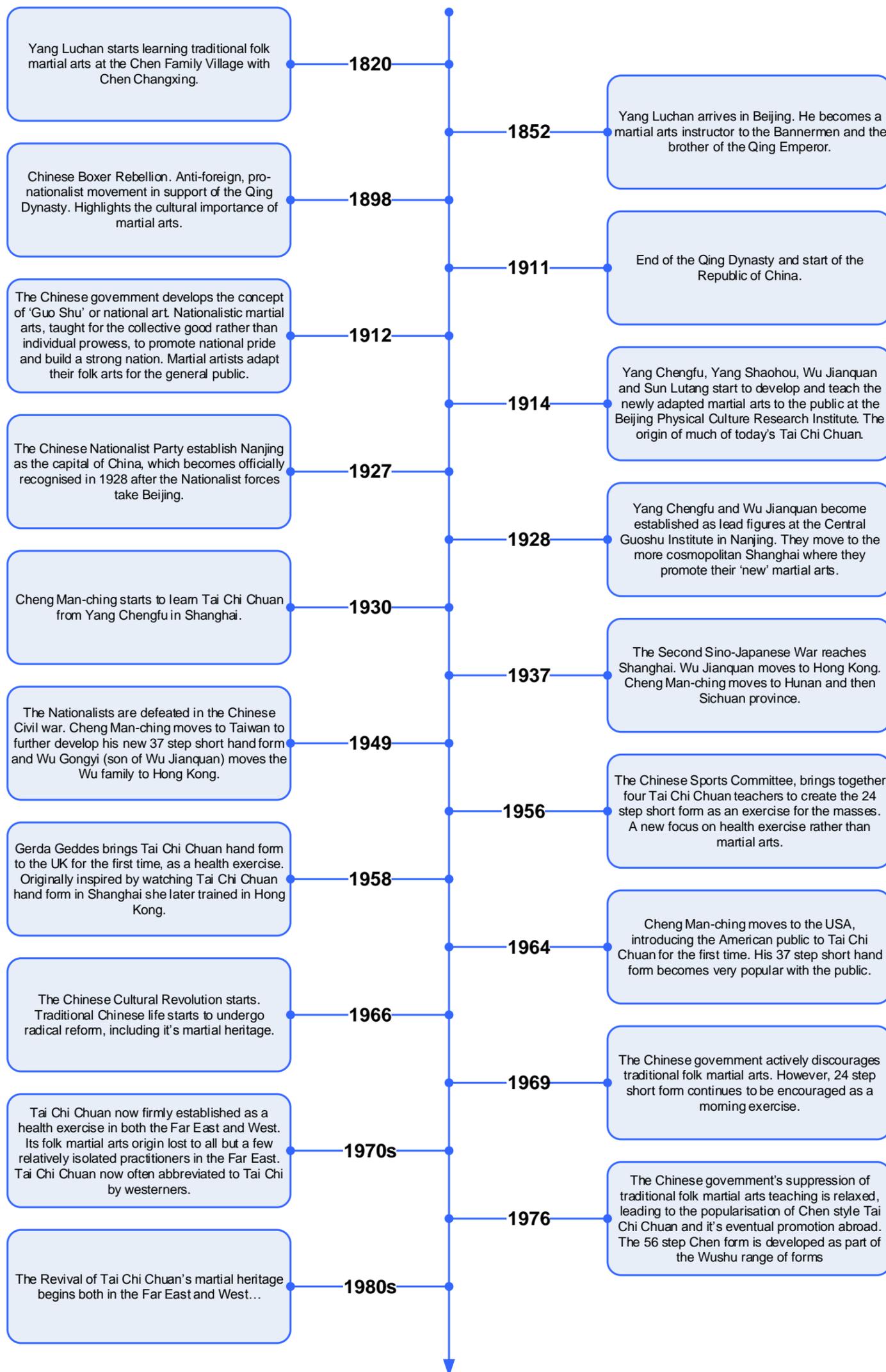


# Tai Chi Chuan Timeline

## From Martial Art to Therapeutic Art

### (The popularisation of Tai Chi Chuan as a health exercise)



**Please Note:**

It is the designer's intent to present an unbiased presentation of Tai Chi Chuan history and not to be controversial. All the information provided is either factual or deemed to be the generally accepted narrative.