



TAI CHI

Parts 2 and 3

Who should take this course?

Anyone who has completed the 12 week beginners' course (aka Part 1 the Classical Long Form).

I'm not real comfortable with Part 1 of the form, should I take this course?

You do not need to feel 100% confident with Part 1 of the Tai Chi form in order to continue with Parts 2 and 3. As a part of this continuation course, you will frequently review Part 1.

About Push Hands ...



Push Hands is an exercise performed by two people who wish to improve their Tai Chi skills. It provides Tai Chi practitioners with a format to test and improve upon their relaxation, flexibility, timing, balance, poise and numerous other qualities while in contact with another person. Call for more info or to observe a class!

This program includes ...

- ✓ Reviewing Part 1 of the Tai Chi form
- ✓ Learning Parts 2 and 3 of the Tai Chi form
- ✓ Tai Chi Applications and Theory
- ✓ and an Introduction to Push Hands.

New Groups Will Start ...

Sunday, Sept. 19, '10
9:30 - 10:45 am

Instructor: Meg Holmes

Wednesday, Sept. 22, '10
8:00 - 9:15 pm

Instructor: Paul Blake

Pre-registration is required!



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For More Information or to Register, Call 978.475.2020