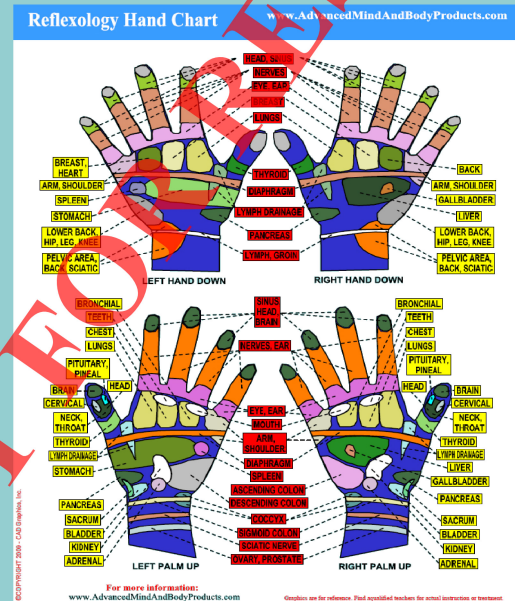


There are twelve main meridians and 8 other special meridians within the human body. Meridians are similar to electrical wires or nerves. They run from the top of the head to the tips of the toes and finger. Each meridian is associated with an internal organ. When there is a lack of flow or blockage within the meridians, health problems can arise. Through proper diet, exercises and lifestyle, it is possible to keep the chi flowing through the meridians.

Tai Chi, Baguazhang and Hsing Yi are types of kung fu, composed of specific exercises to increase ones inner health or “chi” pronounced as key or chee. Chi is a type of energy similar to electricity, which flows throughout the human body. Most would agree that the body has electrical charges, which sustain the heart and also affect the brain. By performing specific exercises, along with regulation of ones breath, the chi within the body can be increased. It is this circulation of chi, along with the flow of blood that can improve ones health. Lack of this flow is what cause disease or dis-“ease” within the human body

Tai Chi and other types of martial arts exercises stimulate the chi by the gentle relaxing, stretching and twisting of the body. The regulation of the breath is what calms the mind and in turn relaxes the muscles.

Some areas of the body, such as the hands are a reflection of the inner health of the human body. This phenomenon is also apparent in the ears, the eyes and the tongue. The chart below illustrates how the body, alike to an electrical circuit. Just as a switch can turn on a distant light, stimulation of the hand can switch on or affect other internal areas of the body.



**NOTE:** This study guide is a general reference for the concepts shown.