

T'ai Chi Ch'uan

T'ai Chi Ch'uan (taijiquan) is an exercise of the body, of the mind and of the spirit. It is about self-cultivation.

Some people call T'ai Chi a relaxation exercise and to others, it is a martial art. Still others view it simply as a health maintenance system or as a method of moving-meditation". In fact, T'ai Chi is all these things and more.



T'ai Chi is a meditative martial art, created in China and rooted in the Chinese philosophy of Taoism – a philosophy of naturalness. Taoism seeks a harmonious way of life – a life which lends itself not just to survival, but to a quality existence. Taoist thought asserts that it is humankind's refusal to regard itself as part of a greater order that causes confusion, ignorance and unhappiness.

With T'ai Chi nothing is overlooked, all the ingredients of life being of equal importance. What one eats, how one exercises and the way one acts are as important as what one thinks and believes. To be sensitive, open, spirited, poised and in tune with Nature are qualities that would benefit anyone. These are the goals of T'ai Chi.

Benefits of T'ai Chi:

- ✓ **Clear Mental Activities**
- ✓ **Emotional Harmony**
- ✓ **Physical Well Being**



At Grapevine Martial Arts, we teach "Yang style" T'ai Chi. It is a low-impact activity, and you need not have any other experience in Martial Arts to participate.

Regular T'ai Chi classes begin with a series of classical 'warm ups' of Qigong, which balance breathing and energy, and controlled spiral power training exercises. T'ai Chi promotes calm, harmonious physical and emotional well-being.

Classes meet on Tuesdays & Thursdays 7:35pm to 8:20pm | Uniform required | call for pricing
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www.grapevinema.com