



International Tai Chi Society

Tai chi chuan is a Chinese martial art, known for its graceful and gentle flowing movements. It aims to be relaxing, mindful and low impact, helping you gain co-ordination, flexibility, stability and calmness, and incorporate qi gung into our practice with the aim of cultivating chi.

My teacher or Sifu is Edward Jardine and head of the Association, who was taught by Grandmaster Duan Yu Chang who originated from Hubei Province in China before moving to Taiwan where he lived most of his life before passing away, and whose lineage can be traced back to Yang Lu Chan, the founder of Yang style Tai chi chuan.



Grandmaster Duan Yu Chang with Edward Jardine

