

Tai Chi at York

Cosmic moves

Marshall Walker

If you happen to see a group of York students practising what appears to be a mixture of Yoga and Kung Fu, observe more carefully. You may be witnessing a "Dance of the Cosmos" or what the Chinese call Tai Chi Chuan.

The slow, graceful, dance-like movement originated in China, where it is of greater popularity than jogging here.

For the past three years, Tai chi has been taught here at York as an off-shoot of the Toronto Tai Chi Association, a non-profit, charitable organization which is also sometimes referred to as the Taoist Tai Chi Society. This year the students are constituting themselves formally as the York University Taoist Tai Chi Club.

The study of movement in Tai chi focuses on a search for a

natural movement in harmony with the structures of our body and the universe, something most of us don't concentrate on too often during the course of the day. Over the centuries, these movements have come to be perceived as reflecting the natural patterns and rhythms of the universe itself. In this respect, Tai chi has become a meditative and spiritual exercise, with a foundation of 108 sequences of movements.

Tai Chi is a study of movement in its most abstract sense. The relation of Tai chi to perhaps Kung Fu is much the same as the relation of mathematics to say, engineering. Tai chi is a study of the essence of movement, while Kung Fu is concerned with the applications.

The stiff necks, of pains in the shoulders or lower back we feel from time to time may be indicative of the physical or emotional traumas we go through in life. They become stored in the muscles of the body, twisting and deforming the natural structure. The easy, loose movement we knew as children becomes difficult.

Legends about Tai Chi read that the Taoist monks, in their search for an understanding of natural movement, first studied the uninhibited movements of animals and children. From their observations they formed the patterns of Tai Chi, which are designed to allow one to gradually regain the ability for free, natural movement.

The instruction of Tai Chi at York will be conducted by Moy Lin-Shin from 12:00 noon until 1:00 p.m. on Tuesdays and Thursdays in the Atkinson College Common Room. For those interested in seeing or learning more about Tai Chi, a demonstration-performance will be held in the Calumet College common room on Thursday, September 18 at 12 noon.

Marshall Walker is a professor of mathematics and computer science at Atkinson College, as well as an enthusiast of Tai Chi.



THE SCHOOL OF THE
PAULA MORENO SPANISH
DANCE CO.

SPANISH DANCE COURSES

Including Classical and Flamenco
Beginners to professional level
Special Children's Classes and Men's Classes
Term commences Sept. 8th. Enrolment from Aug. 28th
Please call 924-6991 for further information

strides
strokes
sporting goods limited

965 EGLINTON AVENUE WEST
3 BLOCKS WEST OF BATHURST
783-5760
THE STORE FOR RUNNERS
AND SWIMMERS

**YORK
SPECIALS**

With this ad September 2-30 With this ad

BROOKS
Vantage Supreme
Ladies' & Men's
Reg. 57.95
SALE \$48.95

NIKE
All-Court
Ladies' & Men's
Lo Reg. 21.95 Hi Reg. 25.95
SALE \$18.95 \$21.95

NEW BALANCE
420 & W420
Reg. 52.95
SALE \$44.95

Greg Sweat Pants
XS, S, M, L, XL
Reg. 13.95
SALE \$12.00

ADIDAS
Mexico Shorts
Reg. 9.98
SALE \$8.50
2 Pcs. \$16.00

SWIMWEAR
Speedo, Arena, Dansk
Ladies' & Men's
20% OFF

PLUS MANY IN-STORE SPECIALS — PLEASE REMEMBER TO BRING THIS AD

SKYDIVE

- PROFESSIONAL INSTRUCTION
- EQUIPMENT SUPPLIED
- PARACHUTE OPENED AUTOMATICALLY
- JUMP SAME DAY
- SPECTATORS WELCOME

\$125

CALL OR WRITE:

PARACHUTE SCHOOL OF TORONTO LTD.
BOX 100, ARTHUR ONTARIO N0G 1A0
(416) 532-6504 (519) 848-5431



AGYU Art Gallery of
York University

**EDWARD
CURTIS**

Photographs of Pacific
Coast Indians, 1910-14

OPENS SEPTEMBER 15

Ross N. 145 Mondays—
Fridays 10—4:30

**Excel
staff
meets
at
1**

WOMEN

**ARE YOU SAFE
WHEN YOU'RE ALONE?**

Self-defense for women

A short, practical course not
relying on:
Size
Strength
Physical conditioning
for effectiveness.

Individual or group instruction.

CALL
Ronald Vaughan
225-0379
for further details and free
demonstration.

YIN COURT

CANTONESE AND
SZECHUAN STYLE
CHINESE FOOD
667-8282

FREE DELIVERY AFTER 4:30 P.M.
10% DISCOUNT ON PICK-UP
OVER MINIMUM ORDER

1033 Steeles Avenue West
(1 block west of Bathurst)

Your Host: Benny Chan

**Support our advertisers...
They support us!**