

***The answers -in a unified text- in the questions by journalist Christina Eleftheraki for the newspaper Tharros News (published on Thursday 5<sup>th</sup> July 2023).***

My name is Grace Chui, I am from Montreal, Quebec, Canada. I was born in Hong Kong. I am the founder of Tai Chi Club which was established in 2006 and I have been teaching tai chi chuan since then.

I have learned tai chi chuan from my father since I was a child, I did not seriously practice tai chi chuan until 2004 after my father passed away.

Tai Chi chuan is not only an exercise for health, it is originally a martial art, which was carried down 700 years ago. The basic principles of tai chi chuan are: relax, center, balance and harmony, which are not only applied in tai chi chuan, they are needed in daily life. Any art is not easy to master, the only key is practice, patience and perseverance to learn and practice.

Tai chi chuan is a kind of exercise that keeps your body and mind in a way that would be suitable for any age. It will help you relax, keep you mind and do things in the center. If your body or mind does not keep in center, it will go in the wrong directions and create problems gradually.

Tai Chi chuan is suitable for any age, anywhere. Even those who have difficulty in mobility can do it in chairs.

I was introduced by Christina Tziolla to Mani, Greece. I visited Athens last year to join a tai chi retreat, there I know Christian and make some new friends, I find Greeks are very friendly, helpful, certainly the beauty of sea, food are so great that make me to visit again. All ages are welcome to join the workshop, to try and taste the mysterious of tai chi chuan and chi gong.

Chi gong/ Qi gong or Qi cong are the same wording translated from Chinese, which is another kind of exercise to develop the breathing to cultivate the chi (energy). Chi gong is easier for all ages (compared with tai chi chuan) the benefit is the same as chi gong is easier than Tai chi chuan. Tai chi chuan is more challenging than Chi gong.

In my workshop I hope all the participants will participate in chi-gong, followed by tai chi chuan. In case some people do not understand English, maybe a translator will be helpful. In general it will be in body language, so it will be easy for anyone. If there is anyone with mobility difficulty, facilitation with chairs may be helpful.

Tai chi chuan is for international, East, West, North, South, or center are all easy to learn, our lineage (Tung/Dong for Yang style) have already branches all over the world, there are tai chi school in many cities of Greece, even they are from different lineage, but the basic principles are the same.

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People have the wrong conception that Tai chi is for seniors, in fact many kids learn tai chi and chi gong. I have taught kids, youngsters, in schools, in centers, I also have taught in senior homes, so tai chi is for everyone.

Tai chi is not performed slowly, we have fast tai chi too. Tai chi has deep knowledge and a variety of skills and techniques, which cannot be explained in a few words.