

Traditional \_\_\_\_\_

# Tai Chi

classes with

Joanne Chang



## Class Information

### Wednesday Evenings

Richie Park Elementary School  
Rockville, MD  
7:00pm to 8:30pm -- Beginner Class  
8:30pm to 10:00pm -- Development Class

### Thursday Evenings

Garrett Park Town Hall  
Garrett Park, MD  
7:00pm to 8:30pm -- Beginner Class

### Saturday Mornings

Free practices for students  
Garrett Park, MD - 8:30am to 9:30am  
Potomac, MD - 10:00am to 12pm



*For the weak  
to become strong*

*For the strong  
to become Gentle*

*For the mind & body  
to become harmonized*



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*Cultivating Oneself into a Neutral State  
Relaxing and focusing body and mind*

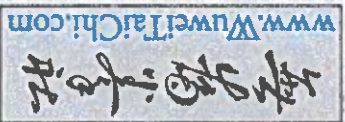
### WuWei Tai Chi Club

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## What We Practice



The first thing our students learn is the Tai Chi form, a series of slow, deliberate movements that coordinate mind and body. Although Tai Chi has been practiced since ancient times as a very effective martial art, today the focus is mainly on its benefits to our health and fitness. With daily practice, Tai Chi can help improve balance, develop core strength, increase vitality and mental acuity, as well as lead to a greater depth of relaxation in the mind and body. This is a very unique form of exercise that only gets better with age.

We practice a 37 posture Short form that was simplified by Professor Cheng Man-ching. It has become one of the most widely practiced forms in the world.

After learning the Tai Chi Form, students are welcome to also learn Tai Chi Push-Hands to develop sensitivity and the Tai Chi Sword form to develop softness and agility.

Tai Chi can be practiced in a relaxed, meditative manner to develop gentleness or energetically to develop strength. Both methods lead to improved health and longevity.

## WuWei Philosophy

WuWei literally means to be neutral, To develop a state of non-desire and non-intent.



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*We practice Tai Chi solo form to know ourselves; We practice Tai Chi sensing-hands to know others;*

*and we practice Tao of Tai Chi to know the world.*

## Joanne Chans



Joanne has been studying Tai Chi Chuan for over 25 years. She has won many awards for her Tai Chi skills and her community service. She founded the WuWei Tai Chi School with her late husband David Chen in the year 2000, with the blessings of their teachers Master Benjamin Lo and Dr. Arnold Lee. She has also studied with many other masters in China, Taiwan and in the US. She is in the direct lineage of Professor Cheng Man-Ching and an enthusiastic teacher of Traditional Tai Chi Chuan. Her classes focus on manifesting the tai chi principles with detail and precision.

## Come Learn with Us

**Beginners are welcome at any time.**  
Our Tai Chi classes are non-competitive and non-combative.

There is no rank advancement or belt-levels to earn. Everyone learns at their own pace with personal attention from the instructor, as well as guidance from advanced students.

*"Tai Chi is a joyful journey of learning, refining, and self-cultivation." David C. Chen*