

I was one of the original students of Master Aiping Cheng at the Aiping Tai Chi in the early 1990's. She had emigrated from China and began teaching Tai Chi in Southern Connecticut. I had been thinking of studying this internal martial art for quite a few years, but I am someone who values tradition and the history of how martial arts movements are passed down from generation to generation with different styles. There are always reasons why each of the movements came into being. Master Aiping possessed the knowledge of this history, so I decided to study with her. I also liked her style of teaching and discipline. The class would follow her movements and once we got to a certain point where we could continue on our own, she would apply corrections to modify our movements. It was nice to see each of my classmates progress in their practices. I thought Tai Chi would be easy when I started, but as I learned the movements I realized how difficult it was to go that slow and maintain my balance. We all got through the muscle aches with Master Aiping's encouragement, and we began to experience the relaxation that the practice of Tai Chi brought to us once we focused less on how to perform the movements and more on how to relax into them.