



# Ji Hong Wushu & Tai Chi College

基宏武術、太極拳學院

## 2011 Calgary Winter Session Open House

### Taichi and Wushu Demonstration

**Date:** January 16<sup>th</sup> 2011

**Time:** 2:00 – 3:00 p.m. Taichi and Wushu Demos  
3:00 – 4:00 p.m. Information & Registration

**Location:** Ji Hong Wushu & Tai Chi College,  
5939 – 6<sup>th</sup> Street, 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.



2010-11-30