

Classes consist of warm-ups, stretching, meditation, and study of the 72-move Yang solo form. As your study progresses,



applications, two-person forms, push hands, and weapons will be available to learn.

No uniforms or accessories are required, just comfortable clothes and footwear that will allow free movement. The first class is free. Classes are offered in Wilmington, Newark, and Pike Creek. Contact Bryan Davis by phone, text, or email. Please indicate which location is best for you.

(302)293-1446

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Bryan Davis is a 7th Generation Disciple and Lineage holder of Yang T'ai Chi Ch'uan. His primary teacher is Ray Hayward, adopted son and disciple of Master T.T. Liang. Bryan has been certified to teach all aspects of Yang Style by Sifu Hayward and Master Liang. In conjunction with the Yang Solo Form, Bryan teaches traditional T'ai Chi weapons forms, as well as Applications, Two-Person forms, Ch'i Kung, and Push Hands. He has also studied Pa Kua, Hsing-I, Praying Mantis and various other Shaolin forms.



www.TwinWillowsTaiChi.com

T'AI CHI CH'UAN



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T'ai Chi Ch'uan is an ancient Chinese exercise for health, self-defense, mental and spiritual development, and which follows the body's own natural movement patterns. Performed as a series of slow-moving postures, the Yang Style Long Form exercises every muscle group in the body for both strength and flexibility. Regulated deep breathing increases oxygen intake, producing calisthenic and aerobic benefits without stress, resulting in a relaxed, energized, well-functioning body—the foundation for good health.



Each posture of the form has a practical application for self-defense. While most martial arts depend upon superior strength and speed, T'ai Chi's mastery relies on developing sensitivity and learning how to use the body as a whole unit.



INNER CONTROL

T'ai Chi uses classic Taoist meditation techniques to develop greater control of the inner self, to clear the body's energy channels. As stress and tension leave the body, the mind becomes more centered and tranquil.



Though based on Taoist philosophy, T'ai Chi is not a religion. T'ai Chi teachers, even those with the title "master," are not gurus or religious leaders. The title is bestowed by one's peers after decades of practice in recognition of the person's contributions toward the advancement of T'ai Chi.