

UCR T'ai-Chi Ch'uan Classes

T'ai-chi ch'uan (Taijiquan) is an Internal Form of Kung-fu but today is primarily practiced today as a "Mind-body" and Health Promotion exercise. It is one of the best stress reduction methods. It is a low intensity exercise, low impact, suitable to people of all ages and fitness levels. If you can walk, you can practice t'ai-chi. People take our t'ai-chi ch'uan classes to Improve their Health, Reduce Stress, Improve or lower their high blood pressure and improve their balance, as well as a traditional martial art. **Always check with your physician before starting a new exercise program.**

The Instructor is Harvey Kurland, MSc, MFS, CSCS who is a Certified Chief Instructor by the Chinese Tai Chi Chuan Association. Kurland is also certified by the American College of Sports Medicine, National Strength and Conditioning Association, and International Sports Sciences Association.

University of California Riverside - UCR

All UCR T'ai-Chi Classes are Open to the Public:

UCR Recreation (909) 787-5731; UCR Extension (909) 787-5801

Kuang P'ing Style Beginning/ Continuing T'ai-Chi at UCR Student Recreation Center, Wednesdays at 6:10 PM. Must sign on or before the first class. Starts September 29th until December 1st, 2004. Call 787-5731 www.dotaichi.com.

Beginning Yang Style T'ai-Chi Ch'uan, UCR Student Recreation Center, Monday and Wednesdays at 11:10 AM. Starts September 27th until December 1st. Call 787-5731. Symmetrical Form of Yang Style. <http://src.ucr.edu/classes/classes.html>.

T'ai-Chi Weapons Class: Sword and stick, UCRSRC Starts September 28th until Nov 29th. 7:00 PM call 787-5731

Advanced Tai Chi Chuan Class UCRSRC starts September 29th. Must have completed the 28 form class. 787-5731

UCR Extension T'ai-Chi Class Starts September 28th. Beginning Classes Tuesday Nights at 6:30, Advanced at 8:00 PM Call 787-5801 for information.

www.dotaichi.com