

Tai Chi 4 Kidz



Why Tai Chi for Children?

Tai Chi works to integrate the mind and body, skeletal and muscular systems, and left brain and right brain. In physical terms, this centering is built around an awareness of moving with good posture and from a low center of gravity, or the vertical axis

- To improve breathing, focus, concentration, visualization.
- Improve flexibility
- Improve Balance and Calmness

What will you learn?

Warm Up Exercises:

- Neck - open door and looking straight ahead
- Shoulder - Invisible circles and gathering sun beams
- Spine - bear stretches and turning ball
- Hips - feel the pebbles and side kick
- Knees - Kicks and punches

The Tai Chi Set:

- Form 1 - Commencing
- Form 2 - Open and Close
- Form 3 - Brush Knee x 3
- Form 4 - Kicks
- Form 5 - Wave Hands
- Form 6 - Stroking Bird's Tail
- Form 7 - Closing

Tai Chi is an ancient Chinese Internal Martial Arts, which focuses on slow movements used to improve balance, coordination, concentration, awareness and timing. The student will learn the short form of Tai Chi Chuan and focus the mind on the body during exercise, sports and daily life.



Tai Chi 4 Kidz is a specially designed tai chi program, which is designed with fun activities to develop children's concentration and coordination.

Register at:
**Clermont Arts &
Recreation Center**

Classes begin June 10th | 2pm – 3pm
June 10th – July 29th
8-weeks: \$60
(Minimum 5 | Max 10)