

Tai Chi Assembly Mimics Creatures

By JOE HART

SEA ISLE CITY — The elementary school hosted an assembly in which Tai Chi instructor James Rey demonstrated to the students various poses and movements related to the ancient Oriental practice.

On Jan. 26, Rey explained to the pupils how the originators of Tai Chi, hundreds of years ago, and its predecessor Qigong, thousands of years old, developed the exercises by observing and copying things they saw in nature.

He told them Tai Chi and Qigong practitioners use



Joe Hart

Tai Chi instructor James Rey demonstrates a movement to the students at an assembly at the Sea Isle City School on Dec. 26.

the exercise as a form of meditation and for medical purposes, a kind of self-healing.

Qigong consists mostly of stationary poses while Tai Chi blends poses with series of movements.

Rey showed them poses meant to resemble stationary things such as barrels and trees.

Some movements showed weather patterns like the sun rising and rain falling from a cloud in the sky.

He also showed sequences based on the movements

of animals such as cranes and tigers.

The children really seemed to enjoy the presentation mimicking the graceful moves of the instructor and giggling when they had trouble.

They especially liked when one sequence called for Rey to hold both arms straight up in the air and someone yelled, "touch-down!"

Rey also suggested the younger students could try to draw pictures of the animals the moves were copying, but most wanted

to join in the exercise.

Sea Isle City teacher Jacqueline Shields, Rey's sister, said the school tries to have assemblies like this one periodically to give the students a break from their normal routine.

Rey teaches Tai Chi classes at the South Coast House of Karate in Rio Grande. For more information, call (609) 465-0059 or visit his Web site at www.holistictaichi.com.

Contact Hart at (609) 886-8600 Ext 35 or at: jhart@cmcherald.com