

Try Something NEW with your Virgin Hands

by Tom Hood

There are numerous health benefits associated with Tai Chi Chaun: improved posture and breathing, relaxation,

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his coordination, he joined them. Since that time, he has practiced Tai Chi Chaun on and off for many years, doing a short form called "The Eight Gates" developed by Master Cheng Man Ching.

Since this is an introductory class, no experience is necessary. The basic principles, "virgin hands," best describes the class. It is for those with a desire for exposure to a new experience. You