



Ji Hong Wushu & Tai Chi College

基宏武術、太極拳學院

Calgary Fall Session 2010, Open House

Taichi and Wushu Demonstration

- Date:** September 12, 2010
- Time:** 2:00 - 3:00 p.m. Taichi and Wushu Demonstration
3:00 - 4:00 pm questions and registration
- Location:** Ji Hong Wushu & Tai Chi College, Calgary
5939 – 6th Street, NE Calgary



Taichi Itinerary includes the gentle and graceful Yang Style, the powerful and rhythmic Chen Style and the elegant Yang Style Taichi Sword.

Wushu Itinerary includes the energetic and acrobatic Changchuan, Nanchuan and Weapons (Sword, Saber, Staff and Spears)

Some frequently asked questions on Wushu and Taichi:

Why learn Wushu? Wushu is an excellent exercise for developing muscular strength and stamina and flexibility. It helps practitioners to improve on co-ordination and concentration. Wushu helps foster discipline and team-work.

Why learn Taichi ? Taichi is an aerobic exercise with proven benefits on balance control, cardiac-vascular health and overall conditioning of the mind and body. It can be practiced at different levels of intensity, and is therefore suitable for all ages.

Why learn Wushu and Taichi at Ji Hong College?

- Professionally trained coaches with proven teaching skills and leadership.
- Comprehensive programs covering major styles of Taichi and Wushu.
- Accredited International Wushu Judges offer guidance to Wushu athletes.
- Proven results with success at major Taichi and Wushu championships.

