



AIKIDO CORK OPEN CENTRE

## Meditation in Action, Action in Meditation



Grand Master Don Ahn – Tai Chi Sword

## Tai Chi Weapons

**Double Stick / Double Knife:** This form is ruled by wood and fire elements, the Double Stick/Double Knife form improves heart, liver, gall bladder and gland system. This beautiful and at the same time, invigorating and dynamic exercise, is very practical for self-defense.

**Tai Chi Sword:** The Sword Form is ruled by yin (water) energy with regulates all the elimination systems such as kidney, bladder, sexual organs and the glands. This beautiful and graceful Sword dance with its circular movements is a dynamic exercise for increasing Chi (life-force) in the Navel Elixir. Sword training also develops spatial awareness, increases listening power and improves the immune system.

**Tai Chi Knife:** The Knife dance develops health of the large intestine, lungs and skin. The beautiful Knife dancelike movements are faster than Tai Chi movements and involve more turning, sweeping and jumping.

### Cork Open Centre

College Commercial Park (above Ricky Galvin Tyres)  
College/Magazine Road  
Dennehys Cross  
Cork City, Co Cork, Ireland

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