

TAÏ- CHI et CHI-KONG

"Petit Dragon" Style

CHINESE MARTIAL ART

Association Creusoise of Tai-Chi and Chi-Kong



**From September weekly courses
in Guéret, La Souterraine
Bourganeuf and Sainte-Feyre**

The first 2 courses are FREE

Traditional development paths of Chinese origin, **Tai Chi Chuan** and **Chi-kong** are ways of seeking harmony through movement. They present the precision of martial arts, the concentration of meditation and the aesthetics of dance.

Because they improve memory, balance, concentration, muscle and joint flexibility, **Tai Chi Chuan** and **Chi-Kong** are often called "**Health Energy Arts**".

The multitude of courses: tai chi courses "classical", senior, chi-kong and / or taoïst gymnastics, with or without sequences or alternating sitting and standing practice, allows everyone to find a corresponding course.

Depending on the course you follow, various techniques - chosen to be adapted to the practitioners - exercises of Taoist gymnastics, **Chi Kong**, Yi Kong, different sequences of **Tai Chi Form** with bare hands, with sword or sabre, pushing hands, or even **self-massages**, etc... will help you to develop your internal energy, the chi.

The « Association Creusoise de Tai Chi et Chi-kong » affiliated to FABTCC BOURGES, is approved by the Departmental Directorate for Youth and Sport for La Creuse (actual DDCSPP).

The teaching is assured by Pascal LABESSE, holder of a Professionnel Diploma in the Teaching of Chinese Martial Arts. He studies and trains with Jean-François BILLEY who has for 20 years been the pupil of Master CHU King Hung who is himself a disciple of YANG Sau Chung (oldest son of YANG Chen Fu) . This provides a measure of the quality and authenticity of the teaching provided.

FOR ANY INFORMATION

PLEASE SEND THIS DOCUMENT TO :

ASSOCIATION CREUSOISE DE TAÏ CHI et CHI-KONG

28 RUE ALFRED GRAND 23000 GUERET

Tél 06 74 67 93 94 TAICHICREUSE.COM

NB : Pascal LABESSE teaches in French

▶▶ Form to fill in:

NAME:

Surname:

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