

## ON CAMPUS CLASSES

### Tai Chi



Tai Chi is a Chinese martial art practiced for both its health benefits and defence training which has its roots in Taoism. It combines profound principles, theories and martial art techniques. It is the cultivation of one's internal energy, mind and the physical body that make it so unique and challenging.

A ten-week course provides you an opportunity to practice Tai Chi with a teacher.

Next course:	<b>Classes Not Currently Available</b>	Cost: £30 Register:
Beginner:	No experience required- <b><u>The course will teach the first 8 forms</u></b>	
Beginner 2	For those who have done one term of classes before <b><u>Having completed 8 forms, students will learn up to 24 forms</u></b>	
Intermediate:	For those who have done both Beginner classes before- <b><u>Having completed 24 forms, students will learn up to 42 forms</u></b>	