

T'AI CHI BROADSWORD WORKSHOP



The broadsword has a long history in China, with many battles fought and won. Soldiers were able to quickly learn how to use it, with little time and practice before being thrust onto the battlefield. In tai chi we use the broadsword to expand our knowledge of qi cultivation, while learning a form that is martial in practice while retaining the sophistication and spiritual refinement that ideally results from all tai chi forms. *"The broadsword should be performed with the spirit of an angry tiger racing down the side of a mountain."*

Where: ClubFitness Oak Branch, 21-A Oak Branch Drive,
Greensboro, NC
When: Saturday June 13 1:00 – 4:00 PM
Fee : 79.00
Call: 336-447-5122 for more info and to register by phone



(Register at: www.silktigertaichi.com or
remit cash or check payable to: Eric Reiss