

# Three New Classes

**Monday Morning, 10 -11am**



## **Tai Chi 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.

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**Tuesday Evening, 6 - 7pm**

## **A Push-Hands and Weapons Class**

- ▶ Learn basic standing and moving push-hands
  - ▶ Learn Yang-style straight sword
  - ▶ Explore the shared principles of empty hands, push hands & weapons
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**Wednesday Evening, 5:30 - 6:00pm**

## **Warm Up & Yang Short Form**

This class includes warm-ups, stretching and balance exercises, and an in-depth study of the Yang Short Form. This class is offered as a package with the Wednesday intermediate class for \$125 per month, or as a drop-in class for \$20. All levels of experience are welcome.



PETALUMA ACADEMY OF MARTIAL ARTS  
620 Petaluma Blvd N Petaluma, CA 94952  
778-1069 [www.pamakarate.com](http://www.pamakarate.com)