



On 7 July 2018, under the invitation of Xin Zhi Reading Club, Master Rennie Chong presented a seminar on the Introduction of Taijiquan in Chinese.

This seminar has attracted more than 80



audiences from both members from the

training centers and non-practitioners. Due to the overwhelming participation, the venue was packed and some participants had to stand as all seats were occupied.

Master Chong introduced the history of Taijiquan and presented 6 different perspectives on the Supreme Art. These perspectives are



1. TCM perspective
2. Martial Art perspective
3. Philosophy perspective
4. Moral Perspective

5. Physiological Perspective

6. Psychological Perspective

From these different perspectives, Master Chong introduces Taijiquan and its learning processes in a holistic manner.

After his presentation, 2 disciples (one senior and a junior) shared their learning and experiences with the audiences. Jaleen Ho, Master Chong's senior

Instructor and a practitioner of more than 10 years, shared the importance and significance of Standing Meditation (站桩功). Whereas Bernard Sew, a practitioner of 4 years, shared on the importance of seeking the right Master in learning Taijiquan. Both disciples also shared the health benefits that they have been gaining from the practice of the Supreme Art under the tutelage and guidance of Master Chong.

The seminar ended with an interesting Question and Answer session with the audiences. The lively exchanges brought about fruitful learning and deeper understanding in the learning of Taijiquan.