



REAL KNOWLEDGE
REAL SKILLS



RELAXED, NON-
COMPETITIVE
ATMOSPHERE



FUN, SAFE, GENTLE
EXERCISE

How to Learn Tai Chi

Tai Chi must be learned slowly and progressively. We start with basic exercises, plus slow, static stretches that simulate movements within a Tai Chi form, or allow the fullest development of these movements.

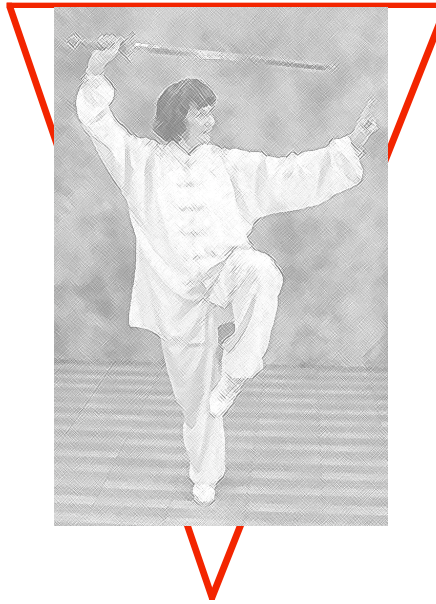
The next step is to learn the correct way of the formal movements, stressing flow, circularity, coordination and balance.

Then developing chi, intrinsic energy, comes next. This comes from learning to use the body as a whole unit.

Once a feeling of chi is achieved, training the flow or direction of chi to where one wants is the next step.

Starter Programs are only \$20 for 4 lessons. Many health insurance's cover 3 months or more of training per year.

There is no time like now, to start your training at Bill Adams' Martial Arts & Fitness Centers!



Bill Adams'
Martial Arts

**3211 Transit Road
Elma, New York 14059**

Call (716)-668-5004

www.bestinmartialarts.com



**Bill Adams' Martial Arts &
Fitness Centers presents:**

Tai Chi Chuan

for health, fitness, and self-defense



instructed by Bill Adams

• 30 years training Tai Chi

• Member 1993 US National Tai Chi Team

**• Demonstrated and competed in
mainland China**

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ABOUT TAI CHI CHUAN

Tai Chi is a centuries old Chinese art developed originally as a fighting art, but refined as a health and fitness regimen.

In parks throughout China every morning, 300 million people start the day with Tai Chi. The youthful energy and grace of these senior and middle age adults is inspiring.

The movements are done ever so slowly. The practitioner becomes aware of every subtle shift of balance and the principles behind the movements. The Chinese believe that Tai Chi promotes health by building and regulating the flow of Chi (life energy force) from it's gathering place in the abdomen, tan tien, throughout the body. Western and eastern doctors agree that Tai Chi's slow and rhythmic movements calm the mind, while the body is gently stimulated and exercised.

It is a great workout! There is no impact, and although the practitioner should never get out of breath, it really works a wide range of muscles, enhancing flexibility and strength.

ABOUT OUR INSTRUCTORS

Bill Adams is the head instructor and teaches our instructional staff, intermediate / advanced classes, outside seminars and at several senior centers and businesses.

Mr. Adams has produced numerous videos on tai chi, and co-authored articles and research for tai chi publications, as well as medical journals. He, and Penny Klein ,PT, EdD are often cited as authorities.

Mr. Adams helped design a fall-prevention exercise program for the frail and elderly with dementia and alzheimer's that is a standard in senior adult care facilities across New York State, and now found in many facilities across the USA.

Bill was already a respected martial artist in Japanese arts like Karate and Judo, when he learned Yang Style 108 Form in 1981. Several years later his friend Nick Gracenin, encouraged him to study further. Bill trained extensively with Nick, who is well respected in the Chinese Martial Arts community, and has also trained with Masters Bow Sim Mark, Liang Shou Yu, Madame Wang Ju Rong, Master He Wei Qi, among others. These and other famous instructors polished his form, explained applications and taught "chi" development.

Mr Adams won a position on the 1993-94 US National Tai Chi team, placing in a national event in Baltimore, then competing in China. In December of 1993, he spent nearly a month in China, and trained with many notable Master instructors like Fu Wen Lung, Wang Pei Sheng and Xia Bai Hua.

Current instructors include Diane Matthews, Judy Bonafede, Phyllis Lobbins, Pat David, Bill Klein, and Penny Klein. There are senior students and associate instructors that assist them, of high skill that include Wim Lam, Stan Dunn, David Mosher. We are proud to have them as friends, and of their accomplishments in tai chi.

Need info on class schedules, curriculum, videos, upcoming events? Visit us on web!

www.bestinmartialarts.com

Questions & Answers

Q: I'm 67 years old and have some arthritis. Can I do Tai Chi?

Many arthritis and MS patients are encouraged by their doctors to do Tai Chi. Almost everyone can do Temple Exercises and 12 Form after 1-2 months of work. The student controls the intensity of the workout by their stance height. Anyone with serious medical problems should consult a physician for approval.

Q: Before I start, should I get in shape first?

I have heard many people say, "When I get in shape, I will try tai chi.!" This is an excuse, a barrier that prevents people from ever starting. Classes are gradual in workout, and new beginners are given separate attention.

Q: Will I be able to defend myself after taking Tai Chi?

Self-defense is not our primary concern: health and fitness are emphasized. We do teach applications of movements and also at intermediate levels, "Push Hands", but this is more to correct performance.

Q: How long does it take to get good at Tai Chi?

Frankly it takes 3-6 months to get a basic understanding, learn basic sets of movements, memorize and do with confidence. One year yields real and demonstrable results, 4 years lasting accomplishment.

Q: How often should I come to class? Should I practice at home?

2-3 times per week in class and 15-20 minutes a day is optimal.

Q: What are the benefits of training in Tai Chi?

Regular practice yields a fairly high level of physical fitness and good health for life.

Studies have shown tai chi to have a remarkable curative effect on chronic disease such as hypertension, insomnia, lower back pain, ulcers, and cardiac disorders. The effects of asthma, diabetes, arthritis and multiple sclerosis have been reduced, many patients leading fuller lives.