

**Chen Style Tai Chi &
Chinese Boxing Self-defense**
Monday 7:00 PM to 9:00 PM

Tai Chi class includes “rooting” and “balance,” Silk Reeling core exercises, “Square Form”, 19 Form, Lao Da Jia (Old Large Frame Form), and Push Hands

Usually, Tai Chi will be taught in the first hour. It is separate but complementary to the self-defense study. Chinese Boxing Self-defense is based on practical techniques for life-and-death fighting that are heavily drawn from the internal arts.

John Witherspoon is certified by the Chinese Boxing Institute International and has trained in internal arts since 1984.

Contact John Witherspoon at:
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