

# TAI CHI

## → INTRODUCTION TO TAI CHI

Tai Chi is a slow-moving Martial Art Form which promotes good circulation, builds strength, stamina and flexibility. Movements are slow and flowing, natural and easy on the joints. Join in and experience Tai Chi.

### **George Graf** **Tai Chi Instructor**

George Graf has been studying Tai Chi since 1993 and teaching since 1996. As a senior student of Wudang Master Yun Xiang Tseng, George has trained in numerous forms of Tai Chi and Martial Arts.