

# Try Something NEW with your Virgin Hands

by Tom Hood



There are numerous health benefits associated with Tai Chi Chaun: improved posture and breathing, relaxation, gracefulness, balance, flexibility, coordination, healing, and - most important of all - the beginning of a journey toward the unification of the physical, mental and spiritual sides of being.

The instructor, Richard Richina, grew up in Manteca, California until thirteen years of age when he left to attend a seminary school in Missouri. After high school, Richard went on to St. Joseph's College in Indiana and, upon graduation, began his career as a social worker in Berkeley, California.

While in Berkeley, he happened to see a group of people practicing Tai Chi in a park. Attracted to the motion and flow of the practice and motivated to increase his coordination, he joined them. Since that day in 1975, he has practiced Tai Chi Chaun on and off for many years, doing a shortened form of Yang Style Tai Chi developed by Master Cheng Man Ching.

Since this is an introductory class, no experience is necessary. One of the form's principles, "virgin hands," best describes the approach to the class: having a desire for exposure to a new experience. You will find that Tai Chi, a moving meditation, will have a wonderful impact on your health and well-being.