



Folsom Lake College



Tai Chi

Fall Semester 2017

*Folsom Lake College
Tai Chi Fitness 414*

Mon & Wed 2:30 PM - 3:50 PM

*For Class Registration - www.flc.losrios.edu
Folsom Lake College (916) 608-6500*

A healthful exercise program which focuses on balance & fluidity of movement. Open to all students, regardless of gender, age or fitness level. The course covers proper breathing, centering, balance, focus and concentration, sensitivity training, flexibility, coordination, energy increase & general well being. The course shall underscore relaxation response stress management & introspective psychology. Taoist, Confucian & Buddhist concepts shall be surveyed for their psycho-physical applications in tai chi, chi gong & the martial arts.

Benefits of Martial Arts Training

- ① Improves mental focus and concentration.*
- ② Improves mind-body awareness and multiple sensory integration*
- ③ Improves overall physical conditioning and relaxation.*
- ④ Improves stress management skills and creative channeling of emotions.*
- ⑤ Improves self-defense skills, intensifying self-confidence.*



*Instructor: ●
Frank Gaviola*