

The topic of this paper is a traditional Chinese health and exercise system called Tchaj-t'i čhüan. In the first chapter I introduce the system's philosophical roots, Taoism, and its connection with social work, and, due to fundamental differences between eastern and western modes of thoughts, I seek to give context, and make understandable the thoughts of and origins of tchaj-t'i. Next I describe what tchaj-t'i means, and a bit about its history. Because Tchaj-t'i has many different schools, it is important to describe each main style, as they all comprise the totality. The following chapter is a description of various styles of Tchaj-t'i art. The fourth chapter is a human connection of its physical and spiritual dimension. Physical dimension is important as spiritual and Tchaj-t'i connects both of them so that person can develop both of them equally. The next part is a discussion of the practical usage of tchaj-t'i, in particular with seniors. The chapter following is about Taoist tchaj-t'i, and is instrumental in giving some examples of this art playing a role in social work. The last chapter concerns my personal experiences with tchaj-t'i čhüan, and observations coming from my personal involvement.