

Tai Chi Chuan Association of Indiana

Website

<http://www.indiana.edu/~iutaichi/>

Description

T'ai Chi Ch'uan is a Chinese martial art that emphasizes balance and body coordination rather than muscle strength. It requires relaxation of the mind and body and is therefore not only practiced for developing physically, but also mentally. The set of T'ai Chi movements can be practiced slowly as a form of meditation or can be adapted for self defense training.

Contact

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Community Organizations Subjects

[Recreation & Sports](#) [Indiana University](#) [5 - Human Services](#)

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Links

- [1] <https://mcpl.info/community/tai-chi-chuan-association-indiana>
- [2] <http://www.indiana.edu/~iutaichi/>
- [3] <https://mcpl.info/category/community-organization-subjects/5-human-services/recreation-sports>
- [4] <https://mcpl.info/category/community-organization-subjects/5-human-services/indiana-university>
- [5] <https://mcpl.info/category/community-organization-subjects/5-human-services>