

# 免费培训

## 二十四式简化太极拳

Oakville JiuJiu Senior Association

( OJJSA ) 在加拿大政府有关部门的大力支持下，Oakville 99老年协会确定面向广大市民免费举办一期太极拳培训班。

太极拳运动是中华民族的瑰宝，长期坚持太极拳运动对调节人体的阴阳平衡、增强体质、提高健康水平有很大的帮助。此次太极拳培训班由中国国家级武术六段、多次获得中国比赛金奖的太极拳教师任教，欢迎大家踊跃报名。



**培训时间:** 初步定于4月下旬开班，共计25周，每周2小时。(具体时间另行通知)

**培训地点:** Iroquois Ridge Community Center (社区中心), 1051 Glenashton Drive, Oakville, ON L6H 5M1

**培训内容:** 二十四式简化太极拳

**录取方式:** 根据报名人数、培训场地及先到先得的原则，最后确定录取名额。

**报名内容:** 姓名、电话、电子邮箱、现住址。

**报名截止日期:** 二零一七年四月二十日

**联系方式:** oakville99ca@gmail.com

As per Harvard Medical School, Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And amazingly you can get started even if you aren't in top shape or the best of health. Now, experienced practisers from OJJSA would like to share their skills and experiences with people in the community and in the region.

Our head coach XiuRong Zhang of this training program is currently a director of OJJSA with Chinese Wushu DuanWei Grade 6 (the highest in term of skills). At the end of this training program, we are expecting new participants will be able to independently practice Tai-Ji 24 Form. Thanks to the NHSP funding program, this training will be FREE to all participants.

If you are willing to join this TaiJi program, please email your Full name, phone number, email, and current address to oakville99ca@gmail.com by April 20, 2017.

**Starting Date:**

End of this April, 2 hours a week and totally 25 weeks (Exact schedule TBD)

**Location:**

Iroquois Ridge Community Center, 1051 Glenashton Drive, Oakville, ON L6H 5M1

**Training Course:**

TaiJi 24-posture Simplified Form

**Enrollment:** First-come, first-served

**Contact:** oakville99ca@gmail.com