

International Conference on

PHYSICAL EDUCATION, SPORTS MEDICINE AND DOPING STUDIES

August 08-09, 2018 Osaka, Japan



Chi-Hsiu Daniel Weng

University of East-West Medicine, USA

Taiji for maintenance and improved health outcomes: Injury prevention from falls and increased cardiovascular capacity

Adults may experience debilitating injuries as a result of falls. Older adults with impaired balance suffer higher rates of falling resulting in greater incidence of injury. Younger adults generally have lower rates of falls; however, injuries may still be sustained when they do fall. By learning the principles and mechanics of injury prevention through the application of Taiji techniques, injuries resulting from falls can be avoided or reduced. Rarely studied Taiji applications include: Prevention of injury from falls by learning how to fall correctly, development of cardiovascular endurance and improved weight management, and matching specific Taiji techniques to address presented symptoms. Selected Taiji techniques have been adapted to address health aspects that affect an individual's ability to handle their body and mind during an unexpected physical interruption which could lead to an unintentional fall. Reductions in the incidence and severity of injuries were observed in adults that learned these skills. Also noted were additional benefits in overall health from cardiovascular conditioning, with improved muscle strength, tone, and coordination. The application of circular motions, protective movements and actions assist in protecting vital areas of the body during a fall. The fundamental Taiji elements of harmony, flexibility and balance stay consistent and true when applied purposefully to injury prevention. This framework was developed to address both the classical aim of Taiji, referred to as Tao and Do, in China and Japan respectively and additionally to emphasize the areas rarely addressed in the healthcare field which are injury prevention from falls, and increased fitness through cardiovascular conditioning. Other techniques and methods adapted from different styles of Taiji also have been taught and introduced at Therapeutic Taiji Training Course conducted by US Collegiate Taiji Federation annually since 2012.

Biography

Chi-Hsiu Daniel Weng has obtained his PhD in 1987 from the Ohio State University in Physical Education. He is the President of US Collegiate Taiji Federation and the International Shuai-Jiao Association. Currently he is the Dean of College of Tai Chi at University of East-West Medicine, California, USA. He has received numerous awards including Tai-Chi Master of the Year in 2013 from World Qigong Conference in San Francisco and Global Chinese Culture and Arts Heritage Award from the Republic of China in 2010. He has received Tenth Degree Black Belt of Shuai-Chiao from Pan-American Shuai-Chiao Federation in 2008. He won the Gold Medal at Tai-Chi-Chuan, Sung's International All Martial Arts Open Championships at Burlington, VT in 1993. He was an Invited Speaker at the Scientific Congress of the 1988 Olympic Games in South Korea.

drcweng@uewm.edu