

Tai Chi Chuan



Mondays: 5:30 p.m. – 7:00 p.m.

Saturdays: 9:30 a.m. – 11:00 a.m.

Tehama Family Fitness Center

Red Bluff, 528-8656

Standard Short Taijiquan 24 Form in the Yang Style

Qigong (Chinese Yoga) Exercise Routines

Yang Family Traditional Taijiquan Long 108 Form

Eight Immortals Cane Form in the Yang Style

Tai Chi Kung Fu Fan Form I by Grandmaster Li Deyin

Standard Sword 32 Form in the Yang Style

Sun Style Taijiquan Standard Competition 73 Form

Instructor: Mike Garofalo

T'ai Chi Ch'uan is a popular exercise, self-defense, and mind-body arts system from China. It emphasizes graceful, balanced, focused, quiet, flowing movements.

T'ai Chi Ch'uan information can be found at Mike Garofalo's extensive *Cloud Hands* website:
<http://www.egreenway.com/taichichuan/>