



TAI CHI EXPERT: Choyous Choy with his marrow plants in Cornwall yesterday.

## African marrows prove good for the spirit

CORNWALL'S resident Tai Chi master and organic gardener, Choyous Choy, prepares to plant his African marrows.

"We must make our inner compost," says Choy. "Chi energy runs in all living things and we must learn to be aware of it and cultivate it ourselves."

Choy has a martial arts background, but has taught Tai-Chi Chuan for 20 years in America, France and has recently set up the Rainbow Tai-Chi Chuan college at The Firs, Goonhavern, near Truro.

He runs regular classes in the county to improve

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mental, physical and spiritual health and promote longevity.

Those who have been on holiday in China, Hong Kong and other Far East centres may have watched dozens of people carrying out their "gentle" exercises in calm and silence at early morning and evening.

Chi Kung Day in Nature has just been held, focusing on learning seven Chi Kung exercises, with lectures, exercising, practice and demonstrations.

Choy, who has just turned 40, is a Chinese born in Malaysia, who

came to Cornwall two years ago and set up the college.

"We have been accepted here very well," he said last night, "and there are videos about our work, Tai-Chi and Chi Kung in the Cornish libraries.

"It is a gentle exercise in appearance and shows the use of energy to improve life. For thousands of years it has connected people with their energy. Archaeological findings in China have shown the art goes back 8,000 years."

The recent course went well and another is planned for June 19 because of the high interest.