

Before I learn Tai Chi from Master Chong, my knowledge of Tai Chi can be summed up in three sentences.

*Tai Chi is for the old;
Tai Chi is for the sick;
Tai Chi is for the weak.*

I like the fluid movements of Chinese martial arts and want to be able to express it beautifully. Since I do not have the physical attribute of a big, strong man, I signed up for Tai Chi class thinking that I should pick it up easily.

I was wrong. Although the movements are gentle, it is not without strength. Although strength is needed, it is not what I thought it is. One of the most bizarre things I learned was to stay relaxed in order to be strong. These made my first year of learning Tai Chi difficult and discouraging because I could not reconcile the teachings and the logic in my head.

But my learning did not stop at the confused state. Slowly, but surely, every lesson I attended, I began to realize that those theories are practical and possible. I look forward to the day that I can execute the real Tai Chi. For now, I hope patience, practice and perseverance can bring me to that day.

The revelation that Tai Chi is the supreme fist has given me the motivation to continue exploring the mysteries in this ancient art. Today, I will conclude Tai Chi in four short phrases:

*Tai Chi is not just for the young;
Tai Chi is not just for the healthy;
Tai Chi is not just for the strong;
Tai Chi is for everybody.*

My journey in learning Tai Chi has just begun.