



## Documentaries

Looking further beyond the practice of Tai Chi

**1 - Tai Chi Spirit** 1hr 12mins.

Master JianFeng Chen takes a 14year old student to China for 3 months to learn Tai Chi and more.

[TAI CHI SPIRIT - \(documentary\) FEATURE FILM](#)

**2 - Taoism's World Changing Wisdom** 55mins.

George Thompson's journey into the life of Tai Chi Master Gu and an insight into the Taoist Way.

[Taoism's World Changing Wisdom \[DOCUMENTARY\]](#)

**3 - Dr Michael Mosley puts Tai Chi to the test** 2mins.

[BBC Two - Trust Me, I'm a Doctor, Series 8, Episode 6, Michael Mosley puts Tai Chi to the test](#)

**4 - What is Qigong - part 1** 11mins.

Sifu Shi Heng Yi explains what Qi Gong actually is and how to practice correctly.

[What is Qi Gong: Part 1 · Purpose and Discovery](#)

**5 - What is Qigong - part 2** 15mins.

Sifu Shi Heng Yi explains what Qi Gong actually is and how to practice correctly.

[What is Qi Gong: Part 2 · Ways to Practice and Focus](#)

**6 - What is Qigong - part 3** 8mins.

Sifu Shi Heng Yi explains what Qi Gong actually is and how to practice correctly.

[What is Qi Gong: Part 3 · Different Forms and Benefits](#)