



Tai Chi Form & Fight!

with Shifu Eric Reiss

In this workshop we will study tai chi with emphasis on numerous self-defense applications for each posture.

Beginners (*no tai chi experience!*) and experienced practitioners alike will benefit from this hands-on workshop, as will students of all other self-defense systems. T'ai Chi Ch'uan literally translates as "Supreme Ultimate Fist." Understanding applications ensures accuracy, focus and improved health benefits through proper qi circulation!

Cloud Forest Martial Arts Greensboro Martial Arts Academy

719 Gate City Blvd., Greensboro, NC

(Park on left side of building)

10am – 2pm Sunday September 13, 2026

Fee - 85.00

Register – www.silktigertaichi.com
or use QR code

Tai Chi Form & Fight!
Workshop



Your instructor, Shifu ("expert teacher") Eric Reiss has 55 years' experience in the practice of Tai Chi Chuan, the Taoist art of exercise (qigong), meditation and self-defense. In addition, he holds the Rank of Black Belt in Neko Ryu Goshin Jitsu. He is Chief Instructor of Silk Tiger School of T'ai Chi Ch'uan. (Please no perfumes or other scents that may irritate sensitive individuals.)

