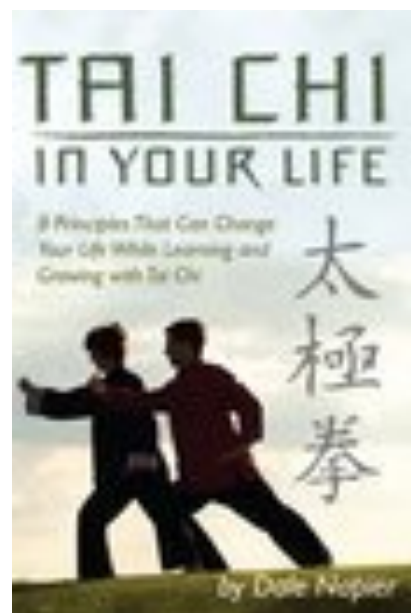
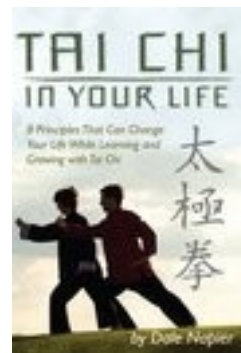


Tai Chi in Your Life

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Tai Chi In Your Life Cover

When I first opened [Tai Chi in Your Life](#), by [Dale Napier](#), I immediately liked it. It is not because it is complimentary but because of the 14-point font size of the text, which puts me to ease right away. When asked what the reason for the large font was, Dale responded by saying it is easier for readers not to lose their place when they put the book down.

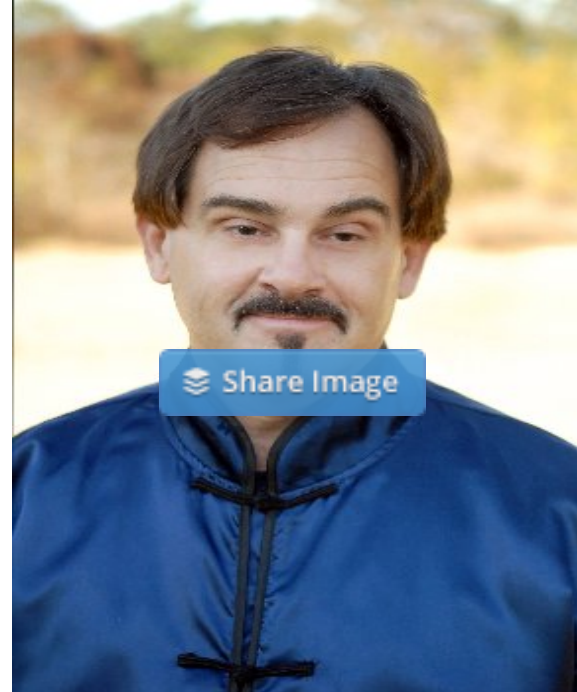
This book is definitely not a tough read. Including the Acknowledgements, Introduction, main text and 33 photos, this book is only 200 pages. With his journalistic background, the content is arranged in a logical manner and flows well. The sentence structure and vocabulary are not difficult to comprehend. A fast reader can finish reading it in one sitting -- although this may not be the

book that you want to read through so quickly.

Dale Napier, of Houston, Texas started [learning](#) Judo in 1965. While he was a graduate student at University of Texas at Austin in 1977, he began studying [Taichi](#) and Chi Gong (Qigong). He has been teaching the Secret Yang Style Taichi, Chi Gong, and [Neigong](#) (internal alchemy) and served as a judge in Taichi Tournaments.

Tai Chi in Your Life captures his deep understanding of the arts. To him, Taichi is not just a martial art and healing art. It is an attitude toward life. He categorizes it into eight principles which he considers can truly transfer one's life.

- Intention
- Awareness
- Continuity
- Focus
- Linking to Your Center
- Acceptance/Yielding
- Detaching the Ego



Dale Napier

In each of the chapters, he explains how a principle should be done in a Taichi form. Even though Dale's background is rooted in the Secret Yang Style Taichi, his interpretation is rather universal. Practitioners of all styles can relate to or benefit from it. He provides the martial art application and implication for each principle. Lastly, he addresses how a principle can be or should be applied in our daily life.

In the book, he lays out exercises for people to do. One type of exercises is Taichi Chuan related while the other is how to apply Taichi principles in daily life. Taichi related exercises are good for any practitioner with less than 200 hours of practice time or one hour per week for 50 weeks in a year over four years. I find that the advanced practitioners can still take his advice of how to use Taichi in daily life and practice some suggested exercises so they can live a life which adheres more to Taichi philosophy.



Dale Napier practices Taichi

Many Taichi practitioners have attested that practicing Taichi has had a profound impact on them, in addition to the health benefits. Their attitude toward life, nature, value systems and relationships, as well as how they manage the mundane tasks in their everyday life have been influenced by the Taichi philosophy. Gradually, they find that they are more grounded, present and aware of their being.

Dale Napier's vision is making the connection between the art people practice and their life. Taichi in Your Life can serve as a catalyst to encourage discussion among

practitioners. To further his effort, he has set up a [website](#) for people to share their experiences and advice.

You may not totally agree with Dale's interpretation of Taichi principles or their applications in life. My recommendation is reading the book slowly, putting it down as needed, practicing some recommended exercise, contemplating for a while, going [on line](#) and providing your thoughts, and picking the book up again.

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Violet Li

St. Louis Tai Chi Examiner