

Available Course of Study

The Kentucky Yang Chengfu Tai Chi Chuan Center offers many programs designed to improve the way you look, feel, think and perform.

Traditional Yang Style Tai Chi Chuan

13 Posture Hand Form
16 Posture Hand Form
49 Posture Competition Form
Traditional 103 Posture Hand Form
Traditional 67 Posture Sword Form
Traditional 13 Posture Saber Form
Yang Style Tai Chi Push Hands
Yang Style Tai Chi Martial Applications

Qigong (Energy Work)

An ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

Tai Chi Qigong

A gentle and flowing health program based on the principles of Yang Style Tai Chi Chuan and Qigong for life-long wellness.

Specialized Courses

Health-oriented techniques for Business, Education and Health Care that can be applied at anytime throughout a person's busy day. Courses offered include:

- Self-care strategies to promote good health and general well-being
- Combating Stress in the Workplace
- Support to smoking cessation, diabetes care, arthritis and more.
- Classes for elementary through university levels.
- Supplement existing fitness programs

For class locations, schedules and more visit www.kentuckytaichi.com
859-312-2456 or 502-693-7724

Kentucky Yang Chengfu Tai Chi Chuan Center

The Kentucky Yang Chengfu Tai Chi Chuan Center is certified as the Kentucky representatives of the International Yang Style Tai Chi Chuan Association. Classes taught by the Center are in accordance with the high standards and principles set forth by the Yang family descendents, Grandmaster Yang Zhenduo and Master Yang Jun. Comprehensive courses in Traditional Yang Style Tai Chi Chuan are offered through community organizations, hospital and medical centers, and institutions of higher learning in the Commonwealth of Kentucky.

The potential health benefits of daily Tai Chi practice include:

- Strengthen the immune system
- Improve memory and concentration
- Improve balance, coordination and posture
- Reduce stress, anxiety and depression
- Build muscle strength and stamina
- Help to relieve pain and stiffness from arthritis
- Stabilizing blood sugar levels in diabetics
- Improve circulation, lower blood pressure
- Improve heart and lung function
- Aid in relieving insomnia
- Increased energy
- Relieve emotional eating
- Shorter recovery time from illness
- Increased range of motion

The Center Directors are available for group or private lessons, for talks, weekend workshops, and for get-away retreats featuring health and stress relief.

To learn more or schedule an event contact:
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Traditional Yang Style Tai Chi Chuan

Direct from the Yang Family

TAI



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Yang Chengfu
Tai Chi Chuan Center

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Traditional Yang Style Tai Chi Chuan

Good for the Mind, Good for the Body

Tai Chi is one of the great cultural heritages of China. Long accepted as an ideal exercise for lifelong well-being, Tai Chi's healing power has been well known in Chinese culture for centuries.

- Tai Chi is practiced by millions of people around the world daily for its practical benefits: reduced stress, improved health and longevity, and lifelong vitality and stamina.
- Tai Chi is a series of slow, continuous movements designed to relax and develop the entire body.
- Tai Chi reduces stress, balances emotions and gently builds the body's internal strength, endurance, flexibility, balance and coordination.
- Tai Chi is cost-effective and facilitates a lifestyle of health-related behavior practices such as good posture, healthy breathing and relaxation.

Studies have shown Tai Chi to be an effective health-enhancing program for a variety of medical conditions to include:

- Arthritis
- Diabetes
- Osteoarthritis
- Poor Posture & Balance
- Hypertension
- Fibromyalgia
- Anxiety
- Depression
- Headaches
- Stress Reduction
- Osteoporosis
- Weight Management
- Back Pain
- Post Surgery Recovery

**Once learned, Tai Chi is a treasure
that will last you a lifetime.**

Tai Chi is endorsed by a number of health promoting organizations



American Academy of Family Physicians
American Association of Retired Persons
American College of Rheumatology
American Cancer Society
American Geriatric Society
American Heart Association
Arthritis Foundation
American Federation for Aging
Harvard Medical School
Mayo Clinic
National Institute on Aging
National Institute of Health
National MS Society
World Health Organization



Tai Chi has a history rich in over 5,000 years of Traditional Chinese Medicine and experience.

Tai Chi improves both the health of the physical body and the health of the emotions and mind.

Tai Chi for Health Growing Older, Feeling Younger

An early Tai Chi master once wrote that the ultimate purpose of learning Tai Chi was to live forever in the spring season of your life. Tai Chi is not just for longevity, but also for robustness, even at an old age.

Take control of your own health and enjoy the benefits of graceful aging well into your old age. It's never too late to start. Tai Chi is one of the fastest growing fitness and health maintenance activities. Hospitals, clinics, community and senior centers are hosting Tai Chi classes in communities around the world. Scientific studies have shown that Tai Chi -

"....reduces stress responses, lowering the incidence of anxiety, depression, fatigue, and general mood disturbance" - *Journal of Psychosomatic Research*

"....improves coordination, posture and flexibility and can be used to reduce anxiety and depression. An excellent way to handle stress. - *Nursing Journal*

"....improves postural control, while stretching, toning and relaxing the body in a cumulative way....." - *American Journal of Occupational Therapy*

"...is effective as a nonpharmacological approach to sleep enhancement....." - *Journal of the American Geriatrics Society*

"....minimizes the effects of chronic conditions such as allergies and asthma" - *American Journal of Chinese Medicine*

"....improves breathing capacity" - *Hawaii Medical Journal*

"....regular practice can lower high blood pressure" - *American Journal of Chinese Medicine*

**Explore the power within you to
change your life**