

Tai Chi Chuan

A gentle flowing series of choreographed movements that enhance health. Movements that work on the 12 meridians, the eight vessels, and the five elements to enhance health. To do Tai Chi correctly needs lots of practise as it's not as easy as it looks. More practise – More health.

The concentration on practising Tai Chi gives us much-needed time out and creates calmness and peace of mind.



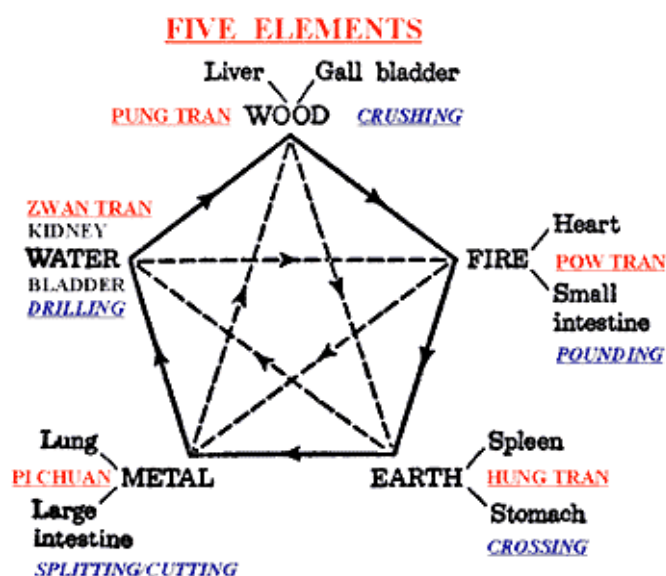
Tai Chi can also be used as a martial art. Each movement in Cheng Ming has multiple self-defence applications that are powerful and easy to use.

Students often ask whether it is important to learn Tai Chi the martial way, and for many, it isn't important; they are happy just practising the form. Others, however, appreciate that Tai Chi is practised with application in mind, each posture practised with maximum energy and power in mind. The benefits to health are exponential!

The Cheng Ming 100 move Tai Chi is different to others in that it has had input by Grandmaster Wang Shu Chin from Ba Gua and Hsing-I.

Tai Chi can be practised by anyone at any age. If children could calm down enough to practise Tai Chi, the benefits would be profound.

Tai Chi is such an amazing health and self-defence system that few people realise its true potential!



Hsing-I Chuan

An internal martial art that, as with Tai Chi, is synchronised with our bodies internal energy system to provide an amazing martial art that is incredibly powerful and healthy.

Included in the syllabus are the five elements, the twelve animals, forms and multiple weapons.

As with Tai chi, Hsing-I is practised with the enhancement of health in mind.

The five elements can be used as 5 element Chi Kung, each posture being held to enhance the health and energy flow through the body in accordance with traditional chinese medicine theory. The theory is more health = More power and vice versa.

Ba Gua Zhang



The supreme Martial Art, Ba Gua is practised on a circle, hence the term circle walking. It combines all the metaphysical sides of the martial arts, the Dao, the I Ching, Yin Yang, meridians etc into a comprehensive Martial Art.

Cheng Ming Lineage

Grand Master Wang Su Chin



Master Wang Fu Lai & Master Huang Su Chun



David Zarb & Amelia Zarb