

Tai-Chi



Class...

Loose fitting clothes ~ slippers, socks or bare feet

All ages - no limits ~ Men & Women

Tai-Chi

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Who?....



Master Liang Shen,
5th Dan Wu Shu Master



Former Chief martial arts instructor at Shanghai University

Where?..

K2C Martial Arts & Fitness Centre

Unit 3 North Point Business Park Blackpool Cork



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Tai-Chi

is

Gentle fluid movement which relaxes, balances, strengthens and heals both your body & your mind

A martial art with an ancient history. Refined over many generations into an extraordinarily intelligent and efficient method to exercise the human body physically and mentally.

why?

Easy way to increase flexibility and strength

De-stress, become calm & relax

Feel better & be healthier

Safe, simple and it's enjoyable

Tai-Chi

but really? . . .

Yes, it improves your energy and well being through better breathing, efficient body movement and resulting enhanced health

An American Medical Association paper reviewed 47 different medically valid studies on the effects of taking up Tai Chi. For people who were already chronically ill it concluded; *

“Improved balance and strength”

“Lowered blood pressure”

“Reduced stress and anxiety”

“Improved cardiorespiratory function.”

“Improved function of parasympathetic nervous system”

“Increased total number of circulating T-cells” (*Immunity*)

“Higher levels of health ... wellbeing...lower levels of depression and psychological distress”

“Enhanced muscular strength and endurance”



Source. * *Arch. Intern. Med.* Vol 164. Mar 8, 2004.