

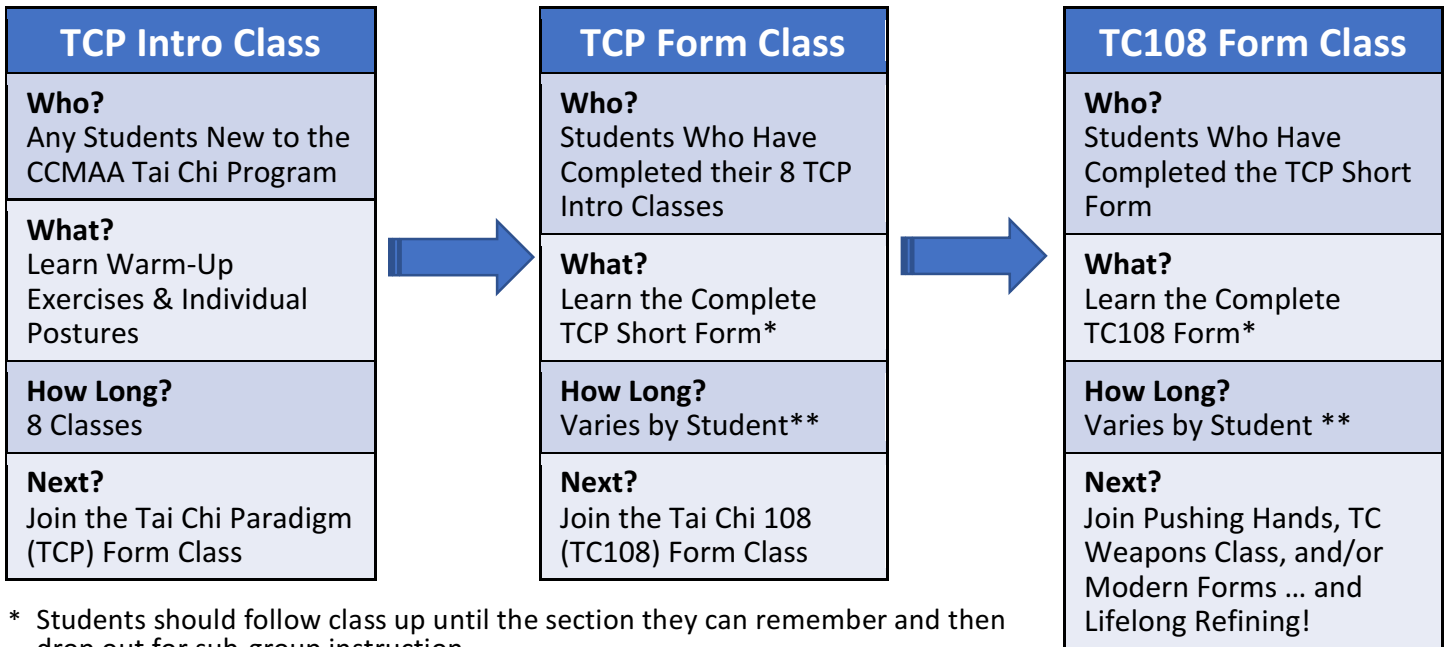


CALVIN CHIN'S MARTIAL ARTS ACADEMY, INC.

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Welcome to Calvin Chin's Martial Arts Academy (CCMAA), where we have been offering Tai Chi instruction for roughly 25 years, building on a nearly 50-year tradition in the US. Our offerings in Tai Chi are extensive, but getting started is easy! Below is some basic information on our Tai Chi program. Our instructors will be happy to answer any other questions you may have. Ready to get started?

Tai Chi @ CCMAA: A Journey!



* Students should follow class up until the section they can remember and then drop out for sub-group instruction.

**Typically 3-6 months. Progression to the next stages of the CCMAA tai chi program is with permission of an Instructor, based on sufficient memorization and execution of sequence.

FAQs

• What is Tai Chi?

Tai chi can be viewed as a type of active meditation (or 'meditation in motion'), whereby the mind/body connection is developed and used to coordinate movements through mental awareness. With roots in the Chinese martial arts going back at least two centuries, Tai Chi is typically practiced today as a system of fluid, low-impact movements for the benefit of health and wellness.

• What style of Tai Chi is taught at CCMAA?

We teach primarily a Wu style of tai chi, a traditional form of tai chi going back five generations, characterized by smaller, more compact movements than other styles. Originally intended to facilitate short-range body contact when applied as a martial art, this 'closed-frame' character of Wu-style tai chi renders the associated health benefits particularly accessible to practitioners of all ages. All incoming Tai Chi students start with the Tai Chi Paradigm (TCP), a training system developed by Grandmaster Chin to maintain and improve neuro-muscular motor skills and prevent their age-related degeneration. (See above for learning paths.)

• How should I practice Tai Chi?

At the Academy, our classes are led by instructors and advanced students, typically in groups of small to moderate size. For your practice at home, we offer streaming video content of both the Tai Chi Paradigm system and the Tai Chi long form. The initial stages of Tai Chi learning are focused primarily on copying patterns of movement and sequences (i.e., the forms). Later stages of learning aim to progress beyond sequence, to ever-increasingly more accurate positioning in each posture, proper transitioning between postures, and refinement of mind/body integration. The capacity for improvement in Tai Chi is endless and, with it, the potential for corresponding health benefits!

• What should I wear when practicing?

Loose comfortable clothing and comfortable shoes. For those who wish, we have available for purchase CCMAA t-shirts, as well as pants and Tai Chi shoes.