

Tai Chi Ch'uan . . .

Continued from Page 2

When part of a person's body is stiff, he is, in effect, also stiff in his mind, Gehman said. By learning to loosen up one's body and gain balance, he said, a person does the same with his mind.

Tai Chi improves balance, strengthens legs and can lower blood pressure, which makes it beneficial from a Western point of view, he said.

Gehman teaches a short form of Tai Chi, which looks a lot like dancing. It includes 60 to 70 postures, which take about eight minutes to perform. Longer forms have up to 170 postures, he said.

The different postures are to be performed in one flowing movement. Gehman has his students follow him

through several postures, then go through isolated ones individually to perfect their positioning.

Although the originator of Tai Chi is not known for sure, a man named Chang-San-Feng is thought to have developed the technique around 1400 A.D. The first Tai Chi books translated into English came to the United States around the 1950s, Gehman said, but the art has become popular within the last 15 years.

Gehman said he first saw Tai Chi about eight years ago at the Smithsonian Art Institute in Washington, D.C. People were performing the art in a film on the history of Chinese art, he said.

It interested him that most Chinese painting masters also were experts in Tai Chi, Gehman said. They believed

that the paint brush is held with the whole body and that an understanding and command of the body and mind is necessary to paint, he said.

Although he sees the effects and the benefits of Tai Chi, he cannot justify what happens from a scientific point of view, and that interests him, Gehman said.

The course, which began Jan. 26, costs \$25. Gehman said he will start another class and continue the old one if there is enough interest.



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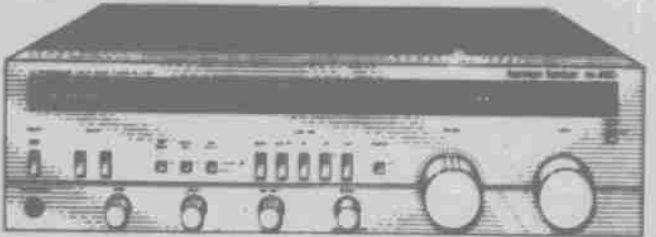
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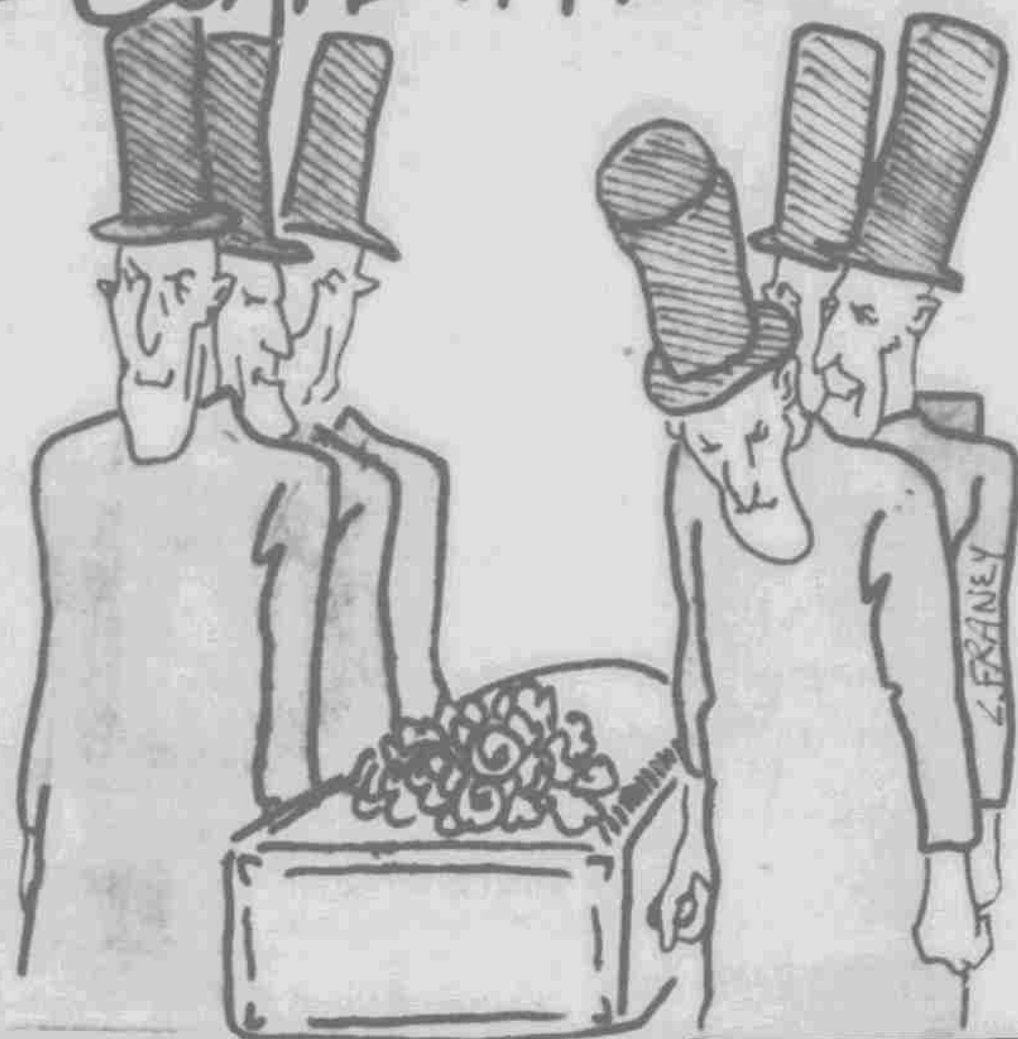
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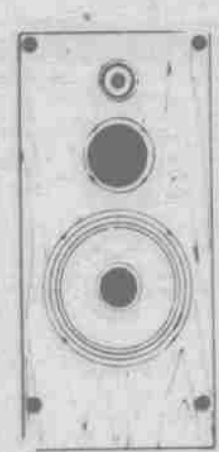


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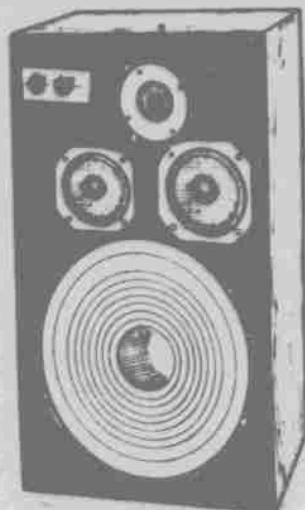
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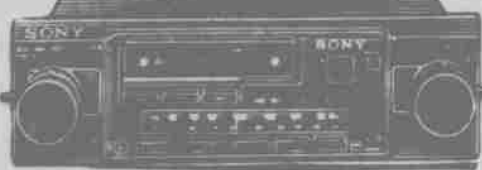
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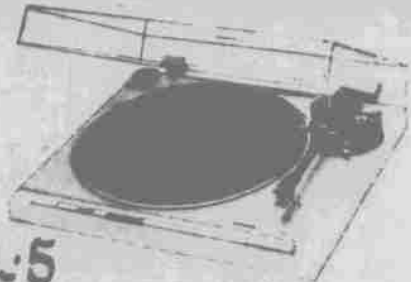


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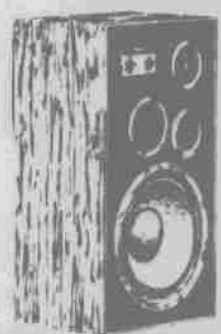
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