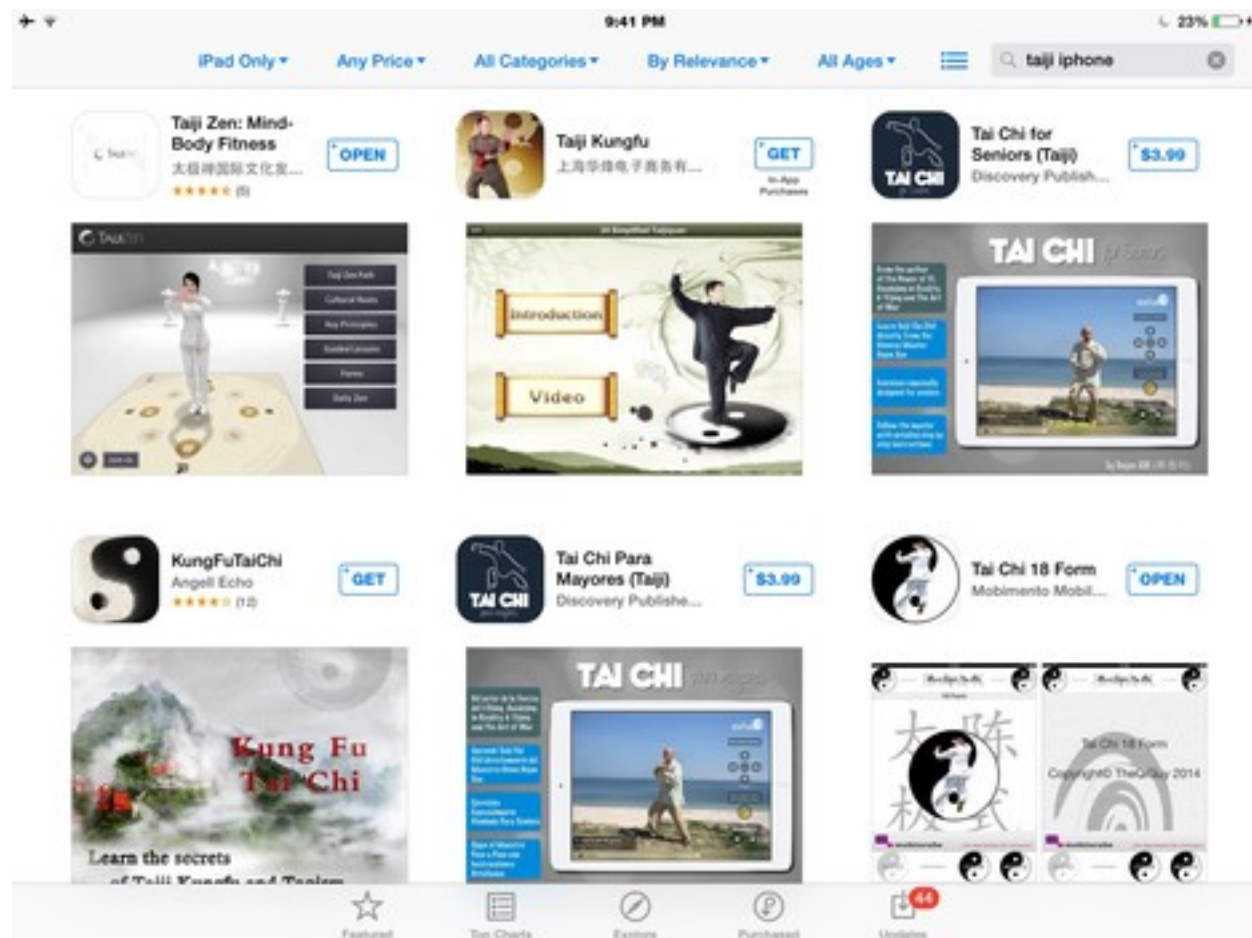


# With mobile apps, learning Tai Chi is a cinch

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A sample of Tai Chi mobile apps

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Qin Zeng is a mother of a young girl, certified [Tai Chi \(Taiji\)](#) instructor by [Tai Chi Healthways](#), and data scientist working at a Fortune 500 corporation. She was also a program director at [St. Louis Chinese Language School](#) until recently. She teaches at a YMCA on Saturdays and occasionally substitutes for another instructor. She enjoys other extra curriculum activities like Kung Fu, singing, dancing, and going to Shakespeare festivals. It is an understatement that Qin is busy. However she always wants to do more with her limited time and improve her knowledge and skills, especially in the area of Tai Chi.

To her, it would be a great opportunity to take a workshop with Grandmaster Chen Zhenglei. Once she learned that he was hosting [a large workshop in Las Vegas](#) in June 2015, she registered herself right away. She was excited about attending the progressive workshop to polish her skill of Chen Style Old Frame Routine One and learn New Frame Routine One and Push Hands. Since Tai Chi is incredibly profound and complicated and Grandmaster Chen's knowledge is extensive, she wanted to be

prepared and acquainted herself with the movements and sequence first so she could get more out of the workshop. She borrowed Grandmaster Chen Zhenglei's New Frame Routine One DVD from a friend. She appreciates the massive knowledge rendered by Grandmaster Chen in the DVD. Her challenge was that she never had enough time to sit in front of a computer or TV long enough to study from the DVD. As the workshop date was approaching and time was running out, she wondered whether there was a mobile app on Tai Chi instruction. She found one. Even though her phone screen is too small to get a clear understanding of all details, it is portable and mobile. She could get a rough idea how a movement looked like when she had a few minutes to spare.

Tai Chi mobile apps started to emerge approximately four years ago. Now the market of Tai Chi apps is flourishing and you can find at least fifty apps for either iOS or Android operating system. There are various Tai Chi styles and forms to choose from. Some are free with ads; some are free demos to entice you to pay for the entire teaching course; most are reasonably priced at \$4.99 or less. However, not all apps are created with the same integrity and expertise. You may want to research the producer and instructor's background before purchase.

Qin said that we are lucky to have so many resources at our disposal. But you cannot learn real Tai Chi by watching instructional DVDs, nor can you learn it from mobile apps. Eventually, you need to learn from a live teacher who can provide feedback. But at least, there is no excuse not to start learning now.

## **SUGGESTED LINKS**

- **Shawn and Heather are saving us big money through Tai Chi & Qigong**
- **A Tai Chi foot stamp broke a heavy stage apart**
- **Ditch the treadmill and try Tai Chi**
- **B2R is a great free tool to reduce stress**
- **Chen Style Tai Chi body requirements**



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