

TAI-CHI CHUAN

太極起式

**Classes taught by Andy Arvidson
Monday and Wednesday 9:00 – 10:00 AM**

Thursday 6:30 – 7:30 PM

\$10 per class

(Free for Silver&Fit[®], Active&Fit[®] and Renew Active Members)



Learn Wu Style Long Form

Tai-Chi is the national exercise of China, and consists of gentle, slow movements designed to increase flexibility and coordination, reduce stress and improve circulation. This class focuses on the foundational “chi” (lifeforce) enhancing exercises, plus the Long Form, a series of 108 flowing movements. It is said “*Tai-chi can be used by people of any age to develop energy and rejuvenate the body.*” (*The Tao of Tai-chi Chuan – Way to Rejuvenation*)

Instructor, Andy Arvidson has been practicing Tai-Chi since 2007. He is also a Moo Duk Kwan practitioner in Soo Bahk Do (the traditional Korean Karate) and is currently an O Dan (5th degree black belt) training in that style since 1997.

**Classes at Anacortes Soo Bahk Do - 2117 O Avenue - Anacortes, WA - 98221
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