

Beginner Level Tai Chi

Instructor, Ken Crossley

Tai Chi is a Chinese Martial Art that is primarily practiced for its health benefits, including a means for dealing with tension and stress. It also improves balance and muscle control.

Tia Chi emphasizes complete relaxation and is essentially a form of meditation, or what has been called "meditation in motion".

The style that I teach is Tai Chi Chuan. This simplified or Twenty-four movement was developed in 1956 by the sports committee of the People's Republic of China based on the traditional Yang Style Tai Chi.

Although a gentle activity it does provide a full body workout and practitioners with any kind of physical impairment or illness which may be exacerbated by physical exercise should consult their physician before participating.

The committee are presently looking for a suitable outdoor venue with a hard level surface that would permit a class of 10 persons to meet weekly on a Monday morning for two hours each session for a 10 week period. Classes would commence at 9:30 a.m.

Suitable attire is a loose fitting track suit and supportive athletic shoes. Shorts and uncovered shoulders are not considered suitable.