. Every year I have to have this done; because of my borderline level. I do believe, If I wasn't practicing Tai Chi, this situation would be worse than it is.

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

Now I realized that only when you are relaxed your mind and your body can function at its optimum level. By practicing Tai Chi, I'm learning to control everyday stresses and I have noticed improvement in my health pertaining to my mental and physical well being. I'm learning that the more you relax the chi will flow much better through out your body.

I would suggest to anyone who is seeking another alternative to their health pertaining to their mind, and to relax and rejuvenate their body, increase their resistance to disease and gain new strength and vitality, young or old, fit or not, Tai Chi offers numerous benefits and it can be experienced by everyone.

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