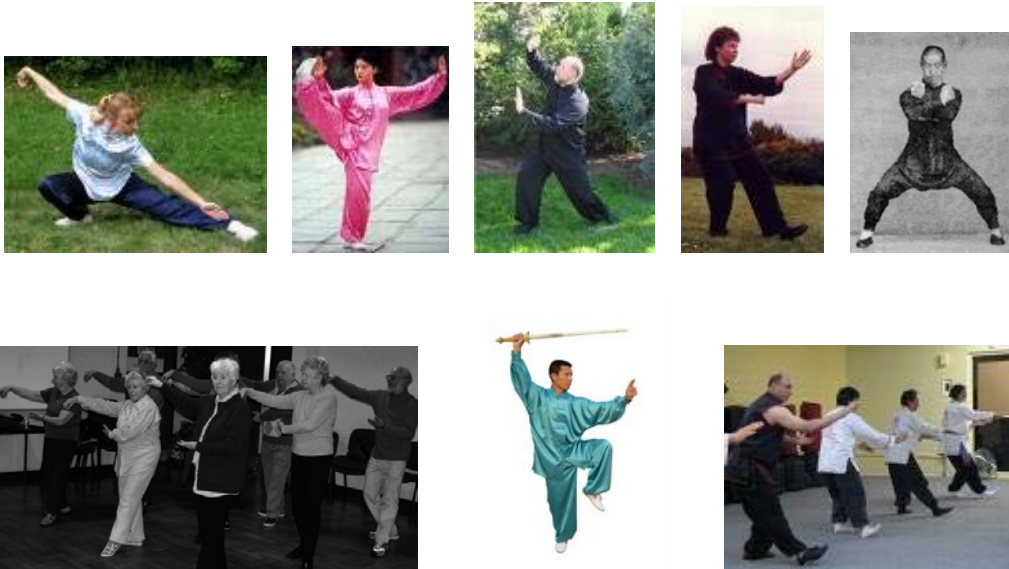


Tai Chi



Tai Chi for Beginners

Mondays: 5:30 p.m. – 6:30 p.m.

Instructor: Mike Garofalo, M.S.

Tehama Family Fitness Center

Red Bluff, CA 530-528-8656

We will be practicing the Chen Style of T'ai Chi Ch'uan, created in 1650 in China. This is the oldest and most vigorous of the T'ai Chi Ch'uan internal martial arts styles. We will be learning the Chen Style Qigong (warm up routines), the beautiful Chen Style Taijiquan 18 movement short form, the Chen Taiji Ball (medicine ball) exercises, and Tai Chi theory. We will follow the traditional, Old Frame, Chen T'ai Chi Ch'uan training as taught by Grandmaster Chen Zhenglei. Chen Style T'ai Chi Ch'uan is suitable for persons of any age who can walk continuously for one hour.

More Tai Chi Information can be found at Mike Garofalo's extensive *Cloud Hands* website:
<http://www.egreenway.com/begintaichi.htm>