

# Tai Chi in outer space

June 28, 2012

6:24 PM MST

Normally parks are the best place for people to practice [Tai Chi](#). Nevertheless, when temperature is scorching hot, where is a cool place to practice Tai Chi? The first female Chinese [astronaut](#) Liu Yang found a really cool place to do this: in outer space.



First Chinese Astronaut Liu Yang practices Tai Chi in outer space  
CCTV



CCTV

A couple nights ago, after finishing her routine during a night shift, Liu Yang decided to try out her Tai Chi practice in [space station Heavenly Palace One \(aka Tiangong 1\)](#), China's first space station with the function of a space lab. The Tai Chi routine performed by Liu Yang is different from the regular Tai Chi. It was designed by physical trainer Tong Fei Zhou.

Tong graduated from [Beijing Sports University](#) and was a gold medal winner in Ping-Pong. Tong's responsibility for the space program is training astronauts so their bodies and minds are conditioned for the grueling challenges. One of training programs is to design a Tai Chi form that focuses on proper breathing and whole body relaxation as well as stretching astronauts' muscle, tendon and bones. The form provides astronauts with the benefits of body balancing, muscle toning, posture controlling and harmony in the mind. The entire form is about three minutes long. The major difference between this form and the regular Tai Chi forms is that this one does not have any footwork since the astronauts were in a zero gravity situation and Liu Yang hooked her feet during the space practice. According to Tong, three astronauts who are assigned to the June 16th space mission all enjoy this regimen. They actually practiced Tai Chi in the morning of the launching day.

You can watch Liu Yang practice Tai Chi in the outer space in the enclosed video. You can also see Liu Yang practice Tai Chi with trainer Tong Fei Zhou in the space center gym - Liu is the one on the left hand side while Tong is on the right.

**Subscribe** to this column to get reviews, recaps, and latest news regarding Tai Chi, Qigong, health and martial arts sent directly to your inbox. **If you enjoyed this article please click the social media links above and to the left to share it with your friends.** You can also subscribe to [my page on Facebook here](#). You can also follow me on [Twitter](#).

## SUGGESTED LINKS

- [Practicing the simple Bear Movement can boost your immunity level](#)
- [Tai Chi saved my life more than once](#)
- [Ken Sancier: a visionary of Qigong research](#)
- [Jack Ma will not be a lonely billionaire in China](#)
- [St. Louis Tai Chi community premiered “Tai Chi 24”](#)



**Violet Li**

Tai Chi Examiner