

Tai Chi on PBS

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David-Dorian Ross (center) and the mini workshop on the PBS show

David-Dorian Ross

It is very exciting that the national Public Broadcasting Service (PBS) has produced a one-hour [Tai Chi](#) show *T'ai Chi for Health & Happiness with David-Dorian Ross*, which will be aired in late November and mid-December this year by at least 36 stations.



David-Dorian Ross

It's a historic moment for the Tai Chi community in the U.S., because this is the first time that PBS has produced a program on Tai Chi Quan at the national level. Previously, four Tai Chi programs (not counting the [qigong](#) shows) were produced at local or regional levels and distributed throughout public broadcasting stations - *T'ai Chi Innerwave*, *T'ai Chi Chih - Joy Thought Movement*, [Longevity T'ai Chi with Arthur Rosenfeld](#) and [T'ai Chi in Paradise with David-Dorian Ross](#). This new show was made at the corporate level and will be used as part of the fall pledge line-up as well.

International Tai Chi champion, instructor, and author David-Dorian Ross brings a taste of Tai Chi to public television audience and the majority of them may not be aware of Tai Chi. David-Dorian will show the general American public how easy, accessible and fun Tai Chi can be. "If you can wave your hand," he says, "you can do Tai Chi!"

The show will feature David-Dorian Ross along with a small studio audience. They will have a mini-workshop on air. It will be covering lots of different aspects of Tai Chi practice: forms, push hands, and standing Qigong. David-Dorian Ross will be pointing out the many [health and fitness](#)-related benefits of Tai Chi practice. Interestingly, he also will share a lot about Tai Chi philosophy of balance and harmony, and how it relates to the physical practice; he will further explain how that practice can transform people's lives in many other ways besides health.

In [PBS's news release](#), it states "Tai Chi is a workout that is simultaneously a system of self-defense, a shield against disease, a means of [meditation](#), and a beautiful dance. Practiced by more than a billion people throughout Asia and around the world, T'ai Chi Ch'uan has been called 'the ultimate exercise' for body, mind and spirit. "

Starting in four days on Nov. 24, this show will air across the PBS network (times vary according to local programming). You can see a list of current line-up via this link <http://daviddorianross.com/pbs/>. You can contact your local station if you cannot find your show time on the list or to make a request for this show to be aired. Shows like this one normally have a long afterlife in reruns. One example is *T'ai Chi in Paradise*, produced in 1995, was playing in August this year in Austin, Texas. We certainly hope that *T'ai Chi for Health and Happiness* to be around for a long time and inspiring more people to practice this art for better health.

David-Dorian Ross will be travelling the country throughout 2013, promoting the show, lecturing on the philosophy of Tai Chi and conducting teacher trainings. He also wants to engage local Tai Chi schools in his promotion. In this particular show, the [Asian Arts Group of Albany](#), New York, helped and participated in the mini-workshop. It is great to see the Tai Chi community coming together for this important project. If you are interested in David-Dorian's future effort, you can contact him at drtaichi@aol.com.

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Tai Chi Examiner