At the event, the MC can add the following.

This short form is a meditation in movement and exercise designed to massage internal organs (liver, intestines, stomach, spleen, kidneys, etc.).  Also to give flexibility to the spine, to create a better sense of balance, stretch the tendons and tone muscles in the arms and legs.

There is a martial arts aspect involved in Tai Chi Chuan (the name means "Grand Ultimate Boxing"). Most of the movements can be described physically in terms of attack and defense.

 Tai Chi Chuan should be practiced every day, it should not however be something that you have to make yourself do but rather be something that you want and like to do, it should be fun rather than a chore.