



Karate Institute presents **Tai Chi**

The original martial arts exercise program to build
strong muscle and bone. Low impact non-aerobic exercise.

“Tai Chi can help reduce the risk of falling among older people, confirms a recent in study of the *Journal of the American Geriatric Society*, which include 700 healthy people over 60. Those who took Tai Chi once a week for four months improved their balance and suffer one-third fewer falls than those “wait-listed” for the class. And the benefits lasted at least two months after the class ended.” -University of California Berkley Wellness Newsletter, December 2007,

Benefits of TaiChi:

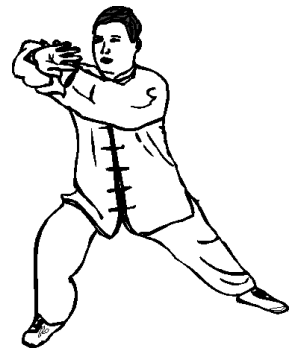


Reduces:

- Daily Stress
- Back Pain
- Hypertension

Enhancing:

- Coordination
- Endurance
- Balance
- Flexibility
- Cardio Vascular Functions
- Circulatory Functions,
Including extremities (hands & feet)
- Muscle Tone and Strength
- Mental Focus



Six Week Session Classes Monday and Friday

Time: 8:30 - 9:30 pm

Learn:

Ancient QiGong, 24 Step Form, Pushing Hands,
Learn Self Defense Application

Tai Chi Weapons: Fan - Sword - Staff
and other Internal Martial Art Disciplines.

Cost \$79.00

KI Members: \$69.00

David Flugum, is a 30+ years practitioner and teacher of the Oriental Internal Arts of TaiChi Chuan and PaKua Chuan. Clothing requirement are loose fitting and tennis shoes for the occasional TaiChi outdoor class.



For More Information Next Session or to Register call: 440-951-0463
or email KIKAMentorKarate.com.

Karate Institute, 7667 Mentor Ave. Suite 102, Mentor, Ohio