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# Tai Chi Precautions

So what is Tai Chi really all about? The following report includes some fascinating information about Tai Chi--info you can use, not just the old stuff they used to tell you.

There are things that you ought to do before, during and after every Tai Chi session. They are called precautions. Well, this won't be new to you because almost all exercises have certain precautions that every practitioner must observe and follow.

Below are some pointers to ponder on (for beginners and those who have medical problems):

#### Precaution #1

Never attempt to learn Tai Chi through instruction manuals and online videos. The book can only tell you what to do and what are the basic principles behind every move but it will not actually exhibit the right or wrong positions. Trying to imitate the Tai Chi DVDs can be quite a hag.

They will make you want to try and learn but will be very hard for you to keep on pushing the stop-rewind-play-stop-rewind-play-fast forward buttons just to catch up on their instructions. Things like this will never tell you if you have made a mistake in your performance. They will just go on and on. Besides, if you have a particular question in mind, your manuals and videos will not make the slightest effort to answer you.

It is always safe to learn from someone who is experienced enough to teach you, PERSONALLY, the basics. Once you have learned the difference between the right and wrong technique, that's the right time to practice with your manual or video. Beginners should take note of this very seriously.

#### Precaution #2

Upon entering a Tai Chi program, you should choose the teacher who will instruct you. You have to make sure that he or she is experienced enough to entertain any of your needs or questions regarding Tai Chi. This is very important especially for those who are currently experiencing arthritis or heart problems because there are certain movements that can be straining and may contribute more to the pain.

If your Tai Chi facts are out-of-date, how will that affect your actions and decisions? Make certain you don't let important Tai Chi information slip by you.

In cases of joint pains and flares, always consult your doctor about it. Ask him what are the appropriate movements that can't produce further pain. Tell your instructor about your condition so that he may have an idea on what would be more appropriate for your condition.

#### Precaution #3

You should always warm up before and then cool down and take a quick rest after. You may not think Tai Chi as a vigorous and strenuous kind of exercise but mind you, it keeps the muscles and joints working overtime.

#### Precaution #4

If there is a need to modify, then do it for as long as it is necessary. Because there are many Tai Chi movements that are in need of your whole to produce a perfect position. But if you have some unseen involvement that may cause your performance to become blur, then drop the original movements then modify it.

#### Precaution #5

If you can't do it, don't push it. Exerting yourself just to let everyone see is like stressing yourself in the most painful manner. Tai chi is a process in which it is meditative and not stressful so don't push yourself to movements that aren't possible for you to perform.

Practice. This won't harm you. And it will only take you at least half an hour to complete an hour's program. Tai Chi is indeed a perfect exercise for meditative purposes. But don't mistake it with other vigorous exercises that promise weight loss or weight gain, nice abs, etc.

Now that wasn't hard at all, was it? And you've earned a wealth of knowledge, just from taking some time to study an expert's word on Tai Chi.

About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

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