

This thesis is addressed to chinese martial art Tai Chi, which it wants, among other things, to introduce on the basis of information acquired from evidence based medicine studies.

This thesis presents basic pieces of knowledge about Tai Chi and its appropriate effect on patients with cardiovascular diseases, osteoarthritis, rheumatoid arthritis, Parkinson disease and balance disorders. It also considers the usage of Tai Chi in fall prevention among the elderly, biomechanical characteristics and effectiveness of Tai Chi on mental state of human being. This work also briefly compares Tai Chi with other approaches from the field of kinesiotherapy and physiotherapy.