

Tai Chi



3 Classes For Beginners:

Every Monday, Wednesday & Friday, 10 - 11am

- ▶ **Tai Chi Fundamentals and Principles**
- ▶ **Balance, Focus and Coordination**
- ▶ **Techniques for self-healing**
- ▶ **Tai Chi form applications**

These are on-going classes designed for brand new students. No pressure to memorize sequences. Students progress at their own pace.

For Intermediate & Advanced Students

Every Wednesday, 6 -7pm

- ▶ **Long Form (108) Yang Style & Short Form (24)**
- ▶ **Hybrid Forms (40 & 48)**
- ▶ **Sword Sets**
2-Person, Short & Long Straight Sword Sets, Broad Sword Set, Fan Set
- ▶ **Self-Defense Applications & Push-Hands**

INSTRUCTOR: Daniel Cuthbertson, Owner & Head Instructor of Petaluma Academy of Martial Arts

**(1) Group Lesson per Week: \$85 mo, (2) Group Lessons per Week: \$150 mo
\$25 Drop-In Fee per Class, Private Tai Chi Lessons: \$65, per 1/2 Hour**



PETALUMA ACADEMY OF MARTIAL ARTS

620 Petaluma Blvd N Petaluma, CA 94952

778-1069 www.pamakarate.com