

# T'ai Chi Ch'uan

T'AI CHI CH'UAN is an exercise method that is approximately 400 years old. Created in China, it was originally a martial art used for self defense. Over the past 70 years, the emphasis on T'ai Chi Ch'uan as a martial art has lessened and its promotion as a low impact aerobic exercise for all ages has grown.



T'ai Chi Ch'uan practice has been shown to help in reducing stress, improve overall health and flexibility and can help people suffering from chronic ailments such as hypertension.

THE CLASS accepts all interested people beginning at age 15. There is no experience required. Modifications are made to accommodate all health and fitness levels. The correct alignment of the body is emphasized to avoid stress and injuries. This class is ongoing and new students are accepted at the beginning of each month. Students are encouraged to progress at their own pace. A typical class starts with group warm ups and basic movement training. From that point, different groups are formed to allow students to work at their own level with group and individualized instruction.

THE CLASS ATTIRE should be loose fitting and comfortable. Jogging type pants and T-shirts are ideal. Soft, flexible tennis or court shoes are recommended.

THE INSTRUCTORS are Greg and Betty Watson. They have been practicing Tai Chi since 1982. They are long time senior students of Grandmaster Jurong Wang and her husband, Dr. Chemgde Wu. Greg and Betty have also studied with Grandmaster Wang both in the U.S. and in China. They have taught T'ai Chi Ch'uan at Rice University and several local health centers.

Class meets Monday and Wednesday Evenings 7:00 p.m. - 8:30 p.m.



# T'ai Chi Ch'uan — Registration Form

(Class Has a Continuous Enrollment)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

WORK PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

CLASS: \_\_\_\_\_

DAY: \_\_\_\_\_

Fees:	1 month	3 months
1 class per week:	\$30	\$75
2 classes per week:	\$40	\$100

Family/household discounts are available.

The first member of a household pays full price and subsequent household members pay half price.

Make checks payable to Greg Watson and enroll by returning this form and fee to Greg Watson, 15631 Mira Monte Drive, Houston, TX 77083

For more information, call Greg at 832-423-8214

Please fill out and sign Activity Center release form for this activity.

**Please bring a can of infant formula to help LIFE/Houston.**