



T'AI CHI CHUAN for health, fitness & more...

- Looking for a way to get fit and stay fit?
- Fed up with mindless exercise routines?
- Wary of 'New Age' mystical nonsense?
- Fancy a system which exercises both the mind & body?
- One with a history going back hundreds of years and which has been at the King Alfred for over 25!

Then why not try the Practical Wudang Style of T'ai Chi Chuan which hails from China via Hong Kong and has 5 components:

1. **Dao Chuan** the slow flowing Hand Forms
2. **Tui Shou** or Pushing Hands
3. **San Shou** or Self Defence Techniques
4. **Traditional Weapons** Forms and Techniques
5. **Nei Kung** and other strength & stamina training.

Most people only want to practice the first two components, which is fine by me, and you can do this every Thursday evening from 8-9pm. Cost is £6.50 including Dryside Entry Fee to the KA.

The hand form and pushing hands exercises will certainly improve your health and fitness. However, there is so much more. When you have some experience, you can stay on from 9-10pm when we concentrate on the practical self defence techniques from the hand form, weapons forms & techniques, conditioning exercises and more competitive tui shou.

SO, COME ON, START YOUR T'AI CHI JOURNEY THIS WEEK

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