



Tai Chi Mantis Institute – San Jose Class & Demonstration Schedule

Traditional Tai Chi Chuan instruction in the San Jose area

Demonstration/Introductory Class

<i>Date:</i>	Sunday Aug. 24
<i>Time:</i>	11:00am – 12:00pm
<i>Location:</i>	Reformations Studio (upstairs) 33 Las Colinas Lane San Jose, CA 95119
<i>Class information and sign-up:</i>	12:00 pm – 1:00 pm

For additional information please call 408 297-7151 or visit www.taichimantis.com

Principles of Tai Chi Mantis Institute

The Tai Chi Mantis Institute features traditional Chinese martial arts training in both Tai Chi Praying Mantis style Kung Fu and Tai Chi Chuan. The Institute was established in 1974 by Master Wong Lam Ling and is a founding member of the US Chuk-Kai Tai Chi Praying Mantis Federation. Traditional forms and methods of teaching are employed to develop, in each student, physical strength, dexterity and mental discipline. Additionally we focus on establishing a sense of self-confidence tempered with humility, the need to be generous and open hearted, and the responsibility to make a positive contribution to society

Tai Chi Chuan

Tai Chi Chuan originated from ancient China, and is now practiced throughout the world as an effective exercise for strengthening and balancing both body and mind. Tai Chi Chuan has been proven to have many health benefits, as it trains the body by improving muscle strength, flexibility and stamina, and also trains the mind by helping it focus and relax. Practice focuses on fluid, relaxed movements with slow and deep breathing. The essence of Tai Chi Chuan is to strengthen and improve internal strength and the flow of Qi, the vital life energy.

Besides substantial general health benefits derived from practicing Tai Chi Chuan, the principles of the activity prove effective in lessening the symptoms of arthritis. Strengthening the area around the joints, elongation and flexibility of the joints themselves, and the increased blood circulation and development

of the Qi are effective in achieving and maintaining a greater range of movement and reduction in joint pain.

Beginner students start with breathing exercises, the Tai Chi walk, and the basic 24 movement set (Yang style), which form a strong foundation for all future movements. Depending on the level of commitment, students will expand their training, and practice Tui Shou (Pushing Hands), the 24 movement Chen Style, and the Tai Chi Sword. Qi Gong Seminars are offered as well for the dedicated student.

Master Wong

Master Wong Lam Ling is the founder of the Tai Chi Mantis Institute. He was born in Guilin, China, and moved to Hong Kong when he was 9 to learn Martial Arts with his father, Wong Bing Yung. In 1967, Master Wong began full time study of Tai Chi Praying Mantis from Chiu Chuk Kai (1900-1991), and became an important member of the 8th generation of the Tai Chi Praying Mantis System.

Master Wong continuously improves his own mastery of the martial arts, while devoting much time and energy to the Institute and the development of each and every student. He is extremely passionate about teaching Tai Chi Chuan and Praying Mantis Kung Fu. Master Wong strives to pass on his knowledge to the next generations, and bring out the best in his students.

Instructors

Wayne Corso and Mei Huang have and continue to study with Master Wong and possess not only the skill, but the responsibility to carry on Master Wong's teachings, and pass them to future generations.

Class Schedule: Sundays 7:00 am – 8:00 am

Sept. 7	Scheduled class	Oct. 5	Scheduled class
Sept. 14	Scheduled class	Oct. 12	Scheduled class
Sept. 21	No Class	Oct. 19	Scheduled class
Sept. 28	Scheduled class	Oct. 26	Scheduled class
Nov. 2	Scheduled class		
Nov. 9	Scheduled class		
Nov. 16	Scheduled class		

Fee Schedule:

Drop in - \$18/class
10 Classes - \$150