Ji Hong Wushu & Tai Chi College
基宏武術、太極拳學院

2011 Edmonton Winter Session Open House

Taichi and Wushu Demonstration

Date: Sunday, January 09th 2011

Time: 2:30 – 3:30 p.m. Taichi & Wushu Demonstration
3:30 – 4:30 p.m. Information

Location: Ji Hong Wushu & Tai Chi College, Edmonton
11203 – 105th Avenue, Edmonton

For more information, visit **www.jihongtaichi.com**

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
- Classes are held at two locations: Downtown 11203 – 105th Avenue
  Southside #219, 9148 – 23rd Avenue

2010-11-30