Here is a summary of collected research resources on benefits of Tai Chi.

http://members.aol.com/sltcca/research/tairesum.htm#Carbary91

**Summary Of Research On T'ai Chi Ch'uan**

Current research indicates that T'ai Chi Ch'uan is a weight bearing and moderate intensity cardiovascular exercise. Practice of T'ai-Chi Ch'uan can improve balance, reduce falls and increase leg strength. It also lowers stress hormones, enhances respiratory and immune function and promotes emotional well-being. More specifically:

**Balance**
Improved strength, mobility, balance, endurance *(Tse & Bailey, 1992)*
Significant improvement in balance maintained *(Wolfson, et al., 1993 & 1996)*
Other balance related studies *(Judge, et al., 1993)*

**Cardiovascular**
Lowers resting blood pressure *(Sun, 1994), (Sun, et al., 1996), (Young, 1999)*
Low to moderate intensity exercise *(Zhou, 1984)*
Safe exercise for individuals at high risk for cardiovascular disease *(Schneider & Leung 1991)*
May delay decline of cardiorespiratory function in older adults *(Lai, et al., 1995)*
May be prescribed as suitable aerobic exercise for older adults *(Lai, et al., 1993)*
Most recommended aerobic exercise for coronary artery disease *(Ng 1992)*
In relation to recovery from heart attack *(Channer, et al., 1996)*
Other cardiovascular related studies *(Gong, et al., 1981), (Lan, et al., 1996)*

**Elderly or Aging Populations**
General studies *(Ross & Preswalla, 1998), (Sun, 1994), (Lan, et al., 1998),*

**Immune Response (Blood T-Cells)**
Marked increase during and after practice *(Sun, et al., 1989)*

**Mood States (Self Reports)**
Reduced tension, anxiety fatigue, depression and confusion *(Jin 1989)*
Improved mood states, reduction of anxiety states *(Jin1992)*
Reduced Anxiety *(Chen & Sun 1997)*
Other Self Report studies *(Kutner, et al., 1997), (Blinde & McClung, 1997)*

**Reduced Falls**
**Respiratory**
Increased efficiency in use of ventilatory volume *(Brown, et al., 1989)*
Enhanced ventilatory capacity without cardiovascular stress *(Brown et al, 1995)*
Efficient use of ventilatory volume, efficient breathing patterns *(Schneider & Leung, 1991)*
Medical Tribune News Service article discussing research led by Dr. Jin-Shin Lai of the department of physical medicine and rehabilitation at the National Taiwan University Hospital in Taipei.

**Stress Hormones (Salivary Cortisol Levels)**
Significant drop during and after practice *(Jin 1989, Jin 1992)*

**Weight Bearing Exercise**
No exacerbation in joint symptoms of individuals with RA *(Kirstens, et al., 1991)*
Alternative exercise therapy as part of Rehabilitation Program *(Kirstens, et al., 1991)*
Increased joint flexibility *(Sun, 1994 and 1996)*

**Other Anecdotal Benefits Referenced**
Relaxation therapy for chronically ill *(Jin 1992)*
Therapeutic action for diminished range of motion *(Kirstens, et al., 1991)*
Reduced blood pressure, improved muscle relaxation and flexibility *(Chen & Sun 1997), (Sun 1994 and 1996)*
And Dementia *(Gibb, et al., 1997)*

**Other General Studies**
Other studies *(Kirsteins, 1998), La Forge, 1997), (Lam, 1998), (Lutz, 1996)*

**Research References**


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**Abstract**


**Abstract**


**Abstract**


**Abstract**

Smith, CE. Preventing falls in the elderly.  


**Abstract**


