

Tai Chi Classes by Three Dragons Way,

Winter 2010

All Classes taught by Gary Huff

913 709 9051

oriath@aol.com

New Classes printed in Red!

Element Fitness (Main Classes for Beginner, Intermediate, and Advanced)

7880 Quivera Road

Lenexa KS 66216

Head Instructor Gary Huff 913 709 9051

Thursday 7 – 9 PM (Basic Training, Four Directions Teaching, Lao Jia Training)

Saturday 1 – 3 PM (Basic Training, Lao Jia Teaching, Advanced Training)

Workshops once a month covering in-depth principles and essential teachings of Taijiquan

(Jan 23, Feb 27, Mar 27, April 24, May 22) Held at Element Fitness 3 – 5 PM

Matt Ross Community Center, (55 minute, warm-ups and Four Direction follow along classes)

8101 Marty Overland Park, KS 66204

913/895-6350.

Monday 10 - 11 AM, Wednesday 7:30 - 8:30 PM, Friday 9:30 - 10:30 AM

Tomahawk Ridge Community Center (55 minute, warm-ups and Four Direction follow along classes)

11902 Lowell Overland Park, KS 66213

913/327-6645

Tuesday 9 - 10 AM, **Wednesday 5:30 – 6:30 PM**, Friday 8 - 9 AM

Park Hill School District Community Ed. Center (55 minute, warm-ups and Four Direction follow along classes)

On-going 6 week Sessions call or register on-line

7703 NW Barry Road

Kansas City MO, 64153

816 359 4000

<http://parkhill.k12.mo.us>

Mondays 6 – 7 PM Beginners (7 - 9 PM Intermediates)

As a note, these classes can be taken over and over until you learn the routine. The Intermediate Class continues on teaching the first 15 movements of the Long Form and can be a bridge to joining the Northland Tai Chi Club *Students may also join the Northland Tai Chi Club on Saturdays for continued training and lessons.*

Northland Tai Chi Club

(Basic Training plus teaching and learning of the Long Form, Lao Jia) First 30 minutes for Seniors)

Class is for beginners and Intermediates to Learn the Long Form, Drop-ins welcome!

Garden Village on Barry Road

8550 North Granby Avenue

Kansas City, MO 64154

Head Instructor Gary Huff 913 709 9051

Saturdays 9 – 11 AM

Element Fitness (55 minute, warm-ups and Four Direction follow along classes)

7880 Quivera Road

Lenexa KS 66216

913 268 3633

Tuesday 10:30 – 11:30 AM, Thursday 9 – 10 AM

This list of classes is provided to start learning Tai Chi. (55 minute, warm-ups and Four Direction follow along classes) These classes follow the basic format of learning warm-up exercises, the basic movement repetitions of the beginning Form, and then putting the movements together for a routine. Students can join at any time. It takes from two to four months to learn the beginning routine. For more in-depth information we recommend the monthly workshop where students all come to learn more and enhance their beginning studies.

For students wanting to learn more seriously and be taught more details, we teach our main classes at Element Fitness Center on Thursdays and Saturdays. **Thursdays are for Beginners** to learn the basics and Four Direction Form with details and finer principles. The first hour is devoted strictly to Basic training. The second hour splits into the Beginner Group and Advanced Group. The Advanced Group will be training on the Long Form.

Saturday Class will be for Intermediate Students to Begin learning the Lao Jia (Long Form) from the start to the finish. The first hour will be Basic Training and the second hour will start teaching the Lao Jia Form. A second group (Advanced Students who already know the Long Form) will be training on advanced movements.

Students should wear loose fitting clothing suitable for the season. During bad weather when there is a lot of rain/snow.....mud, try to bring shoes to change into so as not to make a mess on the training hall spaces. Three Dragons Way suggests a flat soled, very flexible and soft shoe for Tai Chi practice. Please do not wear clothing that advertises any subject in bad taste. (Three Dragons Way reserves the right to decide what is in bad taste).

If you do not find a class that is convenient for you to attend, we offer private classes as well. Head Instructor Gary Huff takes private students on a limited basis. If you would like to start a program at your facility or have a demonstration/presentation for some event, Three Dragons Way has several options. We also have trained and experienced Instructors who are Certified, licensed, and Insured along with current CPR and First Aid Certifications.

Contact Gary Huff

913 709 9051

oriath@aol.com

All information kept confidential.