

Isolation/confinement studies for human space exploration”



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VIET TAI CHI FOR ASTRONAUTS

The practice of VTC in the psycho-physical training of space crews

Guidelines

VIET TAI CHI
art of
strength and
happiness



Rome, 31 March – 2 April 2025





Vietnamese
School of Tai Chi

Viet Tai Chi
Europe



Viet Tai Chi Italia

ASD Thien Mon



Tai Chi

- A discipline for the psycho-physical well-being of everybody
- A tool for dealing with difficulties
- A way of treatment and prevention

Tai Chi from a Martial Art to a Health Discipline

Viet Tai Chi has deep roots and a complex and efficient structure for

● Practice ○ Teaching ● Training ○ Research

Tai Chi has acquired an important role in the psycho-physical preparation of operators in confined environments

American NASA and Chinese XunTian Tai Chi are already studying the effects of Tai Chi on space flight



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journal homepage: www.keaipublishing.com/smhs

Tai Chi intervention improve the level of emotional regulators in the Controlled Ecological Life Support System?

Yanming Wu^b,
Zanlei Wang^a

China Astronaut Research and Training - with the development of the XunTian Tai Chi model

MOJ Applied Bionics and Biomechanics

Open Access

Biomechanical aspects of Tai Chi Chuan as a countermeasure against health threats during space flight

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to establish human settlements on the Moon and Mars in the near future, the use of cutting-edge artificial intelligence (AI) to help astronauts stay physically fit during long-term spaceflights by reviewing existing aerobic exercise protocols and that traditional Tai Chi Chuan may be a good choice to help astronauts maintain

American NASA

From Earth to Space - From Space to Earth



The aim of this study

Guidelines that can be used in
training programs

Developed by the AstroVTC group
of the Thien Mon Center.

Viet Tai Chi Training

Breathing

Movements

Meditation
in motion

Mind
Body
Balance

Here and
now
Meditation

Mental
practice

Breathing

Mind
Body
Balance



Viet Tai Chi Training

- Training suitable for everyone
- Basic training
- Personalized routine for particular situations

VTC has been present in Italy for over 40 years. Under the guidance of the Technical Director GM Bao Lan, it has trained over 200 Instructors and 30 Masters. The VTC centers are distributed mainly in central and northern Italy; every year 4 national stages and 6 regional stages are scheduled with the attendance of hundreds of practitioners.



Viet Tai Chi Training

- Regulation of the sleep/wake rhythm
- anxiety attacks
- performance stress
- enduring an MRI closed in a tube
- facing months of solitude
- cohabitation with others in restricted spaces.
- extreme weather conditions



Why VTC is perfect for our purposes



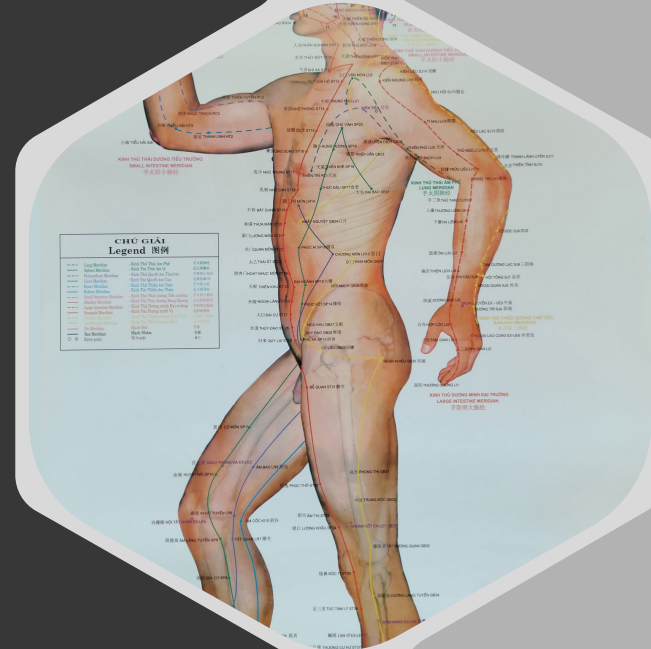
- suitable for everyone
- no tools needed
- easy to learn
- aligns mind and body in the present moment
- friendly method to achieve goals
- roots in tradition / modern approach





Building partnerships

ASTRO
VTC



From a great heritage of exercises, energetic and concentration practices,

From Viet Tai Chi School

Creating guidelines

Provide HandBook, Training courses

we gain emotional release and increase in physical and mental strength and resistance



Creating tools

With Institutions / ongoing or starting Projects



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Centro Thien Mon



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Thank You!

For listening. I hope that our project has met your interest.

For any information I invite you to write to the ASTRO VTC Group at the contacts you see in this slide



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