

Infinite Tai Chi

A Gift. The hidden treasure. A secret ingredient. The forgotten role of the internal aspect of a martial art.

Tai Chi may be seen by most as a 'Martial Art' in its own right, teaching push hands and applications for self-defence strategies and manoeuvres. This is true, however, there is much more depth than this. With so many styles it's easy to get lost!

On the surface each martial art brings a myriad of skills, techniques and applications. There are a multitude of ways to approach combat. Practised until moves become second nature, released by a mere twitch. Hard repetitive training is undertaken to perfect extreme accuracy and timing. Pleasure comes from the dedication and determination. The undefeated indomitable spirit fuels the passion. Perseverance is channelled for the acquisition of a single new move, advancing a technique or to further improve. Resilience and a heightened sense on one's capabilities are then obtained. Often working through injuries to achieve the desired outcome, to reach the goal in mind. Admirable!

But what's underneath? The desire to perfect the craft practised can leave the physical body depleted. With the inner dialogue harsh, intuition can be easily bypassed. The external practise may even leave the internal weak.

Infinite Tai Chi, Chi Kung & Meditation restore balance between the internal and external aspect. The focus of practise is to harmonise the 'self' on all levels. Supreme focus, complete inner stillness and a connection with the centre from which all movements ignite become attainable. Being rooted like a tree, flexible like a willow and with the stillness of a mountain top, another perspective is gained.

The practice cultivates and moves pure 'chi' (energy) bringing ultimate vibrancy and strength throughout. Whole body movements ensure practise is performed with extreme efficacy. All of which is wholesome and nourishing to the practitioner. Utilising the forces of nature to replenish, refuel and revitalise. Energy flows through the body to release trappings, ease out tension and aid recovery. Therefore, more vital energy becomes available for optimal health whilst bringing grace and presence to the art.

Adding Infinite Tai Chi & Chi Kung to martial art practises creates another dimension, harnessing another system to imbue health, wellbeing and unlocking true potential. On a deeper level, self-imposed restrictions are replaced by wisdom as well as an understanding of purpose and freedom.

Chi Kung exercises cultivate chi. Chi builds and the physical body is strengthened. More energy becomes available and a sense of 'self' increases. Confidence, courage and fortitude appear. The energy systems no longer running on empty. Chakra's and meridians become activated, open to the chi flow and energised. Martial art training takes on a new meaning, by embracing a depth previously undiscovered.

As a moving meditation, Infinite Tai Chi becomes a medium through which a recognition of the benefits of the form become a driving force for daily practise. Artful whole body movements in time with the breath allow a powerful energy to flow unimpeded within and

around. This flow of energy connects the practitioner with all that is, often described as oneness.

Finesse and poise in every detail harmonises the 'self'. A renewed awareness emerges and life becomes more meaningful, more interesting as treasures are discovered. Suddenly a feeling of really 'being' alive and present can be brought into all other practises.

This 'aliveness' is felt not just with martial art practise, it permeates all life areas. The practise of tai chi enables an unobtrusive connection with the true nature within. Hidden treasures are uncovered through regular practise that are not available in with the routine of normal daily life.

And so within the essence of a martial art the ability to move with fluidity, skilfulness and precision, whilst executing blocks, kicks and punches succinctly is apparent but not necessarily easy to achieve. There is strength and power in the physical body from training as well as that generated by the movement itself. There is an external and internal focus occurring at the same time. And there is speed. The emotions are centred and balanced, the mind still, calm and clear. In applying the 'no mind', the 'art' becomes the practise.

Infinite Tai Chi establishes this essence. It goes beyond words, deeper than the profound, unfathomable to the mind, and tangible only through commitment. The practise of any martial art has the potential to; increase physical health, aid confidence, focus the mind, connect like-minded people and bring out the best self. These make for strong foundations and good life skills. As these qualities are expressed they are also carried on into day to day life.

Infinite Tai Chi takes this to a depth only accessed and experienced when its practise is begun. First experienced as a wisp of something that captures the attention. The seeking self becomes inquisitive, intrigued and an inner journey begins.....

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Emelia May - 22years in the field of health & wellness, founder of 'Wharfedale School of Martial Arts', Taekwondo Instructor, Infinite Arts Teacher, Complimentary Medicine Practitioner & Reiki Master.

Beginning as a therapist, the study of complimentary medicine showed the common denominator was to strengthen the energy systems. In discovering the unique ability of martial arts to do this, a profound and deep passion grew.